

## HOW TO KEEP UP BEING A NEW TEACHER?

by:

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First day of teaching: As you stand in front of the school, you cannot help but stare and appreciate the beauty of the surroundings. That moment when you step foot on the ground at this exceptional place, you get to meet your superior, and new colleagues, all in a different environment. You felt different kinds of mixed emotions and didn't know what to expect. Felt anxious? Excited? What must the exact feeling be?

After years of studying, you begin to face and remember the struggles you had to get through, and the sacrifices you have made for your dream. Now this dream is no longer a dream because you have now become a licensed teacher, and a public servant, too. Pat yourself on the back because you deserve it for coming this far. And here you are, determined to share all the knowledge you've gained.

However, this is only the beginning of a rough-patch kind of journey. Being a novice teacher, you go through challenges that comprise classroom management, teaching strategies, assessment of the diverse set of learners, and the offering of time to get to know your learners' parents, as well. Moreover, those are still not enough. Being bombarded by "ASAP" reports, unpredicted meetings, and the scarcity of teaching materials begin to devour your whole teaching year, in synch with your every single day routine of studying and planning for each lesson to prepare for everything that you will need for day-to-day tasks. Based on an article by Steph Ainsworth of Future Learn, the workload is also a big factor that comes up a lot when teachers talk about the issues of the job. Just now, you think that being confined to the many requirements of the profession will compensate you enough to give you the days you deserve to rest, continue

work at home, and even spend weekends on lesson plans then wake you up from the fantasy you have been expecting. Even allotting so much of your time to work leads to you forgetting about your health and the family that is waiting for you. Eventually, you crash and burn, you feel exhausted, tired, and drained. Suddenly, everything has been too much for you. You asked yourself. Is this what I wanted? Does everything make sense enough to prove to us that we are still on the right path?

Most of the time, we get too excited and convince ourselves that everything will be smooth sailing. But oftentimes, it doesn't work that way. The only way for us to keep up and live in these very challenging circumstances is by having the capacity to overcome every obstacle that comes our way. Let us not forget, teachers are human beings, too. We get exhausted, and we get under the weather, just like everybody else. According to an article published by Differentiated Teaching, self-care is essential. You spend your entire day looking out for the needs of your students, yet it is crucial to take care of yourself as well. Teachers are not immortals, which makes us susceptible to every physical and mental health issue. In this reality, we need to guard ourselves. We need to take care of ourselves, self-care and self-love go hand in hand because being healthy is a priceless investment we can make. Time management and having a work-life balance are also vital to having a healthy and productive life. Remember, family will always come first, as they are the reason you are working. Spend time with your family, laugh, and eat with them. Cherish every moment with them because they will be your strength and your motivation to keep up with this challenging profession you have chosen. And most importantly, we teachers take baby steps, too. We tiptoe toward where we are supposed to be headed to become tougher and more capable.

This is part of keeping up; you can't be a novice teacher all the time. As the year passes, you will become more knowledgeable, confident, and strong. You must grow. Learn from all the mistakes and have the courage to correct them. Everyone starts as a neophyte, take a little step at a time, and eventually, you will get there. You will keep up as a new teacher. You will...

*References:*

<https://www.differentiatedteaching.com/tips-for-first-year-teachers/>

<https://www.futurelearn.com/info/courses/succeed-as-a-new-teacher/0/steps/147289>