I.S.J., Romania

Module I - Self-awareness

Third meeting

"Meeting to understand each other"

Samples of workshop activities

Board Asistent: APRODU DIANA
Aims:

The workshop was focused on increasing the awareness of teachers that understanding, active listening and empathy are linked to **symmetry on an emotional level** (to resonate without identifying itself in the same emotion, to understand it and to contain it without re-acting to it, as the student does).

The relational meeting is **EMPATHIC** only when there is **EMOTIONAL SYMMETRY**, because only in this way an emotional resonance is created.

The teacher-student relationship is also characterized by **ASYMMETRY**, as regards the **CONTENTS OF LEARNING**.

The teacher must therefore reach the student's emotional level in order to **CREATE A BRIDGE BETWEEN THESE RELATIONAL ASPECTS AND THE COGNITIVE ASPECTS OF THE STUDENT**, thus facilitating the passage of the notions and improving the learning itself as well as the quality of the relationship.

In fact, if the teachers want to understand their students, then they must **RETURN WITH THE MEMORY TO THE EXPERIENCES AND THEIR RELATIONSHIP WITH OWN TEACHERS** (put themselves in the shoes of ...).
TEACHERS

National College “Vasile Alecsandri” Bacau, Romania
National Pedagogical College “Stefan cel Mare” Bacau, Romania
Sportive High School Bacau, Romania
General School “Alexandru Piru” Margineni, Băcău, Romania
General School “Alexandru Ioan Cuza” Băcău, Romania

EMPATHY

from:
A personal quality that I have and you don’t know it yet is...
I win students’ heart with my...
My professional experience ...
What does it mean to me being a teacher?
**A personal quality that I have and you don’t know it yet is...**

- a good intuition
- indulgence
- sensibility
- the ability to start over
- fairness
- tolerance
- my humor
- optimism
- availability
- the power to forgive and forget
- perseverance
- indulgence
- my humor
- the power to forgive and forget
- creativity

**I win students’ heart with my...**

- sincerity
- teaching methods
- love for students
- friendship
- various voice tones
- authentic care
- availability
- humor
- passion for teaching
- creative ice breaking exercises
- flexibility
- rightness

**My professional experience...**

- the second parent of the student.
- Has increased over time, working with students.
- Just as much as it should be.
- Is over 18 years.

**What does it mean to me being a teacher?**

- Being a teacher is like being the second parent of the student.
- As a teacher, I train the young people for the FUTURE. I do this by helping them, not by judging them.
- For me, being a teacher means 3 verbs: TO DISCOVER, TO LISTEN, and TO HELP.
- As a teacher, I share the joys and sorrows of becoming a GOOD HUMAN BEING with my students.
- Teacher = respect, interpersonal relationships, tolerance, understanding
### TEACHERS experiencing the emotional symmetry... WORKSHEET

<table>
<thead>
<tr>
<th>Describe from your personal history an experience as a student.</th>
<th>The age when it happened</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image1.png" alt="Image" /></td>
<td><img src="image2.png" alt="Image" /></td>
</tr>
<tr>
<td>DESCRIE O EXPERIENȚĂ SEMNIFICATIVĂ DIN ISTORIA TA PERSONALĂ CA ELEV</td>
<td>VÂRSTA CÂND S-A PETRECUȚ</td>
</tr>
<tr>
<td>Mi-a pledat deama cea de la școala. Mi-a pledat din sinceritate. Mi-a pledat cu calitatea de școala.</td>
<td>14 ani</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Describe from your personal history a pleasant experience as a student, which involved also a teacher.</th>
<th>The age when it happened</th>
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<tr>
<td><img src="image3.png" alt="Image" /></td>
<td><img src="image4.png" alt="Image" /></td>
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<tr>
<td>DESCRIE O AMINTIRE PLACUTĂ CU UN CADRUI DIDACTIC DIN ISTORIA TA PERSONALĂ CA ELEV</td>
<td>VÂRSTA CÂND S-A PETRECUȚ</td>
</tr>
<tr>
<td>Se știe de celebra Regelica de decuț</td>
<td>12-13 ani</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Describe from your personal history an unpleasant experience as a student, which involved also a teacher.</th>
<th>The age when it happened</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image5.png" alt="Image" /></td>
<td><img src="image6.png" alt="Image" /></td>
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<tr>
<td>DESCRIE O AMINTIRE NEPLĂCUTĂ CU UN CADRUI DIDACTIC DIN ISTORIA TA PERSONALĂ CA ELEV</td>
<td>VÂRSTA CÂND S-A PETRECUȚ</td>
</tr>
<tr>
<td>Am fost insultată de deama cea de la școala.</td>
<td>17 ani</td>
</tr>
</tbody>
</table>
Describe from your personal history an experience as a student.

