

# Things to remember when transitioning to offline classes

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It is 2022 and the pandemic is still relevant as it was two years ago. The last two years took a turmoil not only on our health but on much more: mental health, economy, work-life, societal relationships, the list goes on. The education sector has seen its fair share of disruption, with the disintegration of the conventional methods of studying known to mankind, to the undertaking of a new technique and strategy that is the online gateway of attaining education.

However, things are slowly looking up. As we gradually recuperate to the pre-Covid-19 standard of living, educational institutions are levelling up as well and have already initiated vaccine campaigns for students in the hope of resuming physical classes. With that being said, there are a few, important things to

consider to make a frictionless shift towards offline/ physical classes.

## COMPLY WITH COVID-19 REGULATIONS

Schools and universities are likely to be populous, which is unfavourable to stop the spread. Students, and parents in accordance, still need to adhere to safety measures, much like following them even after vaccination. To keep safe, remember to wear a mask, carry your sanitiser, sanitise rhythmically and maintain social distance as much as possible.

## RESTORING ROUTINE

As a by-product of the pandemic, students have fallen out of their steady routine of waking up early, grabbing breakfast, attending classes and everything that is a part of a regular student's customs and

lifestyle. Additionally, their sleeping and studying patterns have seen a drastic transformation. Establishing a habit of waking up punctually and following the normal timetable of a student will help step out of the laid-back schedule that we have been harbouring for the last couple of years and accommodate the change accordingly. Remember to head out early to beat the traffic in busy roads.

## SHIFT FROM TECHNOLOGY

Thanks to advanced technology many students have lost their systematic reading and writing mechanisms, while many depend entirely on PDF notes and typing out their exams and homework. From watching recorded lectures and attending zoom classes from the comfort of their homes to reverting to submitting handwritten tests and assignments, students must allocate ample time to themselves to resuscitate this change. It's time to bring out and dust off the old notebooks and stationeries. No more excuses for bad internet connection when you are late to submit your exams, once offline classes take off.

## COUNSELLING

Adapting to any sort of change is strenuous on psychological health, especially relating to reality after a prolonged period of absence. Young children, who are new to friendships and have had minimal exposure to human interaction, are the ones to face social anxiety the most. Schools and universities, therefore, ought to allocate a separate counselling team dedicated solely to assisting students with onboarding for a tranquil and unchallenging transition from the online paradigm back to the offline realm. Sessions could include discussing their troubles such as financial stress on the students and their guardians likewise or helping them rebuild their social and interpersonal skills by creating an ambience of acceptance and community.

