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YES4 E-LEARNING

Profile 1

PROFILE 1: HIGH RESILIENCE

RANGE 0 - 62

Characteristics:

These teachers demonstrate enjoyment and satisfaction in online teaching, as well as a notable ability to adapt and manage the virtual environment effectively.



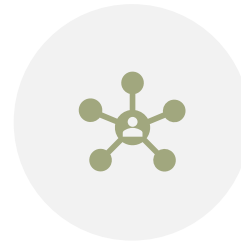
Majority of scores are low (1 or 2) in statements related to enjoyment of online teaching, job satisfaction, and ability to adapt to challenges.

PROFILE 1: HIGH RESILIENCE

POSSIBLE SOLUTIONS



Provide opportunities for professional development focused on strengthening coping skills and resilience.



Foster the establishment of support networks among colleagues to share effective strategies.



Offer recognition and appreciation for well-done work to boost self-esteem.



Promote a problem-solving approach and positive thinking to address the challenges of online teaching.

PROFILE 1: HIGH RESILIENCE

INDIVIDUAL ACTIONS



Establish daily self-care routines.



Maintain a positive attitude and seek opportunities for personal and professional growth.



Cultivate gratitude and recognize the positive aspects of online teaching, even in challenging situations.



Actively seek out resources and tools to improve teaching skills and adaptability to new technologies.