At what age did it happen?

- In my first grade of elementary school, I was exposed in music class to music that I loved, and I started singing and learning the piano. I was 7 years old.

- As a teenager, I had a friend who was a great athlete, and I learned a lot from him. I was 10 years old.

- In middle school, I was in a class with a great teacher who helped me understand literature and philosophy. I was 14 years old.

- As an adult, I worked as a social worker, helping children in need. I was 30 years old.
Describe from your personal history a pleasant experience as a student, which involved also a teacher.

At what age did it happen?

"I liked so much my English teacher from secondary school. I liked also so very much my English teacher from high school. Thanks to them I am now... AN ENGLISH TEACHER" (Memory since I was 17 years old)

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"On the first day of school, our elementary school teacher placed us in benches by height. I was seated next to a colleague girl that was not looking so nice... she had some ugly scars on her face. That’s why I asked my teacher for another bench colleague. Back home the parents lectured me about my actions, which would be summarized to this: « what you did was wrong because... the colleague girl that you rejected is a person with disabilities».” (Memory since I was in 1st class, in primary school)

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“In the first year of university, the professor of linguistics proposed me to write some journalistic articles for a local paper. This was my first job!” (Memory since I was 19 years old)

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“The most significant experiences in my personal history as a student happened in the elementary school where the lady teacher was my model and also my second mother.” (Memories since I was 7-9 years old)

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“In the 11th grade of the high school, the Romanian language and literature teacher told me at the end of one of her classes, that I would be also suitable for the profession she embraced. It was the first time when I seriously thought about the possibility of applying for the Faculty of Letters. Till then, the literature was just a getaway for me” (Memory since I was 19 years old)

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“In my secondary school classes, I had teachers that were asking me to learn by heart the lessons, but I was totally against this procedure and I was constantly refusing this way of learning” (Memory since I was 19 years old)
Describe from your personal history a pleasant experience as a student, which involved also a teacher. At what age did it happen?

<table>
<thead>
<tr>
<th>Experience</th>
<th>Age</th>
</tr>
</thead>
<tbody>
<tr>
<td>Describe a happy situation where you learned something important.</td>
<td>12-13 ani</td>
</tr>
<tr>
<td>Appreciate the positive role of the teacher in your life, how they supported or challenged you.</td>
<td>16 ani</td>
</tr>
<tr>
<td>Discuss a memorable moment with a teacher that influenced your learning.</td>
<td>3 ani</td>
</tr>
<tr>
<td>Reflect on a time when you worked on a project with a teacher, what did you learn?</td>
<td>8 ani</td>
</tr>
</tbody>
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Describe from your personal history a pleasant experience as a student, which involved also a teacher. At what age did it happen?

"Literature written test: Characterize the characters in the literary work «Jderi brothers», by Mihail Sadoveanu. The excellent note I received at that test was accompanied by teacher’s following words, which meant to me the beginning of a new path - becoming a Literature teacher: «It is the most beautiful paper work I have ever read in my teaching career; finally you understood that LITERATURE means FREEDOM » “(Memory since I was 17 years old)

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“13 years ago, on 8 March, the drawing teacher helped me make a special sketch to express my affection for my mum.” (Memory since I was 12-13 years old)

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“I remember well the positive appreciation of the psychology and pedagogy teacher who asked me to read my paperwork in front of all my colleagues.” (Memory since I was 19 years old)

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“The French teacher from high school borrowed me some books that helped me write a piece of work which marked my literary debut.” (Memory since I was 16 years old)

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“I remember with pleasure the Romanian language and literature classes, transformed by my form teacher in interactive seminars, where a lot of questions were meant to stimulate our creative thinking.” (Memories since 10th grade, in high school)
Describe from your personal history an unpleasant experience as a student, which involved also a teacher.

