

## **Who Are We? The Fundamental Research in the Life of a Teacher**

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### ***Abstract***

*Human being by nature is a researcher. This research has two dimensions i.e. inside and outside. Most of the people engaged almost whole life to understand the outer world consisting both human being and material aspects. The result of such a spending of time is that he knew what other want or what one should do to keep the relationships with others but in this practice he fails to keep the relationship with himself and even forget the basic research of life that is to search who we are and related interlined questions. The result is even after got so many things in life he remains unsatisfied.*

*Particularly teaching community in higher education involve himself for research on different aspects and decorate his bio-data with number of publications and paper presentations but after a certain period of time he feel emptiness in life. The reason being he never gave time to understand himself and the existence of the universe. This paper focus on the need of research which helps to know the answer the basic questions of life particularly for a teacher so that he can further help his students to guide them in a better way.*

***Key Words: Social, Family, Life, Value, Quality***

### **I. INTRODUCTION**

The whole life we spent to know this and that and outer world but rarely few people try to know actually who we are and what is the purpose of the life. We make the material plan by keeping in mind the objectives but we failed to plan our life by keeping in mind the

purpose of life. A ship without knowing the purpose ever reaches to the destination or corner.

In the complex world scenario how we can expect to be successful in the real sense without knowing that actually what we ultimately want in life. We generally learn by outer world and outer world is itself incomplete and confused. People are fake and incomplete like us and hence any learning form they carry us to incompleteness. Further we generally believe that what most of the people follow is truth while the fact is opposite but we hardly recognize. A complete awareness is required if you want to know the whole circus going on around us.

## **II. MEANING OF LIFE**

“There are only two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle.”

**Albert Einstein**

"If your actions in the classroom inspire children to achieve more, question more, and dream more, you are indeed worthy of the title "Teacher."

**Robert John Meehan**

Questions about the meaning of life have been expressed in a broad variety of ways, including the following:

- What is the meaning of life? What's it all about? Who are we?
- Why are we here? What are we here for?
- What is the origin of life?
- What is the nature of life? What is the nature of reality?
- What is the purpose of life? What is the purpose of one's life?
- What is the significance of life?
- What is meaningful and valuable in life?
- What is the value of life?
- What is the reason to live? What are we living for?

These questions have resulted in a wide range of competing answers and arguments, from scientific theories, to philosophical, theological, and spiritual explanations.

### **III. POPULAR VIEWS ABOUT LIFE**

"What is the meaning of life?" is a question many people ask themselves at some point during their lives, most in the context "What is the purpose of life?".Some popular answers include:

#### **1. To realize one's potential and ideals**

- ✓ To chase dreams
- ✓ To live one's dreams.
- ✓ To spend it for something that will outlast it
- ✓ To matter: to count, to stand for something, to have made some difference that you lived at all.
- ✓ To expand one's potential in life.
- ✓ To become the person you've always wanted to be.
- ✓ To become the best version of yourself
- ✓ To seek happiness and flourish.
- ✓ To be a true authentic human being.
- ✓ To be able to put the whole of oneself into one's feelings, one's work, one's beliefs
- ✓ To follow or submit to our destiny.
- ✓ To achieve eudemonia, a flourishing of human spirit.

#### **2. To achieve biological perfection**

- ✓ To survive, that is, to live as long as possible, including pursuit of immortality (through scientific means).
- ✓ To live forever or die trying.
- ✓ To evolve.
- ✓ To replicate, to reproduce. The 'dream' of every cell is to become two cells."

#### **3. To seek wisdom and knowledge**

#### **4. Philosopher in Meditation**

- ✓ To expand one's perception of the world.
- ✓ To follow the clues and walk out the exit.
- ✓ To learn as many things as possible in life.

- ✓ To know as much as possible about as many things as possible
- ✓ To seek wisdom and knowledge and to tame the mind, as to avoid suffering caused by ignorance and find happiness.
- ✓ To face our fears and accept the lessons life offers us.
- ✓ To find the meaning or purpose of life.
- ✓ To find a reason to live.
- ✓ To resolve the imbalance of the mind by understanding the nature of reality

**5. To do good, to do the right thing**

- ✓ To leave the world as a better place than you found it.
- ✓ To do your best to leave every situation better than you found it.
- ✓ To benefit others.
- ✓ To give more than you take.
- ✓ To end suffering.
- ✓ To create equality.
- ✓ To challenge oppression.
- ✓ To distribute wealth.
- ✓ To be generous.
- ✓ To contribute to the well-being and spirit of others.
- ✓ To help others, to help one another
- ✓ To take every chance to help another while on your journey here.
- ✓ To be creative and innovative.
- ✓ To forgive.
- ✓ To accept and forgive human flaws.
- ✓ To be emotionally sincere.
- ✓ To be responsible.
- ✓ To be honorable.
- ✓ To seek peace.

