



## STUDY GUIDE MODULE 1.

### The WHO and WHEN of Teaching The Learner, the Teacher and the Learning Situation

#### Introduction

Bruno Mirchevski (2019), in his article “Understanding Ourselves Is the First Step Towards Understanding Others” mentioned that “there is an interesting correlation between self-awareness and the perceptions of empathy, as many believe that this is actually the first step towards understanding those around you.” And we can most likely understand our learners, adopt our teaching methodologies and approaches, and teach “where they are at” if we are also more aware of ourselves and our own development.

There are many theories about Growth and Development. It's important for a teacher to have a healthy appreciation of these different theories, because we are dealing with persons (and trying to influence them) who are in different stages of their developmental journey. But before we go into analyzing other people's journeys...let us start by remembering our own. And to ask questions about why they are significant to me, what lessons are there in this which I will need as a teacher?

#### Learning Outcomes

SLO 1: To explain the stages of human growth and development.

SLO 2: To analyze the implications of human growth and development to the learner's Characteristics, learning styles, capacity to learn, etc.

SLO 3: To Examine his/her own growth and development and its implications/effects/impact to him/hers as a learner, a health professions educator/health professional/parent.

#### Activities: Read. Watch. Research

1. Watch the recorded lecture on The Learner's Human Growth and Development from this link: <https://edpuzzle.com/media/5f4c0c6b8e0b5c3f553a36d5>  
Start from **00:00 UNTIL 20:25 only**. You do not have to finish the whole video.
2. You may also read the attached powerpoint presentation/lecture if you so desire.
3. Should you feel like reading other resources/materials for better understanding, you may do so.



A book by Otis Kriegel (2016) entitled “Starting School Right” has one chapter with the title “Understand Yourself as a Teacher.” It begins with these:

“You put your soul into teaching every day, as do your colleagues. Many teachers choose the profession because it is a powerful way to give back the community; others because they believe it is the best way to fight for social justice; some because they simply love the craft and the practice of being a teacher. I have also met teachers who were directly inspired by their own teachers—and others who chose the profession because they wanted to provide a better education than they received to their students. Whatever the reason for being a teacher, your personality, sense of humor or lack thereof, the cadence with which you speak, your physical presence, and the sound of your voice will affect the way you teach and the way students respond to you. Teaching is a lot like acting. On stage or in the classroom, you must keep your personal life separate from the role you play, but who you are comes through and characterizes every performance.”

I hope that the following activities will help us realize that despite the happy memories of childhood, high school, and even university, we have had our share of trials, difficulties, failures, and heartbreaks. Our own learners/patients/residents have their own experiences too. Getting in touch, befriending, being aware, and owning all these experiences will help us develop that EMPATHY that is much needed in education today.

### Assignments. Assessment

**Task#1 “My Developmental Journey”** After watching the video, spend some time to trace the milestones in your developmental journey, and reflect on their significance.

1. Write/Draw you “Life Timeline” using this as your format, or depending on your creativity, design a new one.

Name:

**Major Events in My Life Time Line**

I was born

↓

↓

↓

↓

↓

0

1yrs.

2yrs.

3yrs.

4yrs.

5yrs.

6yrs.

7yrs.

↑

↑

↑

↑

Click and drag the box bodies to move • Click and drag the arrow to move



2. After that, please spend some time reflecting on the following **guide questions** before writing your reflection paper entitled “My Growth and Development Journey:” Note that these are **only guide questions** so you may not necessarily answer the questions in this order, or feel free to add anything that you feel is necessary.

- a. What learnings about the stages of human development were reinforced through the lecture? Did you have any new realizations? How is your understanding of a learner’s growth and development process help you as a teacher/health professional?
- b. In what concrete ways can a learner’s development affect his learning in terms of capacity to learn, readiness, learning styles, etc?
- c. You might not be aware as to what happened to you in your childhood, but maybe you have heard stories about your early years from your parents.
  - Which part of your growth and development history has a great impact to your own life? Why?
  - What were you most happy about in your childhood? How did this impact your life?
  - What is it, if given the opportunity, that you want changed/improved in your growth and development process? Why?

### **Date of Submission:**

This task shall be submitted **Sept. 30**. Please wait for further announcements whether this will be submitted by email or via LMS.

### **Assessment Criteria:**

Please feel free to share your ideas. I will not give you specifications as to how long, number of words, font size, etc. Again, I want you to be creative for as long as the following criteria are met.

