GETTING HELP AS A TEACHER

by

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There is a competition in every job. There is pride in every teacher. However, it is so important for new teachers to recognize the need for, and subsequently ask for, HELP. Even if you feel like you need to know everything and cannot let your guard down, remember that you are in this job for the students, so do not cheat them just to spare yourself some dignity.

There are things to remember that you need help.

• If you feel like you are putting in so many hours that it would just be easier to bring a change of clothes and a toothbrush to school.
• If you feel like the un-graded papers on your desk are stacking up and accumulating more cobwebs than your attic.
• If you feel like the students, parents, and administrators are out to get you.
• If you feel like have completely prepared your lessons, however, now even you are getting confused by long division.
• If you feel like it would have been easier to go to medical school…then YOU NEED SERIOUS HELP!

No one said teaching was easy; rather, no teacher ever said teaching was easy. It takes a lot of work and a lot of practice to feel confident in the job. In addition, it takes help. There is no shame in asking for help, but there is shame in thinking you are too proud or embarrassed to ask for it. Your students and you can only benefit from it.

So, first thing, recognize the need for help. If you are still reading this article, you have done that part.

Second thing, find the right person to ask. This part can be hard, since you are new and may not know many people. Start with your immediate co-workers, your team,
your grade level partners, if they are not the ones to ask, did the school give you a mentor? What about your administrator? Ok, maybe you have a friend who is a teacher in another school or district. Call your mom for crying aloud!

Third thing, compose yourself and for help. Articulate your needs and concerns, and allow the person (you close) to help you. It is doubtful (not impossible) that the person will turn you away with no help. Nevertheless, be clear about what you need, You can’t just go in and say, “Help, I’m drowning.”