

רעיונות

VOL. 1 ISSUE 3

A WEEKLY DOSE
OF IDEAS AND
INSPIRATION FOR
MECHANCHIM

The Weekly

Change Phobia

THE CHRONIC AILMENT OF SOME HIGHLY SUCCESSFUL TEACHER

Many teachers, especially the veterans who have been teaching the same classes in the same schools for decades, can suffer from acute "Change Phobia." What is "Change Phobia?" Technically called "metathesiophobia," Change Phobia describes it just as well. It's an unhealthy fear of any change to the status quo ante. It's an aversion to changing that to which one has become accustomed.

So insidious can "Change Phobia" be that some teachers will complain bitterly about problems in their schools and then fight the very changes being implemented to correct those very same problems!

Teaching is a profession that requires great devotion because of the hard work and intense creativity that goes into every lesson. Unlike the typical nine to five job, teaching derives from the inner essence of the teacher's character, personality, experience and intellect and as such becomes a highly personal endeavor. The mere request of even a relatively minor change may challenge a teacher's self-confidence, by seeming to insinuate that the teacher's efforts and results just aren't good enough. Even more disturbing to some teachers, change may trigger the question, "What if I can't do this?" in the mind of professionals who had been feeling secure until then.

Teachers do not have the luxury of being change phobic. The nature of the job dictates that they must remain ever open to new ideas, new ways of doing things and new directions...sometimes at a moment's notice. Besides, being open to change allows teachers to continuously improve their professional skills and become the best at what they do.

Openness to change is a must for every teacher committed to doing what's best not just for him or herself, but what's best for his or her students.

It is important to realize that while "change" is almost always challenging, it is the only path to growth and enrichment for each and every one of us. In fact, the more our society changes, the more our children will need to change as well. Schools must come to expect the unexpected and make changes on the fly. And as those changes unfold, teachers must be flexible and prepared for whatever comes next. After all, it's part of life itself. The beautiful outfit you bought for your 3 year old might still be beautiful when she's 6, but it simply doesn't fit anymore. Teachers need to continuously assess what we are doing, even those things that in the past worked really well, to see if they still "fit" the current crop of students populating their classrooms.

Try to take a few minutes to think of

an area where you may have avoided introducing change. Alternatively, you may find that there was a school decision made with which you were in sharp disagreement. Why not try to revisit some of those negative responses to change and attempt to see them in a new light? And if you still find a particular change to be too daunting, see if you can redefine it and give it a new name.

Instead of feeling intimidated by the very word called "change," attempt to empower yourself to GROW! ADVANCE! REFINE! DEVELOP! PROGRESS! IMPROVE! EXPAND!

The Rayonos Team

THIS ISSUE OF OF RAYONOS THE WEEKLY WAS DEDICATED IN MEMORY OF:

מרסם יסכה בת ר' ישראל ע"ה

Weekly

DISCUSSION

Starters

In each issue of *The Weekly* we will introduce one question or idea for discussion. Often there is no one correct answer; instead, the purpose of these questions or ideas is to simply generate conversation and provide open dialogue.

HOW MUCH INFORMATION CAN A TEACHER ASK A GUIDANCE COUNSELOR TO DISCLOSE ABOUT THE CHILDREN IN HIS OR HER CLASS?

Please feel free to share your thoughts and responses with your colleagues and with us by emailing them to talkingpoints@rayonos.com, or fax them to us at 718-228-5602. We may just publish your ideas in Rayonos Magazine!

A JEWISH EDUCATORS' PUBLICATION FOR PROFESSIONAL ENRICHMENT

רעיונות

A WEEKLY DOSE OF IDEAS AND INSPIRATION FOR MECHANCHIM

The Weekly

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The Weekly Rayonos is distributed throughout the school year and is intended primarily for educators teaching elementary, middle school and high school children. The Weekly is a complimentary supplement of Rayonos Magazine and the views expressed or implied in this publication are intended as suggestions and are not necessarily official positions of its parent organization. To subscribe or to receive general information call Strategies Inc.: (718) 233-3724 Ext. 1 or e-mail: info@rayonos.com. Copyright © 2015 Strategies Inc. All rights reserved.



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QUICK TIPS Testing Positive

1

GET SOME HONEST FEEDBACK

Ask your supervisor or another teacher to observe you and offer some honest insights. Another good idea is to record yourself from time to time and although most of us can be somewhat hyper-critical, you will most likely notice at least a few changes that need to be made.

2

AVOID TEACHERS WHO FIGHT CHANGE

Every school has a group of teachers who grumble and attempt to convince one another that their resistance to change is rational and "the right thing." Don't get caught up with them.

3

EMBRACE CHANGE ON YOUR OWN

Find something you think you need to change in your life, and do it. This way you'll be less intimidated when change is requested by a supervisor.

4

KEEP AN OPEN MIND

There is much thought that goes into a school's decision-making process. Try to realize that there may be details of which you are unaware and rationales that were not shared with you. Just because you don't understand it, does not mean it's wrong.

5

READ

Educational articles and periodicals that report on new learning trends and innovations will help keep your mind open to exciting new ideas.

6

OBSERVE

Periodically visit other teachers' classrooms and ask them to visit yours. Observing the methods and techniques of others will help expand your horizons. Develop an appreciation for alternative ways of doing things.

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educators
worldwide...