

EDUCATION AND THE STUDENTS' HOLISTIC DEVELOPMENT

by:

Marites P. Banzon

Teacher III, E.C. Bernabe National High School

We often hear that education is the key to success. Our diploma has been the symbol of our gateway to a better future as companies and agencies require this paper before hiring an applicant. This may be just an ordinary piece of paper for some, a pre-requisite for employment, but for those who truly understand its value this is the testament of years of hard work, perseverance, and commitment.

Hence, it is very vital that schools ensure that they contribute to regional and national development through the provision of quality education. It is in good quality education where the future of our children lies. (Mahmoudi et al., 2012) holistic education itself is a pedagogical strategy that is capable of meeting the requirements of all kinds of learners, providing satisfaction and pleasure for teachers, and preparing future citizens who will offer their compassion and concern for others, their communities, and the world. Schools become their training ground as the world prepares them to a real-life battle of maturity and adulthood. Students who are equipped with knowledge and armored with life experiences are more likely to thrive in their chosen career.

It is therefore important that schools do not only focus on the academic perspective but should also let their students engage in extra-curricular activities. (Stonechild & McGowan, 2009) expressed that education and comprehensive evaluation are key components of a good education - an education that produces productive persons capable of surviving and earning a livelihood.

However, participating in extra-curricular activities has its benefits and downside. (Shults & Bessarabova, 2018) explained that extra-curricular activities can develop critical

thinking skills, has an effect on daily activities, and instills a sense of responsibility on the work and in future planning. Some of the benefits include increasing students' self-esteem, they become more socially aware, and they learn essential life skills such as leadership, team work, public speaking, time management, and goal setting. There are also studies that show extra-curricular activities contribute to good academic standing as it also enhances their critical thinking and problem solving capability. Extra-curricular activities may also lessen their stress level for it diverts their attention from overload work of academic life to a happy and engaging activities.

The challenge is how students will balance both the academic and their extra-curricular activities. The harmony between the two should be taken into consideration otherwise students will end up prioritizing one over the other. (Gupta et al., 2019) it is noticed that the influence of organizing such programs for the holistic development of students has resulted in the organization receiving praises from colleges in the neighborhood, the state, the country, and the world. There has been an increase in self-motivation amongst students for purposes other than studying and holistic development. If that happens, there might be a possibility for students to face problems on overscheduling and undelivered tasks.

Students' academic standing is important. Though others say that grades are not everything, we cannot deny the fact that grades also reflect what kind of students we are. (Lifelong Learning Platform and Cedefop, 2019) the "well-being" part of education is becoming more important in today's culture. Learning is critical for enhancing the quality of people's lives, particularly for the most disadvantaged. It says a lot about us especially when we are moving to a higher level of learning. On the other hand, extra-curricular activities are also equally important. They serve as additional weapon as students prepare for real-life battles.

Life is not monotonous especially our school life. It always offers myriad of experiences and memories. But schooling become more fun if we find the balance

between learning and having fun. It is only in the harmony of these two that students begin to grasp their holistic development.

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