

Sillah 1

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Podcast script:

Gundo: Hello, this is Gundo Sillah. I am a 20-year-old college student and I go to the New York City of technology. This is my second ever podcast episode and this one is for my unit 3 multimodal project assignment I'm doing for my English Composition class. And a sneak peek into what I'm talking about today is with the word burnout. Burnout is an extended period of stress that feels as though it cannot be ameliorated. It can be a physical or mental collapse caused by overwork or copious amount of stress. So, burnout is the word of the day.

Today I'm here to discuss some of the things that have been going on inside our schools during the pandemic, specifically I want to show you guys the point of view of the teachers. As a student who has gone through the Covid-19 pandemic as a high schooler and now as a college student, I personally have struggled throughout the semesters and not only have my grades have suffered but my mental health as well. And when thinking about a topic for this assignment I thought: how have it been for my teachers? Before researching this topic, my hypothesis was that they probably had a similar or worse experience then mines since not only did they have to deal with coming up with a new curriculum to coincide with the changing of their surroundings from in person to online to zoom meetings but they also had to tackle on new pressure from the government and their schools on how to keep everyone safe and give students a proper education

Sillah 2

during the pandemic. What had also spiked my interest in this topic was a recent tweet I read where a person explained how most of the teachers at their child's school had quit or were planning to leave in the middle of the school year and in the comments, I saw that a lot of people who had gone through the same things at their schools. It shined a light on how drastic the current situation is and how much schools and teachers are suffering now because of the Covid-19 outbreak. With this I wanted to see how things were for them and how the pandemic has changed teaching and inform others so the rate in teachers quitting lessens.

After researching my topic, I found that the pandemic has pushed many to retirement or to leave the profession. According to the article from Education Week titled, "Will the Pandemic Drive Teachers out of the Profession? What One Study Says" written by Lora Bartlett, it states, "The pandemic continued, students were struggling emotionally, and teachers were stretched thin trying to adapt to the ever-changing conditions. But unlike the spring, when teachers felt they were part of a concerted effort, teachers now felt silenced and blamed for what others saw as the shortcomings of the educational response. They were inundated with a constant stream of criticism, particularly when they raised safety concerns," (Bartlett). What this shows was that not only did teachers have to deal with keeping their family and themselves safe but they had to deal with new pressure from parents since they were the face of the government's educational response to Covid-19 even though they had little control or say in any of the decision-making. While researching the topic I realized that one of the key things as to why many of them were leaving was because of burnout and that they were not able to handle the emotional toll and stress that came with teaching in the pandemic. The CBS News article by Megan Cerullo titled, "Teachers Battling Stress, Depression during the Pandemic," explains this perfectly. It states that, "I do feel that there comes a huge emotional and mental health impact on my own self-

Sillah 3

worth and feelings about, 'Well I can't think about myself, I have to think of the children.' Other teachers decided to cut their careers short, given the risks posed by COVID-19. Miami-based high school teacher Amy Scott is among the teachers who are no longer active in the profession since the pandemic. 'Teaching is who I am,' said the 69-year-old Scott. 'It gives me energy, ideas and creativity. But I am not willing to die for it,'" (Cerullo). And its sad that they even have to choose between teaching or staying safe and this article really it explained the moral dilemma that teachers are going through now and have been going through since the start of the pandemic. Overall, a common trend I saw was teachers being stretched too thin and given little to none resources on how to adapt to the ever-changing conditions they are now in. So, for parent's support teachers at your neighboring schools one is way is by just asking how their day is and students turn on your cameras more and turn off the mute button and participate in class. These little things may be small but can lighten the heavy load they are carrying.

Thank you, guys, for listening to this episode and I hope you benefited from listening to this 5-minute conversation on teachers. Since the word of the day is burnout, I will leave you all with a little quote "Burnout is what happens when you try to avoid being human for too long". So, to all the teachers out there make sure you prioritize your physical and mental health and to remember to take care of yourself because you can't pour from an empty cup. Ok, I hope you all have a great day.

Sillah 4