17 ani

Descrie o situație neplăcută din școala ta, care a implicat și un profesor.
Describe from your personal history an unpleasant experience as a student, which involved also a teacher.

”I was insulted in high school by my Romanian language and literature teacher. For me, even today, this memory is like an unhealed wound” (Memory since I was 17 years old)

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“When I was in the 6th grade, I received a bad mark at my favorite study subject – French. How was this possible? You might wonder… A 4 mark at someone’s favorite study subject??
Yes!!! This is what happened:
I tried to help a colleague who was being evaluated in front of the classroom, by whispering him the correct answer.” (Memory since I was 12 years old)

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”Maybe I should not have talked about it, but this unpleasant memory is very real and it still hurts me. In secondary school we had this biology teacher that used to punish the entire class for all sorts of reasons (noise in the classroom, undone homework etc.) by hitting students’ palms with a stick, without taking in consideration the individual behavior of pupils. Because of one single misbehaved student, all used to be severely punished.” (Memory since I was 12 years old)

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“My mathematics teacher, who was also my form teacher, used to have this malicious satisfaction to see me crying (She often used to tell me that it wasn’t me the one who was doing the homework, but my mother).” (Memory since I was 11-14 years old)
Please write a letter to a teacher who has marked you in a personal or a professional way. Perhaps you did not have the opportunity or the courage to share your thoughts and feelings with him/her, but maybe, through this letter your message will fly freely to his/her heart.
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Dear Mr. Teacher,
Now that it's been an eternity since you're not among us, I'd like to share these following appreciation thoughts:
Thank you for everything you've done for my professional development, thank you for your trust and moral support, thank you for the less orthodox words said between the teeth in some of the sports matches I did not perform as expected. Thanks to you I am now a good Sports teacher!
I hope with all my heart that a small part of all good things you have managed to send me, to pass it on to my students.
With eternal consideration,
Dan

***

Dear Ms. Teacher,
I gladly say that the four high school years I spent “under your wing” have represented a decisive experience in my career orientation.
You are the one who opened my appetite for reading and that’s why I am full of gratitude. I thank you with all my heart for this!
I promise I will never forget you because you represent for me a worthy role model to follow.
Yours sincerely,
Oana

***

Dear Ms. Teacher,
You represent for me the great person that changed my life because even since we met as teacher and student, you saw in me the expert in the field I am working in right now.
I have to say, the road was difficult; still is... I had a lot of doubts if this path is the one I am supposed to be, but every time I had these weaknesses, I reminded of your encouragements and I carried on!
Thank you!
Narcisa
Please write a letter to a teacher who has marked you in a personal or a professional way. Perhaps you did not have the opportunity or the courage to share your thoughts and feelings with him / her, but maybe, through this letter your message will fly freely to his/ her heart.

I discovered the wonders and the beauties of the world through the eyes and soul of my dear teacher from secondary school, and thanks to her I have chosen this career.
Thank you!
Andreea

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Dear Mr. Teacher,

Now, after so many years of evolving as a person, as a parent, as a teacher myself, I want to thank you for the values I have developed with your precious help: the love for sport and movement, the respect for my own body, the passion for teaching, and the love for students.
With profound consideration,
Diana

***

Dear Mr. Teacher,

As a student, I hated you for the cynicism you have shown us, hours by hours. You have made History a study subject that I could never learn, because I always associate it with you. Even now I remember how you used to assess us, how happy and content you were writing down our bad marks (2!) in the classbook, just because we were not able talk the very moment you were standing us up for evaluation.
At the same time, I have to thank you because you taught me that time is precious, that we do not have all of our life at our disposal in order to find the answer to meaningful questions.
I also owe you how quickly I act today in stressful situations.
(Probably I fear that Life might evaluate me with the note 2...).
With respect,
Mihaela
Please write a letter to a teacher who has marked you in a personal or a professional way. Perhaps you did not have the opportunity or the courage to share your thoughts and feelings with him/her, but maybe, through this letter your message will fly freely to his/her heart.

