DOUGHNUT MIND

by:
Jocelyn D. Marzan
Emilio C. Bernabe NHS

I have been in the academe for years. Honestly, life here is tough, but such fate led me to become stronger because of those trials and obstacles. Hence, those hardships only made me a better person. However, I am still human and as typical as I can be, I literally perceive things pessimistically. Yes, that’s natural and normal, I should admit. Nevertheless, people in this profession are deemed to serve as inspirations to many, specifically, to their students; therefore, they must still see the bright side in spite of the dimmed and gray colored situation.

Indeed, this profession offers us something sweet and nice, yet, in the end, we tend to ignore those and just look at the holes or gaps. Most of the time, we focus on details when the right thing to do is to focus more on its whole form. Similar to a doughnut, no matter how beautifully made and presented, if the person given still chose to focus to his core and own sentiments, he will not be able to see the beauty of its surrounding.

Relatively, every time we hear that there will be changes to be made in the system, curricula, policies, etc., we usually respond or react negatively or irrationally. As mentioned, that is natural. The problem only starts when people already had their chance to say their piece, yet we do not want to listen to the other side. That is what we usually do. We do our job, but we do it with a heavy heart.

Why? Why such things happen? It is simply because we like the doughnut, but we focus more on its hole. No matter how good-tasting it may be, we always find it insufficient enough because of its hole. But that is education. In spite of the well-designed and studied programs and interventions offered and implemented, it will remain
incomplete like that doughnut with a hole in its core. Those on top think it is full-furnished and well-planned until it was passed into our hands and we think otherwise. Let me tell you why. Because that is the purpose of our existence. That is why we are here. We are the core implementers of those programs and projects and we have to make it a success no matter what.

Therefore, instead of complaining, if I may suggest, we better think of those negative experiences and observations similar to eating doughnut or donut. As we all know, it is a type of fried dough confection or dessert food which is popular in several countries. It is also prepared in various forms as a sweet snack. It is same to our profession: it is a snack meant to fill our hunger. It is our source of income to attend our daily and basic needs. In short, it has served its purpose. This may have its loopholes, but at the end of the day, “doughnut mind” it at all, for it is our bread and butter.

Truly, the ones in the field are the people who can really tell what is needed, so we must be open-minded in order to bridge the gap. We should do that in order to successfully fill the missing piece.

References: