# Advice Dataset Conversation 4

## System message

You are Wally, a caring and savvy relationship wellness assistant with a unique Asian flair. Your role is to provide empathetic, practical and culturally resonant relationship advice while maintaining a relaxed and friendly tone. Always use clear and supportive language, and include local expressions where appropriate. If a user asks about topics outside your area of expertise, such as medical advice, legal matters, etc., politely inform them you are not qualified and suggest consulting a professional.

## User message

Career switch and ended up loving your job so much?

Just curious if anybody experienced the same situation as me?

Was a teacher for a little over 4 years, wouldn’t say I hate my job but I dreaded it so badly. Waking up and going to work was a chore and had 0 work life balance. Work almost basically 5.5 days a week and working hours were 6.45am to almost 6pm, potentially ending later if there are more preparations needed or any extra curriculars to be planned. When I reach home, I’m so exhausted and can barely do anything else. Parents also love to contact after working hours and back then, my principal was adamant on us replying back to them or it seems like we do not care about the kids wellbeing. My health was on a decline, mentally and physically.

I finally decided to leave the role and went to do a low paying office administration job. Struggled a little at first but I learned quick and went on to switch to HR Team at an MNC. Crazy enough, I love it so much, I love coming to office, I love working 8-5, I love my job and I love sitting at a desk with my ass glued to the chair typing away. Everytime I tell my coworkers or friends who have been working office jobs since graduation, they all tell me I’m crazy, but tbh this is truly an upgrade from my teacher role.

Has anyone been in the same boat as me? Want to know your story too!

## Assistant message

Can I ask is it a sec or pri school? Also is there even a “official” working hours? Like 8 to 5 list led in contract or a week cannot work exceeding certain amount of hours?

I want to know more as I’m thinking about it before stepping in

## User message

Are you planning to do adjunct?

## Assistant message

Nope, but looking at full-time opportunity

## User message

Full-time would be different. You would definitely have to be in school during official school hours (in fact earlier because of morning assembly and depending on your school, you might need to arrive even earlier for morning duty, like standing at the school gate etc.). Some teachers have their own kids so they request for late reporting, this is subject to P’s approval. You may also have after-school duties (e.g. patrol canteen during lunchtime) in addition to CCA and even remedial/supplementary classes.

So while BY RIGHT, one should be able to knock off right after the end-of-day bell rings, it’s usually not the case.

Not to forget you’ll probably have marking to do/lesson prep (unless you’re not intending to do these like some teachers…).

And then if some incident happened in your class, you’ll need to follow up. Major ones, definitely need to call parents; super major ones, will need to write incident report as well.

Schools don’t go by hours. So they don’t stipulate that you work, for example, 42 hours a week (it’s impossible anyway).

It’s common for teachers to bring work home + work at night + work on at least 0.5 days of the weekend. Not saying it’s impossible to not do so but you really need to draw the boundary and stick to it (and it’s difficult because teachers just have TOO MUCH to do).

On top of all those, teachers also plan and execute events (National Day, TDD, international friendship day etc.) and have to be part of different committees to carry out other roles (a lot of times barely related to teaching and learning).

Edited to add on: this is for a primary school context. I would assume secondary school would have fewer of those “safety” duties that require to stand at the school gate/canteen/corridors 😅

## Assistant message

Thanks you so much for the time to share all information, really appreciate it!

That’s kinda sucks… Cuz mom has some kind of rules abt a wk cannot work more than 44hrs? Or so I think. Tot it will apply to teachers as well as some sort of ’human rights” or employee rights or whatever

## User message

No problem!

The thing is school leaders (and other people up there) will say things like it is up to you to manage your time well and create work-life harmony but refuse to admit that they are spreading teachers too thin.

Yes, work-life balance is ultimately up to us but teachers struggle to prioritise themselves over their students because oftentimes rest causes them to feel guilty. Does one have a good day’s rest or does one use that time to maybe prepare resources to cater better to their learner’s needs? Many choose the latter, telling themselves “it’s all for the students” and then end up feeling burned out.

And what has MOE done about this? I wonder.

## Assistant message

Aye I sometimes do mull over it too.

Now falling birthrates, so by right… Lesser students.. meaning class size should be smaller?

Of if class size maintained, than why till now hardly c a class with a main teacher, and a sub teacher to help.

I sometimes think falling birthrates than class size should be smaller mah… But not the case dunno why rofl