

Teacher : The Effective Helper

Abstract

The present research article Teacher : The Effective Helper deals the following objectives:

1. Recognize the characteristics of an effective helper.
2. Find out the personal qualities.
3. Find out the method by which we use our personal and professional qualities to help the students.

For the same, investigator goes through a detailed survey of related literature. It was found after the study that for an effective helper two type of qualities required Personal and Professional qualities. These includes the following :

Personal Qualities

Knowing oneself, understanding others, relating others.

Professional Qualities:

Academic training, competency, code of conduct, values.

It can be submitted that if a teacher developed their qualities like self-awareness, critical thinking, positive mental health, sensitivity, empathy, open mindedness, objectivity, genuineness, positive regards than he can become an effective helper for the students.

Keywords: (i) Effective Helper: A person / teacher who help the students to solve their problems.

(ii) Personal Qualities: Knowing oneself, understanding others and relating to others.

(iii) Professional Qualities: Academic training, competency, code of conduct and values.

Introduction

Teaching is a noble profession which help a child to become a perfect man. What is teaching? It is not easy to define some educationist says that teaching is like an effect on immature mind to shape other says that teaching is like an objective centered interaction. One another group of educationist define teaching is like a managing process of all activities related to learning process.

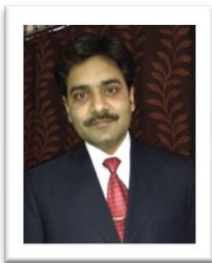
Though it is not easy to define teaching process but we all knows that the teaching is most important aspect of formal education setup. We can express the meaning of teaching like an conscious effort made by a skilled and expert person to develop the innate powers of child and also lead to learning process. It is said that 'Teacher is nation builder' indicate the importance of the process of teaching. In Indian culture, teacher considered like a mother so it is the duty of a teacher to help the child in all respects.

Present scenario is changing rapidly new challenges coming forward so the journey called life surprise us with choices and challenges at every step forcing us to change, to solve the problems and to make decisions so it is the most important duty of a teacher to play a role of effective helper for the child. It is required to teacher to have the skills and knowledge, "How to become an effective helper for the child." This paper deals the following objectives:

Objectives

1. Recognize the characteristics of an effective helper.
2. Describe the personal qualities of an effective helper.
3. Explain the professional qualities of an effective helper.
4. Identify and develop skill and competencies to know yourself better, understand others and relate to others.

An effective helper may be said to be a professional who is able to facilitate a change in beliefs, the feelings, the ideas the thought process and the behaviour of an individual to bring about a positive and result oriented outcomes of his or her circumstances or situations, so it is the duty of a teacher to know the process how to change an Individual this process requires the knowledge of the characteristics of an effective helper. It will help a teacher to assess the strengths weakness and work on the area that required improvement. Generally we classify in two categories. The



Anil Kumar

Assistant Teacher,
Deptt. of Basic Education,
D.S. College,
Aligarh

characteristics which help a teacher to become an effective helper of the child :

1. Personal Qualities
2. Professional Qualities

I. Personal Qualities

Let us try to find out the personal qualities.

There again divided into three points:

1. Knowing oneself (Teacher)
2. Understanding Others (Children)
3. Relating to others (Interaction between children & teacher)

1. Knowing oneself: involves self awareness, positive mental health and critical thinking.

1. **Self Awareness:** This process enable to the teacher to become aware of his/her needs. Needs are the foundation of motives which involves us in a work for long time. Self awareness also help to know the feelings, knowing about self equip to see the things objectively and gives a better focus on relations and we also identify our strengths and weakness. If a teacher have confusion for his own then what will he reflect to his students to it is required to be self aware.

2. **Positive Mental Health:** When a child came to the teacher for help, it is possible that he is in a disturbed state of mind. Therefore teachers mental stability and composed manner of coping makes the student hopeful for some positive outcome. But if the teacher himself psychologically troubled the proceeding will obviously be hampered.

3. **Critical Thinking:** Critical thinking helps a teacher to conceptualize apply, analyze, synthesize and evaluate information gathered from observation, experience, reflection, reasoning and communication. It helps to provide clarity, accuracy and relevance to your thought process. It help to understand better self and environment. Most of the time the students prone to irrational thoughts and prejudice being a critical thinker teacher can minimize the such occurrence.

2. Understand Others: As a teacher, the ability to know others depend on sensitivity empathy open minded and objectivity.

1. **Sensitivity:** Sensitivity means to understand the expressed and unexpressed and underlying thoughts and feelings of the students from his/her verbal and non-verbal behaviour. It also involves awareness of your own attitude towards sensitive issues such as gender, culture, human rights which helps to recognize actions influencing attitude towards students sensitivity assist in evaluate students resources, strengths, weakness, coping potential etc.

2. **Empathy:** Empathy is the ability to understand the feeling of the students and others emotions. It will make the student feel that you are able to identify with his or her problems.

3. **Open-mindedness:** This essentially means absence of pre-conceived ideas. It means the teacher's own belief will not interfere in students value system. Teacher should accept the different personalities and allow to free and fair communication.

