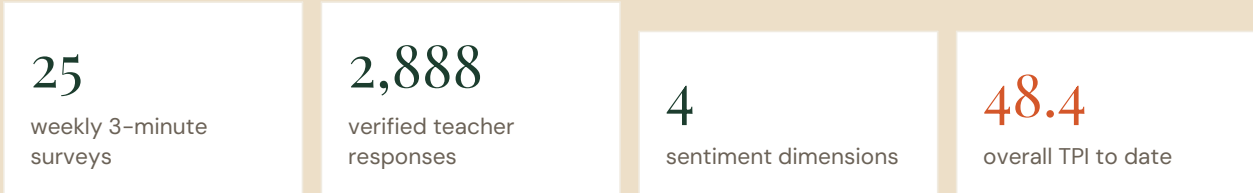




THE TEACHER PULSE INDEX

How UK teachers really feel

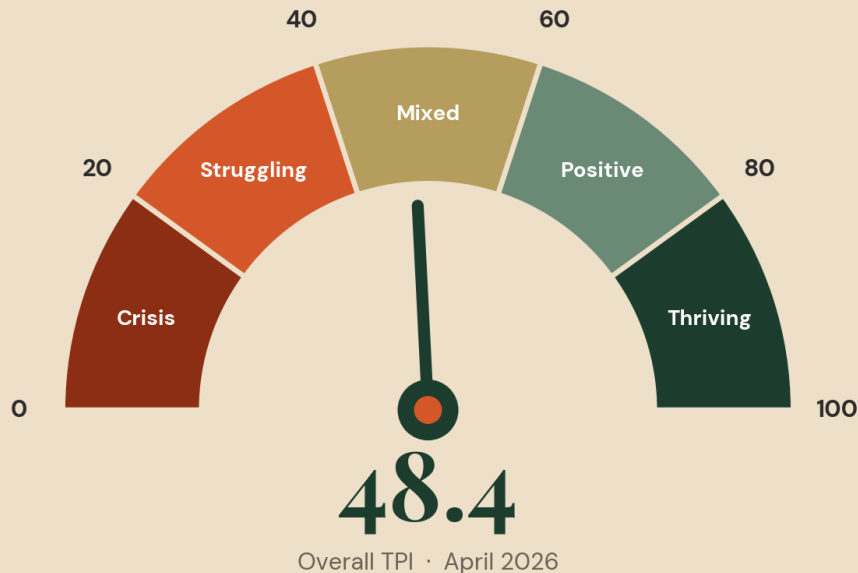
A weekly sentiment tracker for the UK teaching profession – built by teachers, for teachers, at onlyforteachers.co.uk. Every result published openly; every response always anonymous.



What the TPI is

The Teacher Pulse Index (TPI) is a single number – between 0 and 100 – that captures how UK teachers feel about the most pressing issues in education right now. Every week we run a short, 3-minute survey on onlyforteachers.co.uk on a topic teachers care about: Ofsted, SEND reform, AI, wellbeing, CPD, funding, and more. We score each response across four dimensions, combine them, and publish the result.

Think of it as a collective temperature check. One survey is a snapshot; 25 of them together is a story – and the story our profession is telling in 2025/26 is one that school leaders, policymakers and the media can no longer ignore.



Where the profession sits today – firmly in the mixed zone, with early warning signs tipping toward negative.

HOW IT WORKS

The methodology behind the number

Each weekly survey is scored across four dimensions. The overall TPI is the unweighted mean of those dimensions, rounded to one decimal place.

Dimension	What it measures
Confidence	How prepared, capable and self-assured teachers feel on the topic – skill levels, adoption, willingness to engage.
Workload	Whether the topic eases or adds to teachers' time and effort. Higher = lighter load; lower = more burden.
Support	The quality of institutional support – policy, CPD access, tools, infrastructure, and clarity from leadership.
Optimism	Forward-looking sentiment: do teachers feel positive about the direction of travel, or not?

Scoring in plain English

Each survey question is mapped to one or more dimensions. Adoption/usage questions translate directly (e.g. 67% using a tool → base score 67). Attitude questions score options as positive (+1), neutral (0) or negative (-1), then convert the net positive share to a 0–100 scale. Concern questions reduce the relevant dimension in proportion to the share citing the concern. Policy questions use weighted options (Encouraging = 100, Cautious = 50, Restrictive = 20, Unclear = 10).

