

Problem scenario – boys

Workplace Pressures

Alex has been working at a garage since last July when he left school. He was really excited when he was offered the apprenticeship as he'd always wanted to be a mechanic and eventually wants to work on Formula One racing cars. He's just mad about cars and has always been brilliant at pulling engines apart and putting them back together again so that they actually work! His line manager is really pleased with him and tells him how well he's doing but he has started his college placement now and he hates it. He has always found reading and writing a challenge and unfortunately the course has a lot of recording tasks. He's getting really stressed and it's starting to make him lose concentration when he is in the garage. He can't help it, and it doesn't help that his tutor doesn't like him much and has started to call him dumbo in front of the others. He doesn't want to give up and lose his dream job but he doesn't know what to do.

Questions

- ▶ Why was Alex so excited when he got his apprenticeship? What is his real 'dream'?
- ▶ What has he always been good at and how did this make him feel?
- ▶ Why do you think his line manager in the garage would be so pleased with him?
- ▶ Why is the college work so difficult?
- ▶ How is the stress impacting upon his performance and behaviour?
- ▶ What do you think of his tutor's response?
- ▶ How would you feel in Alex's shoes?
- ▶ What should happen next?
- ▶ What advice would you give Alex if you were his friend?



Photocopiable:

Developing Emotional Literacy with Teenagers, 2nd edition © Tina Rae, 2013 (SAGE)