

Facing Changes

Nadezhda P. Yachina, Indira M. Salpykova, and Rezeda K. Khurmatullina's "The Teacher's Role in the Student's Adaptation Process with Changing School Environments" (Ch. 16) shows that changing school environments for students can be stressful and may have negative effects on children's mental health and well-being. In the abstract, the co-authors write: "Neuropsychiatric and functional disorders are more prevalent among children, requiring extensive preventive measures in the educational system" (p. 305). The school environment is an institution of socialization, among others, and there are various potential stressors there, with various demands on the child to perform or respond on certain ways (p. 305). Teachers are in a position to mitigate student stress so as to avoid some of its detrimental effects such as fatigue or aggression or low academic performance (p. 310). For a student to feel ignored by the

teacher can be particularly negative and anxiety-inducing. The co-authors write:

The law of a teacher is to love a child, understand the child and be filled with optimism towards the child. The teacher's principles center around humanization of the child's environment, respect for their personality and patience in their development process. The teacher is commanded to believe in the infinity of children and in their own pedagogical abilities by virtue of a humane approach to them. (Yachina, Salpykova, & Khurmatullina, 2020, p. 313)

Those are powerful words to live by.