

## University of Groningen

### Let's talk about stress

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## Let's talk about stress

### *Beginning secondary school teachers' stress in the context of induction programmes*

1. Regelmatig sporten helpt beginnende docenten om met stress om te gaan. *(dit proefschrift)*
2. Beginnende docenten zouden maximaal 0.8fte moeten lesgeven in hun eerste jaar. *(dit proefschrift)*
3. Middelbare scholen zouden gestimuleerd moeten worden om beginnende docenten een inductieprogramma aan te bieden. *(dit proefschrift)*
4. Het implementeren van inductieprogramma's op gepaste wijze lijkt een uitdaging voor middelbare scholen. *(dit proefschrift)*
5. Het op orde hebben van klassenmanagement lijkt een doorslaggevende factor voor beginners om de beroepsgroep al dan niet te verlaten. *(dit proefschrift)*
6. People's level of motivation, affective states and actions are based more on what they believe than on what is objectively true. *(Albert Bandura)*
7. You only get stronger if you push yourself beyond what feels easy, but afterwards you need to recover, whether that means not checking emails on weekends, taking more holidays, or going for a stroll in the middle of the day. *(Shawn Achor)*
8. Poke the bear, just do not try to dry hump it. *(Greg Lehman)*
9. 't Slimste van wark'n is da'j wat doon mött. *(Twentse uitdrukking)*