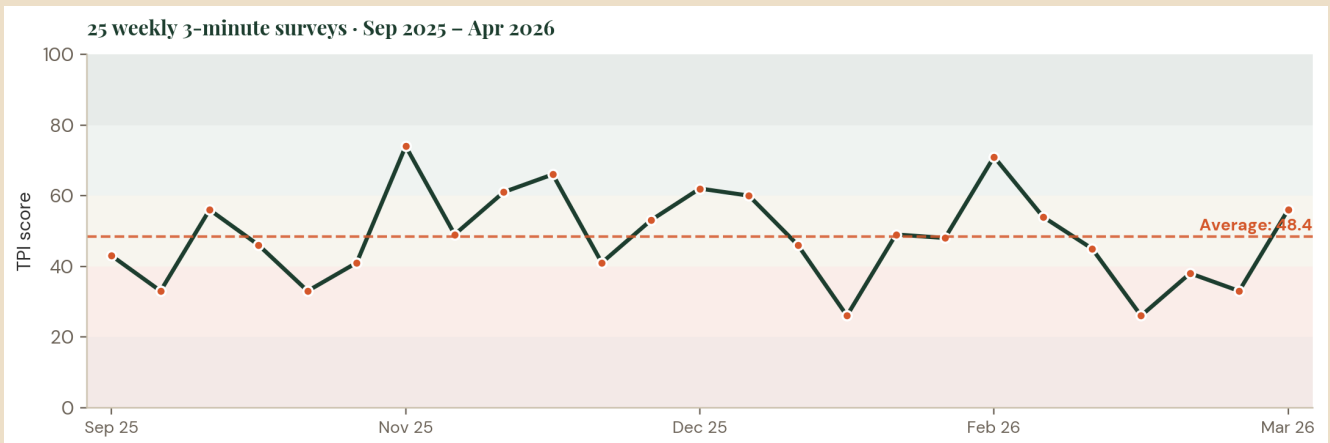
Not every survey scores every dimension – when a topic doesn't touch, say, Workload, that dimension is marked N/A and excluded from the mean. A minimum of two dimensions is required for a valid weekly TPI.

How to read the score

The index is anchored by a five-band interpretation guide. A result of 50 means teachers are fairly split – some positive, some negative, with meaningful concerns. A 70 means the profession feels good: most signals positive, minor gripes. 30 means something is wrong, and teachers want it fixed.

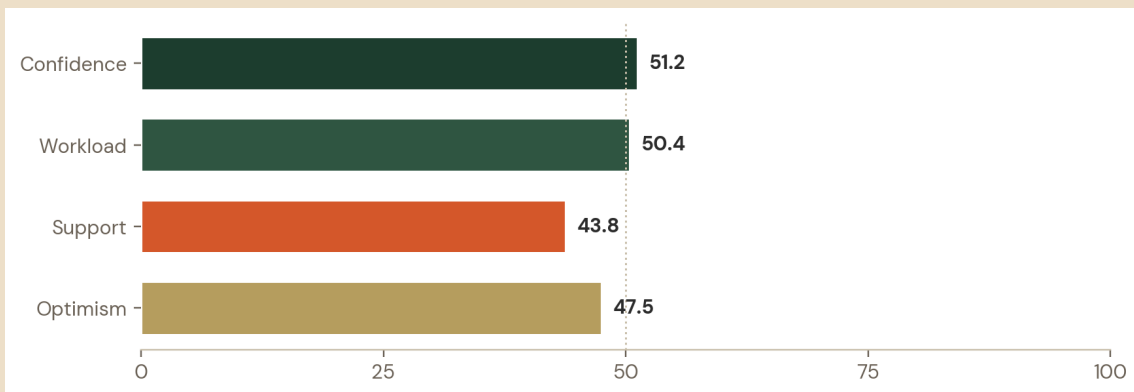
Score	Rating	What it means in practice
80 – 100	Very positive	Strong confidence, manageable workload, good support, high optimism.
60 – 79	Positive	Generally favourable sentiment; a few specific areas to address.
40 – 59	Mixed	Balanced – neither strongly positive nor negative; watch the trend.
20 – 39	Negative	Significant concerns across multiple dimensions.
0 – 19	Very negative	Critical levels of dissatisfaction. Urgent action warranted.

Key insights so far



Overall TPI by survey · 25 surveys · 2,888 teacher responses · Sep 2025 – Apr 2026. Results published openly, always anonymous.

