

# The need for teachers to maintain a positive outlook during classes

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For my usually optimistic self, AS Level Physics came as a shock. My tuition teacher would never miss the opportunity to remind us how tough Physics really is. Needless to say, this affected my final results, with me ending up massively underperforming in a subject I was always strong in.

Teachers being incessantly negative in the classroom erodes students' confidence. Faced with a seemingly impossible task, students start to doubt their abilities and lose interest in overcoming the difficult topics altogether. Over time, fear creeps into our minds, we start overthinking even the simplest of problems and mistakes become a theme in their answer scripts.

I don't imply that teachers should delude the students into a false sense of security- quite the contrary, in fact.

The lessons naturally get tougher as students climb the rungs of academia. Even then, the lessons must be presented in a positive, inclusive environment.

It can happen only when teachers stop taking a pessimistic outlook. This is especially prevalent in their treatment of

weaker students. They are often left to fend for themselves as teachers rush to complete the syllabus on time. Sometimes, when these students approach their teachers for help, they're simply told to handle the problem by themselves or reach out to another teacher.

Marooning weak students when they need help has never been in the ethos of education. Not only does it demoralise the class, but also sends out the wrong message.

Our classrooms have long been accused of being emotionless, with no room for creativity. Instead of telling students to aim low, we should centre their discussions around positive, healthy topics. This can get students interested in discussions and foster a spirit of curiosity and

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genuine passion for learning. Another way of making classes interesting and the topics easy to understand would be to use different analogies to help explain concepts. For instance, my Biology teacher would use fun analogies to help us develop a deep understanding of topics as complex as DNA synthesis, oxidative phosphorylation, and advanced studies of photosynthesis.

Despite all these measures, blandness can often creep up during monotonous lectures. After all, the human mind is a complex mystery, one that continues to evolve in terms of thoughts. In much the same way, adding some humorous anecdotes can go a long way towards maintaining that positive environment. This has worked well with me in my Chemistry

lessons, with my teachers' witty remarks renewing my attention every now and then.

As for my Physics experience, the biggest polarisation came in the shape of my A2 teacher. Although I didn't achieve my expected grade, I haven't given up on a comeback. One of the best ways I felt motivated over the past month was how he always appreciated us students for answering a question or presenting challenging queries. In my opinion, this is an underrated trait for any teacher.

Students like to be noticed by their teacher in a positive light. By appreciating them, teachers build a healthy, competitive environment which helps coax out students' creativity.

Over time, this can improve their results and even help shape their personalities. Having a positive classroom makes students optimistic, which helps prepare them for the adversaries they might face. Teachers must realise it's their duty to teach the students properly, whilst fostering the kind of optimistic mindset required for success in the students' later lives.

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# Coming to terms with the fact that nothing lasts forever

**Realising that nothing lasts forever may be an extremely profound realisation that can trigger feelings of both liberty and sorrow. All things are prone to change and eventually come to an end, whether they be people, relationships, experiences, or even physical objects. This is the fundamental truth of life.**

SUMAIYA RASHID

The notion of "forever" can be understood in a multitude of ways, the most common of which are philosophical and metaphysical.

The universe has a limited age. It will continue to experience changes till it eventually reaches its death. In this sense, the concept of forever and unalterable existence may be false.

When looked at from a philosophical or spiritual context, the idea of forever may be linked to ideas like infinity, transcendence, or eternal conscience. Some philosophical systems postulate the possibility of an afterlife where consciousness lasts forever or the presence of everlasting souls.

Our perception of reality and its constraints is always developing. Time, infinity, and eternity are complex concepts that may be explored from different viewpoints. The human mind is always trying to predict the future. When something is described as lasting or existing forever, the mind may simply "switch off" since we've given it a temporary resolution to its ongoing question of "what will happen next?" In that sense, "forever" may merely be a mental short circuit.

Realising that nothing lasts forever may be an extremely profound realisation that can trigger feelings of both liberty and sorrow. All things are prone to change and eventually come to an end, whether they be people, relationships, experiences, or even physical objects. This is the fundamental truth of life. The significance or profundity of those ties is unaffected by the illusion of forever. The feelings, memories, and encounters we have with other people can still be of great worth and help define who we

are. As painful and strange as it may be, it is possible for something that felt permanent and forever to change or fade.

The transience of things might be disturbing and extremely overwhelming. Understanding that everything is temporary can encourage resilience and personal development. It serves as a reminder that life is an adventure marked by perpetual change and that we have the capacity to grow and change as a result. It can motivate us to cherish the beauty of transitory moments. It may also inspire us to let go of our attachments and expectations so that we may accept and be open to the flow of life.

Even while it's normal to yearn for stability and certainty, acknowledging that everything is transitory may help us better grasp life's cycles and appreciate the present. Knowing that the present is the only certainty we have encourages us to live completely and genuinely.

It is vital to emphasise that our knowledge of reality and the bounds of existence is always developing. Ultimately, one's perspective, philosophical interpretation, and the particular context in which one views forever will determine whether it is a meaningful idea or an illusion.

The idea of forever may not be true in a literal sense, but it doesn't lessen the importance of the relationships, encounters, and events we have throughout our lives.

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