DISCOVERING TRUE HAPPINESS IN TEACHING

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In our world today, we cannot deny the fact that it is difficult to find the true happiness due to unrighteous things that are taking place in our society and if you are not that strong, you will surely get drown with the flow.

Let me share this experience of mine when I attended an international seminar about “Mind Set Education”, as far as I could remember, during discussion, there was this thing that happened in me, at some moment, putting me into a situation of asking myself these questions: Am I happy with my chosen discipline? What is happiness for me? What makes me happy? And what is true happiness for me?

I wonder when in my whole life I could feel that happiness. Not until I became a mother. It is very hard to be a working mom. It is stressful, it’s tiring and it is demanding. But for some reasons I don’t know where I get the strength of moving on. That might be the thing they called “doing the impossible possible.” Some may say that I am tired, I could not do this anymore, I don’t want to bear a child again, and many more. That is a wrong mindset. We would feel different emotions but we must have a positive outlook in life and that is the time we would find happiness in what we are doing.
As the discussion went by, I’ve learned that having a right mindset will free us from complaints of hardships in our life. I do believe in goodness of one’s heart even he/she is a criminal. Who are we to judge?

As a teacher, I become the second mother of my pupils, a role model, an icon and the like, we should possess this kind of characteristic. We should do what we preached. BE an example.

Janelle Cox stated 10 Ways Teachers Can Achieve Happiness Inside and Outside of the Classroom in her article entitled “How Teachers Can Achieve Happiness’. Happiness is a choice that we can make. It is not something that we wear or something that we put inside. It’s already there you just have the courage to discover it or you might need someone to find it.

Teaching is a very challenging job. We do DLL, grading system, classroom managements, paper works, a lot of responsibilities and pressures, but looking on its positive side such that you’ll be able to produce good citizens of the country, you will contribute to the overall character of our future leaders and so on - the pleasure will be ours.

We must learn to accept challenges and embrace it but be vigilant to change it for the better. It will surely make us stronger. In our workplace or even at home or when you’re with colleagues or friends, you cannot avoid criticism. We cannot please everyone to like us. Take those criticism positively that will make you learn from it. Achieve for
success and be an inspiration for others. If we failed, don’t hesitate to stand up and move on.

If you could have all this characteristics you will surely find your true happiness. Why, because you had found contentment on simple things.

References:

(How Teachers Can Achieve Happiness; 10 Ways Teachers Can Achieve Happiness Inside and Outside of the Classroom by Jonelle Cox Updated March 17, 2017)
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