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ੴ ਸਤਿਗੁਰ ਪ੍ਰਸਾਦਿ ॥

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ਕਬੀਰ ਹਰਿ ਕਾ ਸਿਮਰਨੁ ਜੋ ਕਰੈ ਸੋ ਸੁਖੀਆ ਸੰਸਾਰਿ ॥ ਇਤ ਉਤ ਕਤਹਿ ਨ ਡੋਲਈ ਜਿਸ ਰਾਖੈ ਸਿਰਜਨਹਾਰ ॥

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ਵਿਦਿਆਰਥੀ ਦਾ ਨਾਂ ਤੇ ਹਸਤਾਖਰ
ਕੋਡ ਨੰ:

ਨੋਟ : ਇਸ ਪੰਨੇ ਤੇ ਵਿਦਿਆਰਥੀ ਆਪਣਾ ਨਾਂ ਲਿਖ ਕੇ ਹਸਤਾਖਰ ਜਰੂਰ ਕਰਨ।

Getting Back to School/College after Lockdown

When you and your friends have been staying away from school/college for a long time how do you all get back together when your institution reopens? Some decisions will be dictated by the school or college authorities. But, every individual will have his own specific considerations and concerns. But there are a few general principles that you can use to ease the transition.

Different Experiences during Lockdown

Any prolonged and forced break from school or college is likely to affect students in different ways. Some students may have studied on their own or may have been taught by their parents or siblings. There may be others who may have helped their parents in household work, in the agricultural fields or in their businesses. Many would have started studying online for the first time. Some students may have shifted from private schools to government schools due to various reasons. Many may have struggled with personal worries and challenges to their studies because of online learning schedules clashing with their other responsibilities at home. For some students, the period may, unfortunately, have been defined by the loss of a loved one.

But for others, this period may have brought some benefits, such as less time spent commuting to and from school or college and more time with family. For some, it may even have been more rejuvenating, giving them time to set new goals, ideas and perspectives and even catching up with their studies or other co-curricular activities or hobbies.

It's important to bear all of these different attitudes in mind as you prepare to join your friends and all of you get together to work as a cohesive and harmonious group.

The Emotional Impact of Getting Back to School or College

Your friends will likely experience a wide range of emotions on returning to school or college.

For many, return will provide a fresh set of challenges – especially if they're worried about their well-being, or they disagree with the way the situation is being managed. Some who are staying in hostels or as paying guests may be worried about their parents and siblings who are at home. Feelings such as anxiety, frustration and anger may come out, and the school or college may become be a more volatile place than usual for a while.

Some students may just need time and space to let their feelings settle, while others may need additional support. As a good friend, give them the chance to talk through their feelings in private. Be sensitive to their needs and discuss the help that is available. But be prepared to remind them of their responsibilities as far as their studies are concerned and for adjusting to the new environment in the school or college. Remember while you have to be strong you also have a duty toward your friends. Be prepared to help them and do whatever is appropriate. You can take the guidance of your teachers. Taking steps to improve your own emotional intelligence will help you to gauge the emotional "temperature" of your friends and to decide on the best ways to look after their interests.

You also have to look after yourself. Give yourself time to adjust to being back at school or college. But also be willing to ask for help if you need it and don't pretend that things are alright if they are not. For example, if safety measures are not in place bring the facts to the notice of your teachers. Many schools and colleges have had to make radical changes in response to the pandemic, so it is important to be open-minded and adjust to new environment.

Know your boundaries and do not overstep your limits. By doing that you will be able to make better use of your time, energy and emotions while still paying attention to your studies and helping others with their needs.

Speaking regularly with your parents, guardians or other members of your family, teachers and friends will help you to think through any concerns. Discuss your needs with your teacher, but also talk to your friends in the school or college for ongoing support.

This is a time to focus on your well-being, and to do everything you can to stay healthy, energetic and positive. Apart from concentrating on your studies, eating well, exercising and having a sound sleep are more important than ever.

Stay healthy, stay safe. Observe all precautions. May Waheguru bless you!