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MEERA RAVI

Counsellor

On workshops for teachers to understand students better

'Children relate to teachers at an emotional level'

Why are such workshops necessary?

Teachers carry a heavy responsibility. Everything a teacher says has an impact on students. There is a huge communication gap between teachers and students. Children relate to the teachers at an emotional level, bond with them and feel they 'belong' to that place. Teachers need to learn to understand the students better, deal with them more sensitively and empathise with them.

What do the workshops entail?

The workshops help teachers communicate better with children and establish closer relationships. We cover factors

affecting children at school, helping children with emotional disturbances, how to have a better rapport with adolescents, handling emotions and stress. The methodology adopted is role play and group activities.

How do you deal with issues like anger and lack of patience?

These are much deeper issues and cannot possibly be dealt with in a workshop. We give teachers inputs and make them self-introspect. Whether they would like to resolve their personal issues or not is a choice they have to make.

Why is there a need for teachers to have counsellors?

We must realise that teachers are human beings saddled with a wide range of emotions and stresses they go through at different stages of their life. They have their own share of problems, deep rooted frustrations

and bottled up feelings. Unless these are shared with someone to release the pressure, they cannot cope with handling difficult situations. The counsellor acts as a pressure cooker valve.

'The methodology adopted is role play'

VINITA A SHETTY