PICTURE OF A TEACHER’S RESILIENCY

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A teacher is an epitome of a resilient person and it is true that he or she possesses this distinguishing traits or attributes.

A teacher has to know oneself. A teacher who has a knowledge of his or her one’s strengths and potentialities is able to project well and becomes resilient in facing the challenges in the profession.

A teacher must know how to handle emotions. A teacher should tactfully manage his or her feelings in order to exhibit resiliency in the teaching profession and in facing challenges.

A teacher must take inspiration in being a teacher. If someone is inspired in fulfilling tasks and responsibilities then he or she may become strong or resilient.

A teacher should also build good relationship with peers. It would be helpful for a teacher to stay happy and contented in the profession if he or she has the support system brought by fellow workers.

A teacher should take care of his or her profession. Taking care means doing ways on how to upgrade oneself as a professional which may be through studies or trainings.

A teacher should follow on the brighter side of life. This means that he or she should consider the profession as noble and as a distinguishing profession that serves lots of people.
A teacher should brace oneself with good attitudes. If he or she has good attitudes then the character that may be portrayed would be better and may reflect a resilient personality.

Resiliency may be gained through following attributes above-mentioned.

Be a resilient teacher!

References:

https://www.cultofpedagogy.com/resilience/