

TEACHER'S ADAPTABILITY

by:

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Teachers' jobs are dynamic and always changing. Teachers are expected to adapt to the various and changing needs of their students, interact with new coworkers and parents in productive ways, manage changes in the daily schedule and shifting activities pro-actively, and incorporate new professional learning or curriculum into their teaching methods. For healthy and productive professional functioning, it's critical to have the ability to adapt to these changes.

The ability of people to modify their thoughts, behavior, and emotions in response to shifting, novel, or unpredictable conditions is known as adaptability. A highly important capacity for teachers is the ability to effectively respond to the inherent novelty, change, and uncertainty that characterize teaching work. It is also a person's aptitude to momentarily adjust psycho-behavioral roles in response to shifting, novel and/or ambiguous settings, environments, and states. It may take into account reactions that have the potential to be flexible as pertinent to the modification of ideas, actions, and feelings

Given that teaching requires adjusting to and managing ongoing change, adaptability is also extremely important for instructors. For teachers to be effective in the classroom, staff room, and elsewhere, they must have the ability to adapt. Teachers who are adept in adapting might utilize techniques to control their thoughts, behaviors, and emotions in order to react to novel, changing, or unpredictable situations in an efficient way.

Teachers must frequently adjust in order to handle new or unpredictable demands and conditions since teaching is a profession that is prone to change. As a result, it is proposed that flexibility is an important skill for instructors. For this reason, educational leaders aim to better understand teachers' reactions to the frequently shifting demands of their profession and any connections these responses may have with teachers' psychological health and students' academic results.

References:

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