



# 疫情下的教學

## Two Teachers' Insights on Teaching During the Pandemic

晨瑛譯組 英譯

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上人講過：「教學是人生最大的快樂。」這是完全正確的，然而當今的社會都講錢。教書，如果不講錢，那真的是很開心的事。

2020年3月17日，瑜伽市的所有學校都必須關閉，並改用網絡教學。到3月底，世界各地的學校停課，有98,000所學校受到影響——這是根據聯合國教科文組織提供的信息得知的。

在這麼短的時間內，突然要轉向網絡學習是一個巨大的挑戰。這種大挑戰是來自於許多家庭缺乏理想的學習環境——沒有足夠的設備和資源讓學生們能順利地轉向網絡學習。比如：網速慢，將無法順利使用 Zoom meeting；或是缺少電子書寫版等其它操作軟件來寫作；或者有的學生在一個家庭中有兩個或三個孩子，這些孩子會互相影響；學生在家上網課，只要一點擊就即刻進入到其它各種網站，這讓家長感到擔憂，而且老師也很難以用這樣上課方式進行教學。

幸好法師准許我用課室來教課。我雖然在課室裡視訊，但可以用白板寫字，以便學生在遠端可以看得清楚。因為我認為教課就應該有面對面互動的這種教法，當學生有疑惑時，即刻能得到解答與糾正。學生沒有電子寫字板，但用電子寫字板寫字也是很不可

The Venerable Master said, “Teaching is the greatest joy in life.” This is very true indeed. Nowadays society talks all about money. When teaching is not about money, it is a truly happy endeavor.

On March 17, 2020, all schools in the Ukiah Unified School District had to close and switch to online learning. Around the end of March, 2020, schools all over the world closed, affecting 98,000 schools. This figure is based on the information from UNESCO (United Nations Educational, Scientific and Cultural Organization).

It is quite challenging to suddenly switch to online learning in such a short period of time. One big challenge is that many families lack an ideal learning environment — without the necessary equipment and resources, it is difficult for students to smoothly switch to online learning.

For example, when the internet speed is slow, Zoom meetings cannot run smoothly; or there is a lack of electronic writing pads and other operating softwares for students to write with. Some students may have two or three siblings in a family, and the siblings will affect each other's learning. When students have online lessons at home, with a click they can access various websites and this will cause undue worry to parents, and it is also difficult for teachers to teach.

Fortunately, the Dharma Master allowed me to use the classroom to teach. I can write on an actual classroom whiteboard so students can see clearly. I feel that the

容易的，所以在視訊過程中，要求他們立即寫公式出來給我看，是比較困難。大多數情況，只能叫他們寫了，拍照後寄給我，我再來檢查。

這段期間，我也有機會回憶起自己最初的願望，而且真的是有機會實現。我跟宣公上人和觀世音菩薩說：假如我能有機會來到萬佛聖城，我願意來做義工；然後我的同修能找到工作；也是為了小孩能有機會在良好的環境中成長。我的同修很早以前，在美國讀碩士是念護士本科。當年她曾跟我討論，讀護士科要選哪一方面的專業？是照顧小孩？還是老人？或是中年呢？我說照護老人，因為美國老人太孤獨，很多沒有被照護的。從那時開始，她就打算去比較偏僻的地方做護士，照顧老人，所以來到瑜伽市這邊也是滿了她的願。

我再講一講關於到萬佛城的義工服務。我在找參考的時候找到上人的講法。是在1992年8月28日，上人在萬佛聖城講了一段關於教育的開示：「世界壞的原因，就因為這一個『錢』字；這個錢哪，把各行各業都支配得顛顛倒倒。我想，做老師的是『為教育而教育』，不是為了金錢，不是為了名，不是為了利，所以我就願意提倡義務學校。在萬佛聖城，我們將徹底改革教育方法，我們要培植將來可以治理國家的人才，並能為人民、國家和世界謀福利，天下不要這麼亂。世界動盪的根源就是一個『錢』。」阿彌陀佛。



teaching should have a face-to-face interaction so that any queries from students can be answered and any doubt they have can be resolved on the spot. Most students do not have electronic writing pads; if they do have one, it is still hard to write on it. During the online lessons, it would be difficult to ask them to write the formula out for me immediately. In most cases, I can only ask them to snap a photo of their writing and send it to me and I would have to check it later.

