HOW TEACHERS HELP STUDENTS IN THEIR MENTAL HEALTH DURING PANDEMIC

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As the coronavirus pandemic spreads around the globe, it is causing widespread dread, worry, and anxiety among the general public, as well as specific groups such as older folks, students, teachers and those with underlying health concerns. As to what concerns us, corona virus does not only closed business establishments but also educational institutions that requires face to face interactions in order to acquire learnings and inputs to teachers and professors.

In this time of pandemic, many teachers are struggling to provide educational assistance to their students however, despite of the situations teachers and professors are doing their very best to make students feel that they are valued and validated. Taking examples to the professors who are exerting effort to minimize the activities of the students and recognized all the hard works of their students in their classes. In a way, students feel the warm support of their teachers and professors.

Moreover, while social/physical distancing makes it more difficult to create strong interpersonal attachments, it has never been more crucial to assist children in forming solid relationships virtually. In learning, peer-to-peer social learning can be just as important as intellectual learning. Prioritize opportunities for the students to get to know and bond with one another whenever possible. This could resemble playing class games in the online set up. teachers can also assist their students by saying words of encouragement through verbal and written words like sending a simple cheer that will truly boost the confidence and motivation of the students.
As to other know, mental health is very important more especially now a days that students are more open and expressive through different platforms that contributes and may influence to their decision making that may be harmful to their mental health. It is also important for the teachers to monitor their students and circumvent any admonishment without fully knowing the whole situation. For we are now living in a new normal setup where we hardly distinguish school from our home, where the place we are supposed to be resting is the same place where stress and anxiety are accumulating, it is so important to ask without judgement and be kind to each other.

According to Becker (2021) the epidemic is now exacerbating the situation. COVID-19 has impacted the lives of almost 80% of college students, according to a recent survey, by increasing isolation, loneliness, stress, and sadness. Although it is too early to link national teenage suicide data to the epidemic, school districts around the country have been reporting disturbing increases in both suicides and attempted suicides. Accordingly, there are three things’ educators, school counselors, administrators, and parents can do as we continue to deal with the effects of the epidemic and strive toward recovery and a complete return to the classroom.

1. Know the warning signs of distress in the learners.

2. Connect students with resources to help.

3. Build social connection.

A key protective factor against the development of mental health difficulties is having a close relationship with the teacher. It's critical for students to feel comfortable approaching their teacher if they're having worries, in addition, discussing emotions in class can help, and you can also let students know that you're accessible for one-on-one conversations if things get tough.
Consider checking in on a student who appears to be discouraged or having problems engaging - even a simple "How's class been going for you?" can go a long way and may be deeper, they may be struggling academically or due to some family problems that they can’t face at the moment and the fact that we are all learning indoors, under the roof of our own household, it is a must for the teachers to ask the students and let them feel that they are not alone in this battle.

References: