

DEALING WITH THE EXISTING EDUCATIONAL SET UP

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Educational Set up requires more than just efforts. It is more than that. Existing educational set up requires dealing with the needs of the students as to how they might see it essential as to the eyes of the educational community.

With the current trend in the new normal, the questions as well as the problems and challenges with this is more than just having the normal pressure. The traumatic experiences that the individuals might experience from the previous pandemic might still ring a bell. The different good relationships and bad ones might still be remembered as well as those diseased with the complication from the viruses.

The more the educational set up is changes the more resiliency as well as resistance are made. The current strategies amidst this educational set up regarding how to take care of one self-including the students might not be that easy. However with all the things in mind and all the things which are needed amidst the pandemic. What are the things which might be done to lessen the thought of the stress and challenges with the current educational set up? How do we deal with the educational set up as teachers and as personal individual with mental health needs to sustain positivity and spread the good news among others?

Be positive. We always hear this but do we really actually insert positivism among us or inside us? Positivism requires more than just accepting positive things but making it more ideal, in terms of looking at things always on half-full basis.

Accept Changes. Accepting changes is the next thing one might do when dealing with stress. The changes one can accept includes more than just accepting the changes amidst pandemic and the face-to-face. It is dealing with the changes with a happy heart and accepting that changes might change your perspective, behavior and attitudes. Change is good, especially if it is for the betterment of other people.

Lastly, giving a hope to yourself and to the other people. Hope is the only thing we can achieve as to increase inspiration and motivation among other people. Let us shine amidst the dark road which may still come.

References:

College SA.(2017). Face-to-Face Learning. <https://www.colleges.co.za/face-to-face-learning>.