

## **Teachers Seminar**

### **Being an Effective teacher is a High calling**

Ms. Auxilia Pereira,  
Our Lady of Merces High School, Merces

The Diocesan Catechical Centre, Old Goa, organized a half day seminar for all the teachers of the Archdiocesan Board of Education. The seminars were held from 2<sup>nd</sup> July to 6<sup>th</sup> July 2018, at five different venues in Goa.

“The student is not above the teacher, but everyone who is fully trained will be like their teachers. (Luke 6: 40)”

Fr. Romeu Godinho, welcomed teachers and briefly introduced Dr. Lavina M Noronha. The seminar commenced with a music video “I have a Maker.” Fr. Savio Pinto then led the teachers into a short prayer.

Teachers then introduced Dr. Lavina M Noronha, the resource person and she was welcomed with a bouquet of flowers at all the zones.

The theme for the seminar was ‘Teaching and Reaching: Effective Classroom Management’

Dr. Lavina began the session by quoting the words of William Arthur Ward “The mediocre teacher tells. The Superior teacher demonstrates. The great teacher inspires.” She stated that the teachers should Create a Conducive Environment in order to build a Positive and Professional rapport with the students and to Be Fair, Firm and Consistent. She also suggested that teachers should be Proactive and Not Reactive .She said that the best teachers must ensure that their classroom runs like a well-oiled machine.

Dr. Lavina further mentioned that Using Humor is appropriate whenever necessary and teachers must be able to laugh at themselves too. She further stated that never use SARCASM in the class as sarcasm puts students on defensive and may also lead to a destruction of teacher- student relationship. She brought it to the notice of the teachers that every behaviour has a function and the primary reasons for these would be Power, Revenge, Attention and the Child wants to be left alone.

She further added that, many misbehaviors exhibited by students are the responses to a behaviour exhibited by the teacher and that Understanding the function of behaviour will help in knowing how to deal with that particular behaviour.

Next, Dr. Lavina explained in brief about the Oppositional and Defiant Students. Such students depict behaviours such as Quick tempered, Argumentative, Non – compliant, Annoying, Blame others, Touchy, Angry / Resentful and Vindictive.

Further she spoke about the students with Conduct Disorder; she said that these students are the ones who depict behaviors’ such as Aggression towards people and animals, Destruction of property, Deceitfulness and theft. She then suggested some ways to deal with the students with Disruptive Behavior as it is very important for the classroom management. It includes, remaining focused and calm. She said that the teacher should either respond decisively or ignore thoughts altogether. She pointed out that a teacher must be able to distinguish between appropriate and disruptive behaviour patterns. The teacher should be very careful with the time and place when dealing with such behaviours. Further she added and requested teachers to utilize alternative lesson plans and seek help from colleagues and parents to deal with this kind of behaviour.

Dr. Lavina suggested ways to motivate Scholastically Challenged students. Teachers must praise and reward students for their hard work and thereby build their self-esteem. She recommended that teachers should set realistic goals and expectations and reward the students by recognizing their success and hard work. She also insisted on using modern methods and techniques of teaching.

She stated the ways to identify the children with learning disabilities in the classroom... she said that, as teachers, we need to identify symptoms such as Anxiety and depression, shortness of breath, abdominal distress, sweating and nausea, shakiness irritability, restlessness, insomnia, choking sensation, numbness, tight chest, racing heart, muscle aching and tension that leads to learning disability

Dr. Lavina advised teachers on how they can cope up with the stress, manage their anger and get organized. She proposed ways to divert the mind when angry and to breathe 10 times by counting 1-10. She affirmed that teachers should think before speaking, not to be defensive or aggressive, use words and not to use actions to express.

She further insisted teachers to get organized and manage their time by keeping a diary and writing a list of tasks to be accomplished, prioritize and schedule them as she believes that - time management is life management.

She further mentioned the qualities of a good teacher... she said that a good teacher is the one who leads by example, puts others first, has integrity, is committed to the mission, trustworthy, listens attentively and is a team player.

She concluded the session by providing teachers with insights that are required to be an effective teacher...

Fr. Romeu expressed his gratitude to all the teachers for attending the seminar. The vote of thanks was proposed by teachers at all the zones. The session ended by 5:30pm

It was a wonderful and effective seminar we seek God's blessings on Dr. Lavina for her kind services. "Teaching is a very noble profession that shapes the character, caliber and future of an individual."