My dear teacher,
I pray that God keeps you healthy.... I am also grateful to Him that you have been a light in my life....Light, Warmth, Love for children, and Passion for my calling.
I only wish that my students find the same reliance and strength that I found in you.
I wish you serene days, smiles on your face and in your soul!
Love,
Anca

***

Dear Ms. Teacher,
It’s me Ramona from the 7th grade, the dutiful student and eager to study, Adina’s friend and deskmate.
I want to tell you that you left a mark on my personality, but not necessarily in the good way. I never understood the differences you made among your students. A lot of time, I had resentful thoughts regarding you.
Now, when I am also a teacher, I want to thank you because through this bitter experience I have learned a valuable lesson: that all my students are equal, regardless their blue eyes, curly hair or rich parents.
Yours truly,
Ramona

***

Dear Ms. Psychology teacher,
I did not have the opportunity to thank you for your support, trust and encouragement during the high school. The career path that I chose and the passion for psychology and pedagogy are due to you!
You also had a great contribution in my searches for finding my teaching style.
I wish you all the good in the world!
Hugs,
Cerasela
Please write a letter to a teacher who has marked you in a personal or a professional way. Perhaps you did not have the opportunity or the courage to share your thoughts and feelings with him / her, but maybe, through this letter your message will fly freely to his/ her heart.

Dear Ms. Chemistry teacher,
I can’t forget all the horrible and painful things you have addressed me in four years of high school. I was a 100% philologist and chemistry was not my strong point. But this was no reason to always humble me in front of the class!
"Apetroaie, stand up and go to the board!", “You know nothing!”, “You are an absolute zero!”, “Your children will throw stones in you when you’ll not be able to help them with the Chemistry homework!"
With sorrow and regret,
Oana

***

Dear Ms. Teacher,
Whenever I think of me as a student, I never remember friends, successes or failures, not even the nights spent studying, exams, school festivities or anything else....I only remember your classes. Your style of teaching Literature has been so special and very useful to me. Your replies, the way you were looking at us, the diplomacy with which you were giving us bad grades, the way you knew how to determine us to study, all of these and many others have given a meaning to my adolescence and to my student status. You were and still are a role model to me.
Sincerely,
Simona

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Dear Ms. Primary school teacher,
Nothing and no one on this planet has done to me so much good as you did , though I admit, I have been also looking for other people ... in other places.
Forgive me that I did not understand you when you were my teacher, but fate has brought me into the didactic field, in order to understand you in a “retrospective” manner.
You are my angel, dear mother and teacher!
Monica.
P.S. I can write even more calligraphic than that, my dear teacher☺.
Sorry for the rush!
Please write a letter to a teacher who has marked you in a personal or a professional way. Perhaps you did not have the opportunity or the courage to share your thoughts and feelings with him/her, but maybe, through this letter your message will fly freely to his/her heart.

Dear Ms. Teacher,
Thank you for being and providing me a responsible and dedicated teacher model.
I always appreciated your correctness, punctuality and moral attitude.
Sincerely,
Cipriana

Dear Ms. Teacher,
Thank you for the patience, the calm with which you lead our hands when we started to learn writing. Thank you for the games you created for us, games that have transformed learning in a pleasant activity.
Thank you for being my teacher!
With respect and much appreciation,
Lenuța

Dear Ms. Teacher,
The time has come to write and share what I felt for you when I was a student.
You always had all my respect and appreciation because you were one of my role models.
You have always guided your students with joy, tolerance, patience and friendship.
When we had the chance to meet again, after graduating the faculty, I felt so honored when you called me „dear colleague”...
With particular respect,
Lacramioara

Dear Ms. Teacher,
Thank you for all the moments spent together, for all your support, for your trust and advice! I am grateful for everything you've done for me to develop both professionally and personally. Thanks to you, I have the confidence that I can accomplish things regardless of their difficulty! There is so much to say but I can condense it all into a sincerely thanks!
Kindly,
Iuliu!