- a. **Relevance** (your answers must answer the questions asked and relate to the topic being discussed, and in your professional practice as a teacher or health professional) = **30%**
- b. **Organization** (your ideas are systematically presented, grammatically correct, coherent, and with clear transitions) - **30%**
- c. **Application** (concepts presented are currently applied or to be applied in your own contexts as health educators or health professionals) = **30%**



**d. Takeaways** (your own learnings, insights, realizations, challenges to you as educator) = **10%**

Man is a complex being. He is ambivalent and full of surprises. You might have heard of some news of teachers or even school administrators involved in some issues like: being brought to court because of sexual abuse; a teacher beating a student to death; a school administrator burning the students' bags, laptops, books, etc; a teacher sued for immorality, theft, estafa; health professionals making money out of their patients, and so forth and so on. Many times, we do not seem to understand.

Erikson believed that personality developed in a series of stages, which builds on the preceding stages and paves the way for following periods of development. In each stage, Erikson believed people experience a conflict that serves as a turning point in development.

In Erikson's view, these conflicts are centered on either developing a psychological quality or failing to develop that quality. During these times, the potential for personal growth is high but so is the potential for failure.

If people successfully deal with the conflict, they emerge from the stage with psychological strengths that will serve them well for the rest of their lives.<sup>3</sup> If they fail to deal effectively with these conflicts, they may not develop the essential skills needed for a strong sense of self.

Erikson's theory described the impact of social experience across the whole lifespan. He was interested in how social interaction and relationships played a role in the development and growth of human beings.

Erikson's Psychosocial Theory explains that personality develops in a predetermined order through eight stages of psychosocial development, from infancy to adulthood. During each stage, the person experiences a psychosocial crisis which could have a positive or negative outcome for personality development. To discover more about Erikson's theory and its implications to our own development, we do the following activities.

**Activities: Read. Watch. Research**

1. Watch the video lecture on Erikson's Psychosocial Theory from this link:

<https://www.youtube.com/watch?v=6XxFmXkD8M8&t=122s>

2. This video is optional. But if you are interested to watch it, then it would be helpful.

<https://www.youtube.com/watch?v=u23tUyagjyc>

3. After watching the video/s return to the Life Timeline and Growth and Development Journey that you have done. Try to identify or relate with the eight (8) stages of Erikson's theory.

4. Identify which among those stages is "worth sharing" to your learners? When I say "worth sharing" it means most inspiring and motivating to your students.

5. You end the activity by reading the article written by Dr. Angeles Tan-Alora entitled "**Reflection on the Physician as Educator.**" This article is from the book edited/written by Dr. Erlyn A. Sana (2010) "**Teaching and Learning in the Health Sciences.**"



## Assignments. Assessment

When a teacher says, "Class, listen! I have a story to tell!" you imagine eyes glowing, all ears on you, ready for the next words to come out of your mouth.

Storytelling is considered as a quintessential 21<sup>st</sup> century skill of teachers. It is considered as a pedagogical tool. Keith Caldwell (2012) considers storytelling as a powerful pedagogical tool. It is delivering information in an organic form. The teacher, the storyteller, and the performer share a similar purpose: to inform, engage, and entertain their audience. They all seek to communicate their message in the most compelling and provocative way possible.

After all, as author Gail Goodwin says, "Good teaching is one-fourth preparation and three-fourths theater!" Telling a story engages the audience in a unique way. Storytelling, then, is yet another device in the repertoire of a good teacher. It is not only a potent tool for the teacher as a way of organizing information, but as a dynamic means for students to express what they have learned. The magic of storytelling changes the atmosphere in the classroom and in so doing enhances the learning environment. Stories serve to open the mind so that the hearer is ready to take things in. In short, stories appeal to the heart, and, once the heart is won, the mind is open to learn!

### Task#2 "My Unforgettable Learning Experience

To discuss your most unforgettable learning experience from your psychosocial development that will inspire young people.

This is what you are going to do:

1. Identify a most unforgettable learning experience from your life. Explain in detail, what were the circumstances around the event. What were you feeling during the experience, and why it is significant to you?
2. Analyze the experience in the context of Erikson's Psychosocial Development Theory. At what stage of your psychosocial development were you in? And what was the conflict resolution that took place through that experience? Was it a positive or a negative resolution?
3. What insights can you get from this exercise which you can use in your role as a teacher guiding young adults who may be going through similar experiences?
4. Prepare an 8-10 minute story worth-sharing and inspiring. The story can be from your lifetime, or your development journey, or Erikson's theory.

### Assessment Criteria:

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- b. **Organization** (your ideas are systematically presented, grammatically correct, coherent, and with clear transitions) - **30%**
- c. **Application** (concepts presented are currently applied or to be applied in your own contexts as health educators or health professionals) = **30%**
- d. **Takeaways** (your own learnings, insights, realizations, challenges to you as health professions educator) = **10%**

### Date of Submission:

This task shall be submitted on or before **Oct. 14**