**6. Meanings relating to religion**

- ✓ To reach the highest heaven and be at the heart of the Divine.
- ✓ To have a pure soul and experience God.
- ✓ To understand the mystery of God.

- ✓ To know or attain union with God.
- ✓ To know oneself, know others, and know the will of heaven.
- ✓ To love something bigger, greater, and beyond ourselves, something we did not create or have the power to create, something intangible and made holy by our very belief in it.
- ✓ To love God and all of his creations.
- ✓ To glorify God by enjoying him forever.
- ✓ To go and make new disciples of Jesus Christ.
- ✓ To act justly, love mercy, and walk humbly with your God.
- ✓ To be fruitful and multiply.
- ✓ To obtain freedom
- ✓ To fill the Earth and subdue it.

**7. To love, to feel, to enjoy the act of living**

- ✓ To love more
- ✓ To love those who mean the most. Every life you touch will touch you back.
- ✓ To treasure every enjoyable sensation one has.
- ✓ To seek beauty in all its forms.
- ✓ To have fun or enjoy life.
- ✓ To seek pleasure and avoid pain.
- ✓ To be compassionate.
- ✓ To be moved by the tears and pain of others, and try to help them out of love and compassion
- ✓ To love others as best we possibly can.

**8. To seek pleasure**

- ✓ To eat, drink, and be merry

**9. To have power, to be better**

- ✓ To strive for power and superiority.
- ✓ To rule the world.
- ✓ To know and master the world.
- ✓ To know and master nature.

#### **IV. QUALITIES OF A GOOD TEACHER**

Good teachers are rare. Although some of the qualities of good teachers are subtle, many of them are identifiable. Here is a list of sixteen traits that excellent teachers have in common:

##### **1. Knowledge of the subject matter**

You can't teach what you don't know. All teachers need not be experts in their fields, but possessing knowledge is important. Teachers must continue building their understandings of their subjects throughout their careers.

##### **2. Patience**

No teacher should be expected to have much patience with individuals whose lack of discipline, immaturity, or indolence interrupts the work of other students. Patience with students who are trying to learn, however, is part and parcel of the teaching profession. Impatience with sincere students is an indication of the teacher's own shortcomings.

##### **3. Intellectual curiosity**

All good teachers are intellectually curious and naturally driven by their interests in keeping abreast of changes in their fields.

##### **4. Confidence**

Good teachers are confident in their abilities to sense where students are in the learning process and in their students' abilities to learn material that is presented in a logical and graduated fashion.

##### **5. Compassion**

Talented teachers are able to work with students with varying levels of maturity and knowledge. A college professor I know once made the following statement about his experience as a teacher:

"Each year teaching is more challenging for me, because I grow a year older and the students stay the same age. The widening age gap forces me to stretch in order to reach them."

##### **6. Achievement**

Experienced teachers have clear thoughts on what their students should know at the end of the term, and they understand what they must do along the way in order to reach those goals.

**7. Planning**

Teachers must have plans and stick to them. This goes deeper than rigidly following a course syllabus. Effective teachers sense when students need more time to absorb the material and, within limitations, are willing to give it to them.

**8. Awareness**

Teachers in elementary and secondary schools must have eyes in the backs of their heads. They need to be aware of everything that happens in their classrooms and in adjacent hallways. Teachers who are awake are able to stop nonsense before it starts and keep students on track.

**9. Mentorship**

Teachers often serve as mentors to their students. The desire to influence students positively is a core motivation of many teachers when they enter the teaching profession.

**10. Maturity**

In no profession is maturity more important than in teaching. Students experience emotional ups and downs, and insightful teachers are able to sense the changes and respond to them appropriately. Teachers must be pillars, consistently encouraging students to grow as human beings and to develop academically.

**11. Community involvement**

Maintaining good community relations is part of being a teacher, and teachers' contact with parents, administrators, and community leaders enhances their effectiveness in the classroom.

**12. Organization**

One-on-one tutoring is easy compared to leading a classroom of students in a single direction. Teachers must be able to manage students' multiple personalities and organize their subject matters so that a maximum number of students benefits from their presentations.

