HOW TO HANDLE DEVELOPING TEENAGERS

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The most difficult time for the parents and teachers to understand students is that when they hit the stage of puberty. Puberty is the stage of an individual’s life wherein the body developed physically and sexually. For boys, they start becoming young men, their body is experiencing different changes and hormones are starting to surge up. Girls are approaching into womanhood, their body is getting ready for pregnancy. Hormones are being released and surging up that resulted to mood swings. It is natural event that all people will experience in their lives. Puberty is the first step to the world of adulthood.

High school students or teenagers are commonly perceived as troublemakers and cause headaches to their teachers. Teaching them requires a lot of patience and hard work, teachers must understand them that they are currently developing; their mind and body are reacting towards changes. Hormones make them grumpy, hot-tempered, lazy and emotional. It is very true that teaching and dealing with them is very difficult if teachers do not know how to handle them. Studies and past experiences enumerated some tips that might help the teachers in dealing with teenagers, these tips include the following below;

1. Teachers must build rapport with the students

If teachers want to succeed in dealing with these teenagers, they must learn to build rapport. They are emotional that when they see the love and concern of the teachers they will give corresponding efforts to the teachers’. Learn to understand them truly because they can sense if you are just faking your interest with them.
2. Know your students’ interest and have a conversation about it.

   Teachers must know their students, they may observe them to know their likes and interest. Organize and plan your lessons the way they like it and based on their preferences.

3. Let the students choose what they want to study

   Teacher may include choices in his teaching strategy, objectives must still be congruent with the curriculum guide it’s just how the students will perform their activity will be their own choice. They can choose the task (which is still included in the curriculum guide), tools that they are going to use and how they will present their work.

4. Teachers must arrange several plans, Plan A, Plan B……...

   Teenagers are very temperamental, moody and they get bored often. Therefore, it is wise to have planned different activities for your lessons. If it is possible to have a field trip around the school, let it happen. Teachers may use other places in school just to motivate them to study and blow boredom away.

5. Teachers may challenge his teenage students.

   Sometimes, teachers may give difficult task to challenge the students to think and act. They may use contest to impart competition among them. Give open-ended activities which will encourage them to think deeper.

   Teaching is really difficult if teachers won’t teach from their heart. Learn to understand and love the students like your own sons and daughters. If genuine interest will be given to them, students will reciprocate the efforts you are giving to them, thus better performance will take place.
References:

https://teens.webmd.com