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This I Believe

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Matthew Dyrek

This I Believe

In order to help students I believe you have to be a role model for them. I believe in setting an example for my students by being physically active and living a healthy lifestyle. Pursuing degrees in Physical Education and Health Science I feel it is important to be physically fit. This shows that you care about what you are learning and trying to become. Students will respect and be more open to listen to a teacher who represents these values. By having the respect of the class the teacher can offer advice and the students will listen. Everybody needs somebody to look up to and help them achieve their goals. As teachers I believe this is our duty and the reason you go into this profession.

Through my Adapted Physical Education class I have had the opportunity to work with a student who helped me gain a better understanding of the teaching profession. My student has cognitive delays and is non verbal. This was a whole new experience for me and I found myself learning from him. I realized that simple tasks like jumping require a lot of work for him. The first week I met him his locomotor skills were all over the place. Now in our final weeks of the Swim and Gym program his locomotor skills have made a significant improvement. Since my student is young and non verbal I don't know what his personal goals are. The one thing I can do as his coach is to improve his involvement in physical activity. By improving these skills he may be more willing to participate in sports and exercise. This will lead to a better quality of life and generate opportunities for him. Maybe someday my student will improve his locomotor skills to the point he participates in the Paralympic games. If that happens I would know that I made a difference and created an opportunity for him. Therefore, by being a role model and being motivated to make a difference in our students' lives is what I believe.

As a teacher I am dedicated to leading my students in the right direction. I want to find out what the ultimate goal is for my students and provide them with opportunities to achieve them. Many times I see students just go with the flow and have no sense of direction of what they want to do. As a teacher I feel it is my vocation to change this outlook and help students achieve their dreams.