I am currently on a teaching practice placement in an adult education college in the south-west of England, learning how to teach GCSE maths to various groups of adults. As my placement is in the early stages, I am mainly assisting the class tutors and have just started planning and delivering a small part of each lesson. The class tutor had been teaching the learners about fractions, and my task was to continue with this instruction, looking specifically at how to multiply two fractions. I felt myself visibly shaking and was unable to articulate my first sentence coherently. The students were quite understanding, as they are all mature students who are aware that I am new to teaching and am nervous, but the class teacher was unsympathetic and responded by taking over the lesson whilst I sat at the back of the room trying not to cry. However, when I was due to teach the session, I got to the whiteboard and became so nervous that I struggled to speak to the group. The incident occurred in an evening class during which I was due to deliver my very first session. I left the session as soon as the class was over, and did not speak to anyone.