

ADAPTING TO OUR NEW NORMAL

by:

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An unfavorable pandemic has reached us. Due to the closure of schools, for two years, there was no formal graduation or award ceremony. Things we used to accomplish seem difficult to perform.

When the pandemic hit us, student then received instruction using a new approach that was very different from what we were used to. There were webinars almost every day, daily module printing and sorting, and weekly distribution and retrieval. Some teachers became exhausted and dissatisfied after two years of doing those things.

Realistically, there are children who are unable to read, comprehend, add, subtract, multiply, or divide. Mask required, classroom needs to be cleaned, resources are limited, group work is restricted, and there are few programs and activities. Yes, we have reached our new normal. But there are several problems that should be addressed.

Although it is really challenging, teachers will be able to overcome these issues. Teachers need to deal with these challenges and look for new ways to handle the difficulties. Teachers need to adjust and accept the fact even if it is unlikely that the situation will improve anytime soon.

As generated from the NSW Government website, there are tips to help us adjust to our new normal. Be accepting of the situation, responding instead of reacting, giving yourself time to process new information, allowing yourself time to adapt to change. being flexible and open to relinquishing control over the situation, going easy on yourself and manage expectations at work and at home, focusing on what you can do, not on what

you can't, setting new routines that work for you and don't pressure yourself, practicing mindfulness by being in the moment and focusing on what you can achieve today.

These tips are essential and can help us to adapt to this new normal. Though there are threats in the various aspects of our lives, by having a positive mindset, we can overcome these trials with the guidance of our Creator.

References:

<https://www.health.nsw.gov.au/Infectious/covid-19/update/Pages/adapt.aspx>