**13. Vision**

Teaching encompasses far more than passing information from teachers to students. Teachers should be illuminators who provide their students not only with interesting and useful material, but also with visions of where they might end up if they learn well.

**14. Context**

Every subject has a context, and teachers are responsible for providing it to their students. Since no one learns in a vacuum, teachers must show their students how the information they are learning might be used or might lead to the development of some other useful skill.

### **15. Mission**

Perhaps the most important thing teachers communicate to students and to the community is a sense of satisfaction with their choice of teaching as their life mission. Teaching at its highest level is a calling, and good teachers feel it to their cores.

## **V. BALANCE IN LIFE IS THE MOST IMPORTANT TASK**

### **What does it mean to be balanced?**

#### **1) Internal (Mind, Heart, Health)**

- Mind: Challenging yourself intellectually vs. creating opportunities for your mind to rest
- Heart: Giving love vs. receiving love
- Health: Eating, drinking, exercising properly vs. resting and treating yourself to some extra yummys

#### **2) External (Work, Social, Family, Fun)**

- Work: Pushing yourself to achieve goals vs. seeing the bigger picture and enjoying the ride
  - Social: Satisfying your social desires vs. taking time for yourself
  - Family: Fulfilling your familial responsibilities vs. creating healthy boundaries
  - Fun: Allocating time for things you enjoy doing vs. making sure you don't overdo it
- As you can see, both ends of each spectrum are actually positive; but if either side is taken to an extreme, something that is intended to be positive can end up being detrimental.
- It's helpful to check in with yourself to see if you feel balanced.

**If you feel pulled in any one direction and uneasy about it, these steps may help you get your life aligned:**



1. **Acknowledge:** Take some time to really look at your life, your state of mind, and how you're feeling. Be honest with yourself and notice the areas of your life that you're neglecting.
2. **Examine:** Notice if you're leaning more toward an internal or external focus, or if there are areas within each category that you would like to be more balanced.
3. **Set Goals:** Look at the outline to help you decide which ways you want to balance your life. Make a list.
4. **Plan Tasks:** Make a list of daily, weekly, and monthly tasks that you will need to do to achieve each of these goals. What have you tried in the past? Did it work? If not, what can you do differently?
5. **Reflect:** What is the most important thing you've accomplished in the past? How did you stay focused toward this goal? How did you handle your fears, doubts, anxieties, worries, and negative self talk? How does it feel to know that you accomplished the goal in spite of these parts of yourself?
6. **Prepare:** What is your inner "stuff" that will try to keep you from sticking to your plan? (i.e. fears, worries, doubts, negative self talk etc.) Can you specify the things you will say to yourself to push you off track? (i.e. "just one more bite, I'll start eating better tomorrow") Make a list.
7. **Empower:** What do you need to remember in those times? What are things you can say to that self-sabotaging part of yourself? Be kind to yourself. Balance won't feel good if you're cruel to yourself in creating it!
8. **Connect:** Is there a person or a tactic you can use to keep yourself supported, motivated, and focused in those hard times? I highly recommend connecting and sharing your inner process with someone. Find someone who can help you challenge your inner demons, and celebrate your little accomplishments.
9. **Plan:** Just like accomplishing any goal in life, it takes time and effort to overcome your habitual patterns and create new ones. If you stay on track with this detailed and intentional process for three whole months, then there is a good chance you will create new habits to enjoy a more balanced life going forward!

## **VI. BE A LEARNER ALWAYS**

Learning is the most vital activity in one's life. This learning only which makes us mature otherwise there is no difference in a human being and an animal. There are a number of ways for learning and almost all the time we learn. It is the mind set only which decides how to learn, what to learn, when to learn. Therefore in different culture and ages there are different attitudes towards learning.

## **VII. A REQUEST TO THE TEACHING COMMUNITY**

It is my humble submission to the teaching community to please do recognize yourself. Without perfection in yourself how you can make the students perfect. We are losing the dignity day by day because of our casual attitude towards our job. Teaching job is totally different from rest of the jobs. We have to recognize the meaning and duties of a teacher. It is equally true that we are not getting from the system and students for which we deserve but that should not create a hurdle in the role of a teacher. If a teacher is confused and unsatisfied nothing can be done to that country and society. I am sorry to state but the weak communities of teachers are the fundamental reason of poverty & corruption in this country.

Let's take the responsibility to be a teacher in true sense or have courage to leave the teaching job and join somewhere else if the purpose of job is purely earning.

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