



EDUCATION FOR TOTAL CONCIOUSNESS: ROLE OF PARENTS AND HOME LIFE

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The right kind of education is not concerned with any ideology, however much it may promise a future utopia: it is not based on any system, however carefully thought out, nor is it a means of conditioning the individual in some special manner. Education in the true sense is helping the individual to be mature and free, to flower greatly in love and goodness. That is what we should be interested in, and not in shaping the child according to some idealistic pattern. The highest function of education is to bring about an integrated individual who is capable of dealing with life as a whole.

It is often said that 'Home is the first school and parents are the first teachers.' Extensive research in this field indicates that the environment of the family which includes all primary caregivers is at the foundation of a child's growth and well-being. As children grow, their dependence on parents may wane and the parent-child relationship may take on a different direction, but parental influence still remains vital.

All parents and other caregivers including grandparents, uncles, aunts, older siblings, want the best for their children. Children benefit immensely, when parents and caregivers in the family, irrespective of their educational background, show genuine interest, invest quality time, support and get actively involved in their learning. Also, when both parents and teachers work together as partners, it contributes to children's learning and ensures their well-being.

Families play a critical role in the nurturing and education of their children, particularly in the early childhood period when brain and personality continue to form. As the first educators of children, parents are invested in supporting their children's development and learning. Many are prevented from doing so, due to lack of time, underestimating the importance of their engagement or simply not knowing how to be effectively involved. Yet, it is important that parents promote their children's socialization and learning, especially in the

early childhood period. Along with providing a stable and loving home environment, parents can greatly help their children's learning by providing them with interesting learning experiences, and in particular, by daily conversation and out-loud reading of children's literature.

Parental involvement in their child's school, which includes activities such as meeting with teachers or school principals or volunteering at school, is also associated with greater student engagement in school. These types of activities may show students that their parents value learning and education; and they may show schools that these parents care about their children's education – which, in turn, might prompt teachers to devote more attention to these children.

Outcomes and Benefits of Education for total Consciousness

- Systematically trains teacher and student to see one's self in the outside world, and in other beings
- Produces the skills to develop complete knowledge and wisdom, and live in balance
- Improves the relationship between the teacher and student
- Brings out the joy in learning
- Imbues students with dignity, responsibility, selflessness, self-respect, compassion and love of world
- Increases student concentration and efficiency
- Personalises the learning experience
- Offers a scientific and thorough way to assess student development
- Requires no change to the standard curriculum
- Can be used in any culture, language or region of the world.

Parent School Partnership: The importance of parent-school partnership cannot be underestimated. Children benefit much when parents and teachers work together as partners in education. Since parents are the custodians of all the vital information about the students, it becomes much easier when frequent dialogues are established between the parent and teacher.

Providing Information and ideas: To families about how to help students at home with homework and other curriculum-related activities, decisions, and planning. This can be made possible by providing information to families on Learning outcomes and skills required for students in all subjects at each grade. Information on homework policies and how to monitor and discuss schoolwork at home and making provision for family participation in setting student goals for further studies. For this purpose schools should undertake a training session for parents on guided parenting.

Include parents in school decisions: Schools can have a system to choose parent leaders and representatives by active Parent Teacher Associations or other parent organizations, advisory councils, or school management committees. Also, by establishing networks to link all families with parent representatives, consensus decisions can be taken on important aspects. Parents can also be encouraged to do volunteering in their child's school.

Role of parents in adolescents' lives: Adolescence is the period in one's life marked by radical changes in all domains, be it physical, emotional, or social. Adolescents are one step ahead of childhood and one step behind adulthood. This leads to their identity confusion "who am I? -am I a child or an Adult" Parents need to understand this phenomenon so as to establish a deeper and long-term relationship in their teenager's progress on the learning curve as well as in their physical and emotional wellbeing.

Parents face innumerable challenges in supporting their child's learning due to changes in the method of instruction; increased demands of their children for digital tools and other devices, the influence of peer/friends group (teenagers try to drift away from parents), and exposure to Social Media and the like. While being involved in teen's education may be challenging, here is what you as a parent can provide to foster academic, social, and emotional growth and sound character in adolescents: by playing multiple roles.

As a teacher: Even without lesson plans, teacher's guides, and formal training, you as parents have successfully taught your children valuable skills. You may not be able to provide one-on-one instruction but you can share your own educational experiences, be partners in learning and construct knowledge with them.

As a manager: As a manager, you can keep track of your child's progress; manage time/schedule; discipline; ensure good nutrition, sleep and rest, together develop strategies for conflict resolution, constructive problem-solving and decision making, anger management, tolerance, etc. can all be impacted by being a role model yourself.

As a facilitator: Help your child in academic activities by providing adequate resources, materials, books, worksheets, printouts, access to internet connectivity, online learning, and provide hygienic and well-ventilated study spaces.

As a counselor: You can provide emotional support to your adolescents when they are going through the most difficult times. Help them deal with challenges or conflicts in a calm and productive way using problem-solving skills. Instead of getting upset and angry when a problem comes up, encourage your child to respond in a positive way. Help them see both sides of issues, disputes, arguments. Keep channels of communication open and reassure your child that this is a part of growing up.

As an organizer: You as parents have great organizational skills. You may plan daily schedule/routine, co-curricular activities; games, arrange resources according to school requirements, help your child manage materials and activity sheets. Create homework folders, checklists, schedules, and a clean, distraction-free space

for studies. Adequate nutrition is very important for growth and development. You may ensure that your child has good eating habits, eat healthy and nutritious food. Arrange for field trips, outdoor visits long walks, etc.

As a motivator: You can motivate your children to plan their future, ask them to share their dreams, and assure them that you would walk with them through their journey. Motivate to have high expectations, dream high but with a foot firmly on the ground. When they feel like talking about it, ask them to share their dreams

Each child is unique. It is important to know what works for your child and what is needed to be put in place to support your child. Collaborating with teachers in documenting and reflecting on the progress that children are making in their learning is important for teachers and parents. Moreover, by getting opportunities to observe, record, and reflect on your children's learning, you may learn to appreciate your child's progress, efforts, successes, and achievements and identify specific needs.

Education is not to imitate but to discover. It is very easy to conform to what your society or your parents and teachers tell you. That is a safe and easy way of existing, but that is not living because in it there is fear, decay, death. To live is to find out for yourself what is true, and you can do this only when there is freedom, when there is continuous revolution inwardly, within yourself. The function of education is to help each one of us to live freely and without fear. And to create an atmosphere in which there is no fear requires a great deal of thinking on your part as well as on the part of the teacher, the educator.

Reference:

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