During this period, I had time to reflect on my original wish. This is really a chance to fulfill my wish: I told the Venerable Master and Guan Yin Bodhisattva that if I had a chance to come to the City of Ten Thousand Buddhas, I wanted to become a volunteer. (But for such a plan, we need to have a breadwinner for our family). So, I wished that my wife who is my fellow cultivator could find a job and my kids would have the opportunity to grow up in a good environment. A long time ago, my wife studied for a Master Degree in nursing in the US; she had discussed with me in which area she should specialize: To take care of young children, elderly people, or the middle aged? “Elderly people,” I told her because in the US, elderly people are too lonely; nobody would take care of them. From then on, she had been planning for a nursing career in a rural area to take care of the elderly. Therefore, having come to the city of Ukiah (which is a rural area) fulfills her wish.

I would like to talk about the voluntary services at the City of Ten Thousand Buddhas. When I researched, I discovered the Dharma teachings of the Venerable Master. The Venerable Master gave a Dharma talk about education at CTTB on October 28, 1992,

“The world deteriorates because of money; money really makes people in all careers upside-down. I believe that a teacher should teach for the sake of education, and not for money; he is not for fame or gains. Therefore, I would like to advocate volunteer education. At CTTB, we will implement a thorough education system because we want to develop students into virtuous talents who can bring order to the nation, who can work for the wellbeing of the people, country, and the world. We don't want to see the world plunging into chaos; the root of chaos and disorder is money.” Amitufo.

我們有兩天的時間突然從一個非常傳統的課室教學，一下子就轉變成了網上教學。很多老師都感覺到挑戰很大。我們的工具就是這個Zoom，很多人可以同時使用這個軟件。但是當我們用Zoom的時候，會有一些學生加入進來，而我們一時之間又不知道是哪位學生。

那麼網上教學與課室教學相比，難點在哪裡呢？老師在準備課室教學時，要準備充滿創意的課程計劃。小孩子頭腦比較活躍，注意力不太容易集中，所以你的課程計劃必須有創意，還要生動有趣，這樣才能吸引他們。

在課室教學上，我們可以準備一些內容供學生動手操作。比如讓他們在課室中，組成不同的小組，然後著手做一些主題之類的。

最重要的是對環境的影響。學生來到學校，自然而然就是一個學習的環境。每個人都很積極又忙於不同的課程中學習，學習的氛圍也就很不一樣。

而現在我們突然轉向網上教學。首先我們不僅要準備有創意的課程計劃，我們還必須準備一個非凡的創意課程計劃。同時學生的學習環境也變了，從學校轉到了自己家裡；他們在家裡本來就是很放鬆、很隨意，現在突然被要求在他們平時玩耍和放鬆的地方學習，這對學生來講，也是一件非常不容易的事情。

最大的影響就是家庭環境的影響。比如有時候父母兩位都必

We teachers only had two days to transition from the traditional mode of instruction to online teaching, and many teachers found such a drastic change very challenging. The software most commonly used for online teaching is Zoom, which allows many people to join an online class at the same time. [One of the challenges:] Some students might join Zoom after the class had already started, and teachers wouldn't be aware they had come late.

What are the most challenging aspects of online teaching compared with classroom teaching? First of all, teachers need to be more adaptive and creative when designing the course. Children's brains are quite animated and energetic; they may find it more difficult to remain focused on what they are being taught. Only by being very creative in their preparation and presenting the subject in a dynamic and interesting way can the teacher keep the students' attention.

During the class, teachers can prepare some topic-oriented exercises for hands-on work by students: for example, a class can be divided into a few groups, and each group can be assigned a different task.

The most important thing is the impact which the environment has on the student's ability to learn: when students come to school, the campus naturally provides an environment conducive to learning. Everyone is busily engaged and "shuttles" among various courses; such an academic atmosphere is very different from the one found in online learning.

