MANAGING EYE STRAIN FROM ONLINE CLASSES

by:

Madonna S. Mirasol
Teacher I Pulo Elementary School

The classes that will take place this coming opening of school year will definitely be different from the usual classes that students and teachers have gone accustomed with. There will be no going to school, no classroom interactions, no face-to-face communications no physical presence. All will be done remotely.

One of the choices of students for learning this time around is the online class sessions. Here students will have to connect to their teachers through the use of their electronic devices like laptops or desktop computers or smart phones or tablets.

Teachers on the other hand would have to adjust to their teaching process as well. They will no longer be able to perform routine activities which are commonly done inside the classroom. There will be no more reporting, no group work no activities that take much time. Remote learning are made easier and with less activities. Activities are focused primarily on the essential objectives or skills that are deemed most important and are prioritized to be mastered.

Shortened and direct to the point lessons are basically the main structure of the online classes. This is because both the students and the teacher cannot stay too long looking at each other through the screens of their gadgets. Staring for hours on the screen of gadgets have negative impacts on the health of an individual. There have been reported cases of people developing eye problems, hyper tension, muscle pains and even seizure attacks.
Though online classes are fostered to replace ordinary classroom discussions, it does not directly mean that the whole one-hour class will just be transferred to the computer connections and communication applications and softwares.

According to the American Ophthalmology Association the screen time of the eye, or the time the eye can stand at the glare of the gadget screen, is only good for 20 minutes. After that the eye must need to rest. The person must relax his or her eyes for 20 seconds by looking at a distant image which is at about 20 feet away. This strategy is called the 20-20-20 rule. After 20 minutes of screen time, rest for 20 seconds look at an image 20 feet away.

If this would be the case then it would be ideal that online classes will only be good for 20 minutes. Hence, the online class will only be devoted purely to giving clarifications and further directions on the activities. This will also be the time to check on difficulties encountered by students.

Classes transformed using modern technology may mean efficiency on time, effort and resources, but this does not mean that negative implications will be set aside. Aside from nurturing the mind the body needs attention as well. Online classes need not be too taxing, long and stressful. They can be an enjoyable experience if proper protocols are followed appropriately.

References: