MANIFESTATION OF BEING A RESILIENT TEACHER

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Being resilient is the ability of a person to succeed despite the odds or difficulties. This trait is very much evident on how teachers manage to balance both life and profession.

Nicholls (2012) cited that resilience is essentially the answer to career survival and even prosperity in the 21st century inter alia, it is a commitment to the development of the skill resilience and perpetual learning thereof, which might well be the only guarantee of employment.

These are factors that may manifest one’s resilience and these may also show teacher’s resilience, they are the following:

Self-efficacy and self-esteem. As a teacher, you have to be strong enough to face the challenges of life. Despite the difficulties around, you must have enough strength to go on and continue with what you are doing.

Problem solving. As teacher, you need to adapt to change most especially in the demands of the profession. You have to lead in the problem solving and learn to make good decisions for the benefit of all.

Positive affect. As teacher, you have to consider the light side of life. Do not be discouraged by failures and consider them as arts of the challenges in life. Always believe that to overcome stress will help you strengthen yourself.

Hope and optimism. As teacher, you must always be hopeful and optimistic. Always have a strong sense of faith not only to yourself but most especially to God. Try to remain optimistic in the midst of challenges.

These are the indicators of teacher’s resilience and these will not only make them a strong teacher but a better one. So, be a resilient teacher.
References: