BE GOOD TO YOURSELF

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Educators are in a battle field and we have to be fully geared. But as we do so, we must not overlook to be good to ourselves.

As educators facilitate the learning distance modality which entails challenging transition, we must not be hard to ourselves by being pessimistic and too bombarded of the tasks that we need to comply.

Begin by being rational with yourself. Presume trial and lots of error in delivering distance learning. Truthfully, it is unmanageable to shift to distance learning in span of a day without heaps of trial and error. Anticipate it, strategize for it, and exert the maximum effort to make peace with it.

Moreover, educator requires recognizing and embracing the unexpected. Reorganize your standard because we are all functioning in the midst of a universal pandemic. Besides, majority of teachers have scarce resources in facilitating distance learning. We can’t tackle the whole thing instantly. Henceforth, we should provide ourselves the time and the consent to ponder it out.

Most essentially, we must lessen the amount of work to ourselves and learners. The commendable thing about the DepEd is they imposed the same. Anyway, students won’t be able to toil prolifically in contrast to normal setup. Besides, educators cannot even perfectly guarantee that it is an actual output of students especially those who utilized self-learning modules.
It is acceptable to be initially hesitant but certain point of negativity and uncertainty all throughout the process is toxic. Attempt to remain compose though challenging moments are inevitable and keep plugging away. Being open-minded and adaptable is your salvation.

If you are feeling drained and negativity envelops your whole system, be mindful that your students are exerting their ultimate effort to surpass the “new normal”. Hold on to their strength and be good to yourself.

References: