

## CALM YOUR QUILLS

*by:*

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Do you easily get angry? How long can you hold your temper? Do you have self-control? Is your emotion stable? If your answers to these questions were generally no, then, you are not meant to be a teacher.

Ready your blood pressure device and check if you will survive this field. If you are uncertain, do not push it. Never pursue this profession just because of your passion. You also need to know how to regulate your emotions in this vocation to effectively perform.

This is just my opinion, but one's feelings might highly impact his or her performance. Just like what I have read: "you have to calm your quills in order to fit."

Setting aside your personal feelings toward the learners and the situation is a sign of maturity. If you are too emotional and idealistic, you will not be able to see the positive things in this profession.

When I was still new in the field, I thought, that what I only had to have been the knowledge and skills necessary for the subject matter I was going to teach. However, as time passed by, I discovered several things that led me also to be more aware of my limitations and fears.

Cliché as they say, you cannot offer what you do not have. Do not expect your learners to be calm and composed when you cannot do that too. Your learners reflect who you are. They may not be entirely being molded and honed by us, but we have a strong influence and impact on their ways and actions.

Sadly, as I keep on regulating my emotions at school, I lose my temper when already at home. How come we can do so much for our learners but fail to do the same for our children?

Yes, it is indeed a very difficult feat to keep our grace despite the chaos and noise. Hence, may God guide and help us to keep our emotions stable and intact for the welfare of future generations. Only Him can fully understand and feel it. So help us Lord...

*References:*

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