THE HAPPY TEACHER

by:

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Happy Teachers know how to relax. Some people actually enjoy starting and ending the day with a complaint. These people will find any task debilitating. Be warned that you will cut from your heart and years from your life if you do not learn to meet the demands of a teaching day without undue strain.

Happy teachers possess the right perspective. Problems will be with you all days of your life. You must learn to accept that fact. Do not fight, do not run away, but compromise with your problems. Yes, you wanted to assist each pupil read well, but due to limitations of your time and energy and sophistication size and your own skill, you weren’t ready to teach every pupil.

Be content and keep trying. Take satisfaction that there have been people who you probably did help. Happy teachers pace themselves. You and therefore the class have an optimum time surely sorts of performance. The time varies with the day and time of day. Accept this fact.

Happy teachers control their voices. You may easily make the mistake of speaking too often and too loudly. Prove it to yourself. Try letting the pupils do most of the talking. Keep your own voice down, controlled and pleasant. Avoid disciplining by shouting. Then notice at the end of the day how much more rested you feel.

Happy teachers choose the right word. Certain words excite. Try to follow Thumper’s admonition, “If you can't say something nice, don't say anything in the least,” and include children because the recipients of nice words.
Happy teachers use soothing words. In faculty discussion, ask questions instead of label or condemn. “Is there another fact we might consider?” keep tempers much smoother than “I disagree with that statement”.

Happy teachers keep personal troubles out of school. It is not fair to foist your troubles on pupils or colleagues. They have enough of their own. Lose yourself in work. You will be ready to forget, for a touch time a minimum of, the issues about which you'll do nothing anyhow.

Happy teachers do one thing at a time. Have only a couple of aims for yourself and therefore the class. Concentrate on those few which you'll justify in terms of real world needs. Recognize that there are many other fine belongings you would really like to try to to , but that the day has with great care many hours in it. Have no fear that you will never enlarge your objectives. As your competence grows, focus your attention on one important thing. Trying to do too many things will only exhaust you.

Happy teachers make plans. In your plan book, additionally to the teachings, note briefly your aims and faculty responsibilities. Each day, check the activities from week to week, eliminating if necessary, those which make the day too crowded. Plan carefully, so that you know exactly how to proceed. Knowing precisely what you wish to do and checking achievement, will give you a feeling of accomplishments.

References:

Excerpted from “ The way to be a cheerful Teacher”

Happy Teacher, its Significance

www.weareteachers.com

teamtoeducation.com