

DELIQUEFYING BURNOUT IN THE TEACHING WORLD

by:

Jennifer B. Sabino

Teacher III, Old San Jose Elementary School

This past two years from 2020-2022, the academic year was different from any other. After the national lockdown that synchronize the school closures during March 2020, schools reopened in the 3rd quarter of 2021 using mixtures of in-person, cross, and distant learning models. Educators had to adjust to unanticipated conditions, teaching in unparalleled ways, and using synchronous and asynchronous education, while also being tested to create connections with learners, families, and contemporaries. Health alarms added to the blend as some teachers went back to in-person education during the elevation of the pandemic. As a result, educators' levels of stress and burnout have been high throughout these unusual pandemic times, raising concerns about a potential upsurge in teacher turnover and upcoming teacher scarcities.

Most teachers experience a fair share of job tension and pressure at their workplace. Being burnt out has always inclined a teacher's self-efficacy, passion to teach, and productivity at school. We cannot change the fact that we are now living in the pandemic set up which changed the entire globe massively but at least somehow, we can learn to endure and avoid not to burnout in our profession. Remember that you're not living by yourself; many people across the world are in a parallel situation, trying to uphold mental and physical health while what used to be normal is disturbed. Wellness intercessions may have been adopted in schools to help acknowledge the burnout of our teachers.

Addressing health apprehensions while trying to minimalize school interruptions and changes in teaching approach could help raise satisfaction and hold teachers from

getting burnout and at the end have an early retirement. Growing school immunization rates which are local officials and frontline main concern would certainly make a difference. I recommended teachers discover self-care practices. Having a social network at work benefits teachers who feel like they belong and can help them feel more eager, passionate, and self-assured.

References:

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