

GUIDING PRE-TEENS INTO ADOLESCENCE

by:
Jocelyn V. Caparas
Teacher III

Adolescence is the period succeeding the beginning of puberty during which a young person develops from a child into an adult. Pupils in Grade 5 and Grade 6 are pre-teens. As teacher of these young learners, we can help them prepare for the teen life.

This stage is also called “rites of passage”. Proper support and direction can benefit these pupils to transition towards an “uncertain” future for them. At their age, they will have lots of confusions and curiosities. A trusted adult, such as their teacher, can provide guidance appropriate for this stage of their life.

How do we best prepare these pupils to a fruitful transition? These are some suggestions that can benefit them the most:

Self-preparation. At this point, the teacher can provide activities that can guide and help the pupils do self-assessment. The teacher can prepare an interesting template which the pupils can fill in. The template can include portions about strengths, potentials, interests, and concerns about the events that happens around them. The teacher can act as facilitator to guide the pupils in answering. Close guidance is recommended to ensure that the pupils are able to fill in the template as honestly and as realistically as possible.

Assessing self. This is the part where pupils are encouraged to visualize and interpret their self-assessment. Some may not readily open their self to others. This is acceptable. Give ample time to the pupils for self-reflection. It is also alright if the pupil is not prepared thus, it is vital to be sensitive and considerate of the pupil’s emotions,

readiness, and openness. An encouraging yet understanding tone is crucial so that the pupil does not feel threatened or overwhelmed.

Providing activities for self-awareness and self-development. The teacher can plan with the pupil on how to have a fruitful transition towards adolescence. It is important to involve the pupil as the plan should be individualized or personalized because each pupil has a unique personality. The activities can be centered around the interests and dreams of the pupil while emphasizing his strong points to motivate him. A dream board can be one of the activities that the pupil can do. The dream board can include the dreams of the pupil at a short-term goal like learning how to play a musical instrument or for the long-term such as graduating from school and landing a great job or starting a business.

Evaluating the activity. The teacher can evaluate the activity with the pupil to see which parts the pupil enjoyed and had him motivated. The teacher can guide the pupil to identify the parts and the ways by which the pupil can transform the activity to reality or to anchor the results to the daily life of the pupil.

While each pupil has his own set of aspirations, ideals, and goals, appropriate guidance and support are needed especially from the adults around him. As pre-teen is a crucial stage, proper guidance and support are required. Lack of such might break the pupil in the future and as teachers, we always aspire to provide our young learners the best possible learning and guidance we can give them.

References:

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