Support is the weakest link

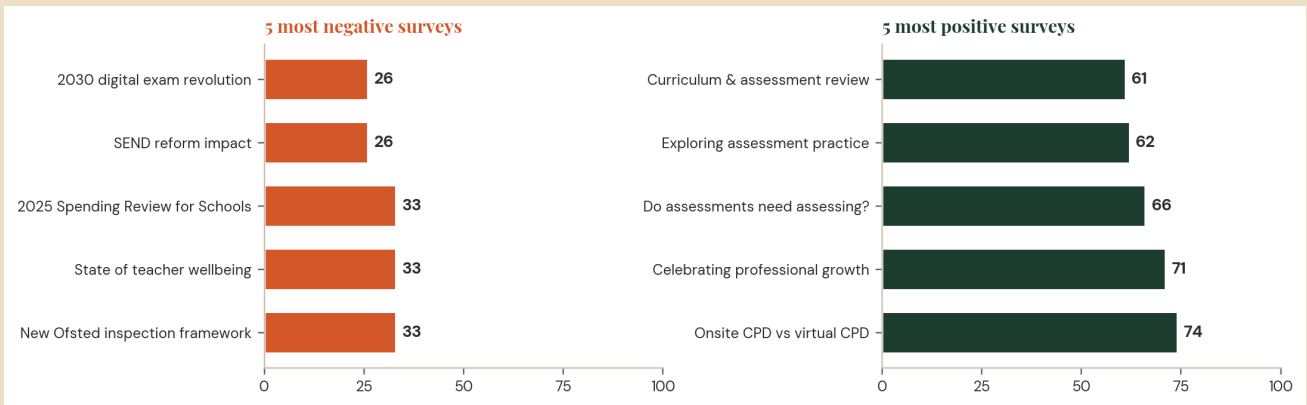


Confidence and Workload are sitting just above the midpoint. Support – covering CPD access, clear policy, and the tools teachers need – is the lowest-scoring dimension at 43.8 and is the most consistent drag on the overall index. Any intervention aimed at lifting teacher sentiment should start here.

Five things the data tells us

- 1 The profession is sitting in "mixed" territory. At 48.4, teacher sentiment is balanced – but only a few points away from tipping into negative. Six surveys scored below 40, and only six above 60.
- 2 Teachers love in-person CPD. Onsite CPD vs virtual CPD (74) and Celebrating Professional Growth (71) are the two highest-scoring surveys. When teachers are given time, quality input and recognition, sentiment jumps by 20+ points.
- 3 SEND reform and digital exams are the biggest worry spots. The SEND reform survey and the 2030 digital exam revolution survey both scored 26 – the lowest results we've seen. Teachers do not feel prepared or supported on either front.
- 4 Ofsted and funding remain unresolved pain points. The new Ofsted inspection framework (33), the Spending Review (33) and overall wellbeing (33) form a cluster of sub-40 scores – structural issues that have not been addressed despite being raised repeatedly.
- 5 AI sentiment is mixed and evolving. AI and workload scored 46 in October, AI-generated attendance targets 41 in November, and AI in the classroom 56 in March. Teachers are warming to pedagogical AI – but Support on AI (35 in the latest survey) remains deeply under-resourced.

Where teachers feel best – and worst



The gap between the best and worst weeks is 48 points – a reminder that teacher sentiment is driven by what policy and leadership do, not some fixed mood.

Reading the index in one sentence

30
Struggling

The profession is telling you something is broken. Expect retention risk.

50
Mixed

Balanced week – wins and worries in equal measure. Watch the trend, not the point.

70
Positive

Teachers feel confident and supported. Something is working – learn from it.

The TPI is designed to be glanceable. You should never need methodology notes to understand a weekly score – the colour and the number together tell you everything you need. A note on what the TPI is and isn't: respondents are self-selected from the onlyforteachers.co.uk community, so the TPI is not a probability sample of all UK teachers, and sample sizes vary (we always publish them). What it is, is a consistent, transparent, time-series measure of how a verified community of UK teachers is feeling – and that makes it useful in a way one-off polls cannot be.

Want the TPI in your inbox every week?

Sign up at onlyforteachers.co.uk/tpi for the weekly 3-minute survey, the running index, and full scoring notes. Earn 100 points with every survey. Automatic entry into the monthly prize draw. Free, always, for teachers.

[JOIN ONLY FOR TEACHERS →](https://onlyforteachers.co.uk/tpi)