TIME-OUT

by:

Jessalyn Anne M. Linsangan

Time management skills for students are increasingly important (Auld, 2020). But when the CoViD-19 pandemic broke out, it has very well affected not only the Philippines but the whole world as well. It has induced a worldwide conflict. A global decline. Since then, human lives have turned differently and have now entered a wide variety of “new normal,” including in the aspect of education. Now that several countries including ours have adopted distance learning, there has also been quite a major change to our education systems.

According to Ahmad et. al (2019), time management is perceived as one of the central points of academic achievement, indisputably affecting performance, marks and grade. It plays a significant role in improving learners’ performance and accomplishments. They emphasized that a student can only survive if he has ability to utilize time properly. Therefore, mismanagement disturbs the academic achievements of learners.

However, this time mismanagement had become more rampant in this pandemic. Proper time management especially in the new normal is very vital to avoid burnout and workloads. With this idea, it is then true that without proper time management, people are more prone to burnout this new normal. This idea was supported by Collins (2020) in his article How the Pandemic Reset Workers’ Concept of Work-Life Balance. He emphasized that the global pandemic has severely changed the way we work, furthering the blur of the already vague separation between work and life, all while spurring questions on how our mental wellness is to be impacted on the long-term.
There is one observation, though, to be inferred from the current New Normal Education setup. In a 2020 study conducted by Trias Megayanti and his team entitled Time Management During Covid-19 Pandemic: The Effect of Students’ Time Management on Learning Outcomes, it has been implied that students have now depended on their own discipline to manage their learning time at home. It is for this reason that they stated that time management during a forced-distance-learning is something quite intriguing to study, because finally more than ever students are now exercising it independently at home without any teacher's actual supervision.

It is therefore beneficial for us to look at a student's time management as another factor to consider in teaching on this new normal education, emphasizing the extra challenge the health crisis brings.

Our teachers' sentiments, alongside their expertise and judgment, are vital to hear out in solving the dilemmas encompassing our education system. This is because in likelihood with what Emma García, Elaine Weiss, and Ivey Welshans said in agreement in an Economic Policy Institute 2020 article, the closest witnesses of the challenges faced by students, especially in this pandemic, are their teachers — simply because it is their job. It is our job.

And teachers see the struggle of kids and teens balancing doing household chores, and answering a math problem, attending to their online classes, if they have, with the inconsistencies brought by an unstable internet connection, or otherwise staring at the pages of their modules, full of words we have strategically compiled to still deliver the best, precise, enjoyable knowledge in a trying time, yet it feels blank to many because they can't help but realize that it is not the same as looking at the board in front, with a teacher speaking beside, and we all know that that would have been so much better. So much livelier, more effective, and meaningful. But we all know, also, that we can't.
So, with all of these being said, I have come to understand that I must understand the pressure, anxiety, and difficulty that my students experience. And this has taught me to be more compassionate and understanding. As much as we teachers and educators have quite a hard time adjusting to our educational systems and mechanisms, I realize that it is equally true that everyone does, as well. It is my hope then that may this teach each one of us, in the same way, to listen and care for other humans. That is, to be human. Not only within the duration of a pandemic, but in a lifetime to which we can fully extend our palms to those who reach out their hands.

I think that’s probably the best way to make use of our time.

References:

