TEACHERS’ RESILIENCY DURING COVID-19 PANDEMIC

by:
Florderizaliza S. Estella
Teacher I, Balon Elementary School

Resilience is the ability to overcome adversity and to adapt to challenging situation. COVID-19 pandemic has hit teachers hard and even brought trauma to all of them across the country and the world. Teachers across the nation were forced to stop from teaching their pupils in traditional way. Teachers that are used to teach inside the classroom are also learning different skills and methods to deliver instructions to their students. DepEd have equipped teachers with different strategies thru online trainings and seminars to be more ready, flexible and resilient. To also guide the parents, pupils and the community to carry out the learning from the very first school year of this challenge. Teachers need to embrace change itself and adapt the new normal form of learning. Getting use with online meetings using google meet, zoom, facebook and messenger to communicate with the stakeholders.

Toughness of educators has also been tested because of their personal problems such as sickness, loss of love ones and hearing problems of other people. This can cause trauma leading to less productive at work and low resiliency. Evaluating your level of control to every situation is also a great reset to build one’s resilience. Learning how to accept things that are unexpectedly happening can help individual to be emotionally tough and prepared.

References:
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