

AVOIDING BURNOUT

Reducing technology overload in education

THE Covid-19 pandemic has transformed the education system from physical classes to online spaces, which has unintentionally increased the amount of technology used in education. Technology is used to bridge the gap between the constraints due to Covid-19 and the need to continue education as usual.

Teachers are exposed to many new applications and programmes that help to teach and assess students easier. However, with this upsurge of technology creeping into our daily lives, there is a need to reduce technology load and prevent burnouts, especially among teachers and students before it is too late.

Here are three simple tips that teachers can practise to reduce technology overload in education.

Firstly, try conducting asynchronous lessons for your students. Ask yourself, is there a need for you and your students to sit in front of the computer throughout your lesson? Should all exercises and assignments be typed? Can't students write neatly on a piece of paper or in their exercise books and after that submit them through WhatsApp or

Google Drive?

Is it possible to assign task that require students to go outside and practise self-care instead of sitting for a long duration of time in front of the computer? Sometimes, presenting our lessons the old-fashioned way produces quality education for students. So, plan the lesson contents and the interactions among students well because you do not have to always conduct synchronous lessons.

Secondly, decide on one communication channel. There are many ways technology enters your classroom. Some classes use Learner Management System (LMS) to organise lessons online, others use game and quiz apps. Teachers are always presented with various programmes and applications to be piloted or used in daily lessons.

Often without thinking about it, we are using so many different forms at once. Try limiting the number of channels in which students interact with you. Honestly, it can be daunting and stressful to maintain numerous channels of communication. Simply choosing one source can



There are ways for teachers and students to not be burdened by technology during the learning process. FILE PIC

make the task of responding to student's questions more manageable.

With questions that are not urgent, I invite my students to email me. However, if they have a time-sensitive question, they know they can send me a text message. This method has been working well so far. Students are typically thankful when we respond to messages beyond class hour, and they do not misuse the opportunity.

Thirdly, practise unplugging time at home. Although everyone loves technology, we need to unplug and be disconnected for a little while.

We need to spare time for our loved ones at home who also need our time, attention and energy in the evenings. There should not be any competition between family bonding and technological devices.

We need to give our students and ourselves room to breathe. Unplug the technology in the evenings during weekdays and weekends. Avoid checking social media, emails or text messages during that window. Instead, plan lesson activities for your students to do with their family members, which they can later share with classmates in a shared platform

like a class blog.

In conclusion, the technology that we have today is nothing short of incredible. Even if it is easy to access the latest technical devices or software, it is never more important than everyone's health and wellbeing. So, let us try and plan our real-time lessons, decide on one or two communication channels and protect our plug-off time for quality life and education.

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