OVERCOMING UNCERTAINTY DURING THIS PANDEMIC

by:
Ma.Corazon C. Sungcoco
Teacher I, San Ramon Elementary School

It has been over a year when people started adjusting to the new normal. Seminars turn into webinars, activities are modular, some classes happen via online, and teaching and learning take place at the comfort of our home. A big no to the traditional face to face. Have we fully adjusted? Or has it just become clear to us that all we can do is accept that this is how things are going to be for a while?

A lot of people have taken advantage of our unfortunate situation to make teaching students more interesting and effective using fun online activities, demo video lessons, vlogging, and even Facebook live. Others have been provided longer times with their families. Although some were given more opportunities to play games and do online buying and selling. While some are busy adapting with the new mode of learning, there are those who are left alone in the dark facing fears. These are the senior teachers who are bearing with confusion on how to fully acclimatize technology. Teachers whose great abilities are being hindered by the lack of expertise in grasping digital learning.

There are hundreds of things to be afraid of during this time and a lot of those are being felt by our seasoned educators. The fear of being left out from the technology that everyone is now using is a challenge. Although, it would be difficult for them, it is not impossible to learn it but the fear of becoming the reason why students won’t enjoy learning, it scares them. It has been their entire life– teaching and imparting knowledge to the students.

Imagine being not able to do what you love to do. Added is the fact that health and safety during this pandemic is at stake. They have devoted their whole life to achieve greatness
for their students and now that everything is changing, it scares them that they won’t be able to do it as effectively or not at all. They are constantly afraid, even if face to face classes is to be brought back, would they still be fine to teach? The pandemic sure does looks like our greatest enemy right now but for them, it’s how to cope with the uncertainty that awaits them.

Taylor (2020) enumerated steps to overcome fear and uncertainty during this pandemic. According to her, a key part of tamping down anxiety is clarifying the specifics. That is to determine the fears. In relation to this one, there should be proverbial reality check. Facts versus fears. It takes great skill to step back and look at challenging situations from a non-emotional perspective. Putting things in perspective is also a necessity. At the same time, knowing what you can and cannot control is a way of managing your views. She even added that taking proactive steps to stay motivated is a good thing to do. Adopting gratitude will also improve our mental and physical health.

Without a doubt, this testing time is a challenge to all of us particularly to our seasoned educators. But we should maintain our composure and try our best to overcome not just the pandemic but the call to reach our primary clienteles: our learners.

References: