

M	T	W	T	F	S	S
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B.Ed - IV / 4th Sem

Course - 1.4.11 (XI)

Optional

MONDAY

2018 | SEPTEMBER

24

Guidance and Counselling

Unit - II

Mental Health of a Teacher

Mental health may be defined as the degree of adjustment of individuals to themselves and the world at large with maximum effectiveness, satisfaction, cheerfulness and socially considerate behaviour, using their abilities for facing and accepting the realities of life to the maximum possible.

It is important for a teacher to possess a sound mental health because it is the duty of a teacher to mould coming generations in an effective way.

PRIORITY

APPOINTMENTS

NOTES

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□ Role of Teacher -

- 08 a) Emotionally stability of teacher
- 09 b) Love for children
- 10 c) Patience
- 11 d) Democratic attitude
- 12 e) Respect for individuality
- 01 f) True to his commands
- 02 g) Interaction with pupil
- 03 h) Consistency in behavior.
- 04 i) behavior must be sympathetic
- 05 j) Addressing systematic matters at schools
- 06 that affect mental health, ~~teacher~~ ~~high~~ and other practices that engender bullying, alienation and student disengagement ~~fo~~ from classroom learning

PRIORITY

APPOINTMENTS

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□ Positive Mental Health - 4 key areas -

- 08 a) Learning Environment
- 09 b) Daily Habits
- 10 c) Doing something you enjoy
- 11 d) Deal with undesirable emotions

□ Programmes to improve mental health of teacher:-

- 01 a) Improving teacher-teacher relations
- 02 b) Improving teacher-headmaster relations
- 03 c) Arranging in-service courses.
- 04 d) Conducting of Seminars
- 05 e) Providing service security
- 06 f) Improving teacher community relation

PRIORITY

APPOINTMENTS

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The emotional atmosphere in a classroom

08 setting is important to the experiences of
09 all students. That atmosphere is affected by
10 the emotional stability of the teacher.

11 A teacher with personal mental health problems
12 can have a detrimental effect upon all of
01 those students who are associated with
02 him or her.

03 **□ Seven Strategies for promoting mental health-**

- 04 a) Team Work
- 05 b) Environments
- 06 c) Activity with high impact
- d) Communicate.
- e) Help
- f) Education and Support
- g) Responsibility.

PRIORITY

APPOINTMENTS

NOTES