PROMOTING SOCIAL CHANGE IN THE NEW NORMAL  
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Heraclitus, a Greek philosopher, has claimed that change is the only reality in this world. All the more so, this statement resonated as an absolute truth as humanity faced a full-scale shift in education, economy, business, politics, health – in all aspects this pandemic era. Social changes came as a strong blow to us particularly in education which is a field that plays a crucial role in any nation’s development and growth. We, educators, are constantly sought for advice and assistance putting us on a frontline as those in the medical field. People feel uncertain and agitated of what is to come amidst the chaotic world. They need guidance on how to row with the changes and gradually embrace the ‘new normal’.

As educators, we can facilitate social change by disseminating the accurate and correct information. Social media, despite its boons, have been an avenue for spreading wrong information, malice, distorted mentality resulting to conflicts, panic and different sorts of turmoil. An informed person makes wrong decisions; thus, it is our duty to teach them to be discerning on what and what not to believe in. It is our task to teach people the responsible use of social media in this digital age. We have to use this advancement as an advantage to all of us.

As the world becomes unpredictable, we have to gear them up with the right mentality to approach and handle changes. Department of Education (DepEd) along with other private and public sectors have been conducting various webinars on mental health and have been providing psychosocial support. This initiative is greatly beneficial to all the parents, learners and
the mass as a whole so that all people will be able to maintain a sound mind despite the adversities brought by COVID-19.

Attitudes and behavior are learnable and can be adapted from the environment. Given this premise, if we want to stir positive changes in others; we have to manifest them in ourselves first and foremost. We have to set as a good example so that others could follow. We have to walk our talk. Let us practice what we preach.