

LEARNING BY DOING WITH A HEART

by:

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Cookery and Bread and Pastry Production requires hands-on training. In order to develop such skills, it requires a lot of patience, understanding and optimism. As an educator, it is very vital to know what effective strategy to be used in order to make learning engaging and relevant.

In today's educational structure, one of the teaching approaches that is very helpful in the TVL Track is "Learning by Doing" approach. An approach popularized by American philosopher John Dewey. He emphasized on student engagement and upended the traditional notion that learning happens through lectures and rote memorization. He highlighted that students learn when deeply engage with the material.

Even I, through the years of my teaching, I have proved its effectivity and have seen positive results among learners. But I know this approach is much better and effective if includes our heart. A heart that listens to the unspoken needs of our learners and a heart that sees that beautiful part of a not so perfect output or performance task. And the most important is the heart of the learners themselves, burning with passion and dedication in their chosen track. In the article "Working with Heart: Getting Clear with What Really Matters in Work and in Life" it states that, "being able to work with heart has both external and internal influences. It includes our passion, energy, our purpose, vision, values, depth, truth and self-sacrifice."

As a TVL teacher, I believe that it's not the skills alone that we are able pass to our learners during our classes, but as well as the values, the passion, and the desire to be

better each day, improving ourselves each day at a time. Having a heart in every task feels like as if there's a magic within. As the saying goes "We cannot give, what we don't have". Indeed, our learners are the first one to see our passion and our dedication, which I believe inspires them to do well.

Before I start my laboratory in Cookery and Bread and Pastry Production class, I always remind my students this, "Be happy, for your mood affects the taste and the texture of the food. Remember that today you are preparing the food for the most important person in your life. Put your heart first before your hand, and a smile makes everything worthwhile". A little reminder but has a great impact.

During this moment I can see in the eyes of my learners that somehow, I have shared a part of my heart with them. I can feel their excitement not just to finish the task but to enjoy every moment of it. I can feel their concern, in our laboratory by taking care of our tools and equipment, I can see their heart in performing the task by making sure they follow given instructions very well and I can hear beautiful words complementing each other in their group, and most of all the heart that I give before our laboratory class comes back to me at the end of the day seeing their beautiful output. It's not just a dish or a cake, but each output becomes a masterpiece of skill, science, art, and passion rolled into one.

The food may be consumed, and cakes may be eaten, but I know each day, their skill is enhanced, their desire to learn is intensified and their love for what they are doing grows. They explore more on different techniques and their creativity elevates from what is expected from them, because it's not only their hands and mind that is working but as well as their heart. And for me as a teacher, it is my happiness and fulfillment to see my learners, that at the end of the day, they became better compared from who they are before they entered my class.

References:

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