4. **Objectivity:** Objectivity means dispassionate observance of the students behaviour and the change taking place in the student. Objectivity delineates the thin line between understanding the emotion of student and getting carried away by these emotion.

3. Relating to Others: This is the third aspect of personal qualities need for a effective helper. If is essential determine by your genuineness, ability to listen and having a positive regard when dealing with others.

1. **Genuineness:** Genuineness mean that the teacher is aware of and exhibiting his/her real feeling towards the student and is not putting on an act or phony behaviour. It means there is consistency in the teachers thought, feeling and action which help the student to perceive the teacher as a responsible reliable and dependable person.

2. **Listening:** Listening is an important quality of an effective helper/teacher. The most important thing you need to know as a teacher to listen your students in a non-judgemental way. The goal of helper/teacher is to provide the space to students to express feeling and thoughts openly.

3. **Positive Regard:** An effective helper should be unpretentious, warm and cardial rather than reserved, and officious. The teacher must express the positive regard to the variability of personality and qualities.

II. Professional Qualities

Individuals in the profession of teaching require training. There should be four things included in training:

1. Academic Training
2. Competency
3. Code of Conduct
4. Values

1. Academic Training: How a teacher become an effective helper of the students some training programme should be organized and have to be attended by teachers. The academic training should be divided into two parts theoretical knowledge and practical experience. In training programmes there should be general psychology, child development, personality learning theories, social psychology and counseling psychology should be included. Some practical training like interviewing, diagnosis, caretaking, psychological test administration, skill of listening, empathy, conflict reduction, understanding feeling, conceptualizing ideas etc. should be included.

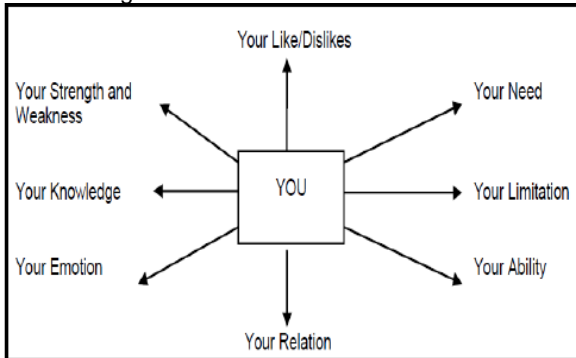
2. Competence: Competence earned through hard work and discipline. It involves understanding insight, analysis, synthesis, evaluation and appraisal. It is a life long pursuit and like any other scientific discipline. It is based on a large body of knowledge which is forever increasing and hence need constant updating and a teacher wants to be an effective emotional helper of the children then it is required that he should be competent.

3. Code of Conduct: Though teaching is a profession of ethics and code conducts but if a teacher playing a role of emotional helper than it is required to follow some code of conduct like he should be confidential and should show a positive regard towards students problem.

4. Values: Values are entral and vital to any human endeavour and teaching too is no exception. A teacher when working likes a counselor than it is expected to have values like love, thoughtfulness, kindness, compassion, trust, tolerance respect pace etc.

Developing teacher as an effective helper. Personal and professional qualities play an important role. Now it is require to discuss how these qualities can be develop.

(A) Knowing Yourself : Life experience already have provided with a great deal of knowledge about yourself. However, this knowledge has not been passive and dormant. It is need to develop an active mindfulness to perceive your multidimensional self. We explore our multidimensional self if we try to know the followings:



(B) Understanding Others: When the child grow up he found himself in between a net of relations. The out result is a psychological organism which you are most familiar. The world around you is not only a group of individuals but also they all are unique. So for an effective helper it is imperative for you to understand appreciate and accept the differences, understanding others include open mindedness, sensitivity empathy and objectivity. Each of these quality can be developed if you try to understand and appreciate others.

(C) Observance of Ethics: We have discussed briefly on ethics as related to the science and art of teacher counselor. Through a career of a teacher we may have face ethical dilemmas related to being just and fair in your dealings with your students and may have been challenged with situation with raise ethical dilemmas requiring justice.

(D) Nurturing Critical Thinking: As an effective helper you will be required to solve many problems which your students confront. You should be trained to solve the problem in scientific way. For the same analyzing a situation critically require focusing its pros and cons. First we hypothesize a problem cause, then we collect data and after analysis and synthesis we should make conclusions about problem. We should also try to search variables involved in the problem to solve.

(E) Interpersonal Communication: A teacher in a work of effective helper can only be successful if he is able to establish a two way active communication with students. Certain essential element of interpersonal communication, such as as the art of listening and the craft of talking, teacher should use questions to make interaction live. The second important element involve in relation is trust. It should be developed by teacher, a logical progression towards some goal should be considered while communicate others.

References

1. Arbuckle, D.A. 1962. People Personal Service in the Modern School, Allwn an Baceon Boston.
2. Baker, S.B. 1992. School Counseling for the 21st Century, Merril, New York.
3. Bhatnagar, A. and Gupta, N. 1999. Guidance and Counseling: A Theoretical Approach (Vol.1) Vikas Publication House, New Delhi.
4. Corey, G., Corey, M.S. and Chalhan, P. 1992. Issues and Ethics in the Helping Profession (9th ed.) Brooks/Cole Pacific Groove, C.A.