When we make a sudden switch to online teaching, moderately creative lesson plans no longer suffice; much greater creativity becomes necessary. Meanwhile, the students' learning environment has also changed: the home setting is very relaxed and casual; it is an environment where they are used to relaxing and playing. To adapt to such a drastic change is very challenging for students.

The biggest impact comes from the family environment. For example, sometimes both parents have to go to work, leaving no adult at home to supervise the student. Then students commonly skip classes, are inattentive during lessons, and do not hand in their homework.

In the event that both parents lose their jobs, they will be worried about paying the rent and putting meals on the table. In such a situation, the whole family may need to relocate to a cheaper place, or the parents may have to entrust the child to someone else's care while they continue to look for work. This will affect the child's learning.

須上班，沒有家長在家裡監督孩子；這時候學生沒到線上來上課，不交功課，或者不專心，這就變成了非常普遍的現象。

還有一種情況就是父母兩位都失業了，然後會為房租和三餐擔心。在這種情況下，有時候全家需要搬去便宜點的地方；或者把孩子託付給其他可以照顧的人，父母繼續找工作。這樣就會影響到孩子的學習。有時候父母們的壓力會直接影響到孩子的情緒。這些在網絡上課的時候也會表現出來。

有的家庭因於經濟情況不太好，連無線上網或者電腦都沒有。有兩位住在北加州沙林納斯的學生，因為他們家裡沒有網絡，他們就跑去一家快餐店，使用那家店的免費網絡；但是當那家快餐店關閉堂食後，他們只能坐在停車場上網。

還有一個考驗就是誠實的考驗。現在很多信息都可以輕鬆地從網上獲取。但這樣也讓一些學生就非常方便地去做不誠實的事情。所以作為老師，一個很重要的方向就是要跟學生解釋學術誠信的重要性。我曾經對一個學生解釋說，你現在可以很方便在網絡上找到考試答案，假如疫情在下個學期改善了，我們又得回到課室學習，你就會發現你跟不上。為什麼呢？就是他現在讀書的那個成績不是他真實成績，他的那些成績僅反映了他的網上搜尋能力，而不是他的學習能力。

對我自己來說，我有三個小孩，其中一位就非常喜歡電腦。在疫情沒來之前，我就已經在想法子改變他喜歡用電腦的習慣；但是現在改成網絡教學以後，他們每天至少都被要求使用四到五個小時的電腦上課。所以我在想怎麼樣才能讓我的孩子可以合理的安排在家時間，我突然就想到既然他們需要運動，我們家裡也需要新鮮的蔬菜。為什麼我們不學著種菜呢？

古人有一句話說，「道德傳家，十代以上，耕讀傳家次之，詩書傳家又次之，富貴傳家，不過三代。」所以我們就決定去學種菜了。阿彌陀佛！✿

Sometimes pressure from parents directly affects the moods and emotions of their child, and such mental instability is often exhibited in their behavior during class time.

Because of a constrained financial situation, some families do not have Wi-Fi or even own a computer. Two students in Salinas didn't have internet access at home, so they needed to go to a fast food restaurant to use the free internet there. After the restaurant removed the table outside, they could not go inside to continue using the internet. After the restaurant closed the indoor dining, they had to sit in the parking lot to use the internet.

Another challenge is the test of honesty. A lot of information is now easily available online, which makes it much easier for students to behave dishonestly. Therefore, it is crucial for a teacher to explain the importance of academic integrity to students. For example, I once told a student that he could easily find test answers on the internet, but if the pandemic situation should improve by next semester and we return to the classroom, he will find he can't keep up. Why? Because the grades he is now "earning" are not his real grades. His achievements reflect not his ability to learn but his ability to search the internet.

I have three children, and one of them really likes computers. Before the pandemic struck, I had been asking myself what I could do to reduce his computer addiction. But now, because of the change to online learning, he is required to use the computer at least four or five hours a day. So I was wondering how I could help him adjust his schedule so that he could spend more time with the family. It suddenly occurred to me that since the students need to do exercises, and since we need fresh vegetables at home, why not let him learn how to grow vegetables (in our home-garden)?

There is an ancient saying: "If you teach your children ethics and virtue, the family lineage will last more than ten generations; next best is to teach them farming and reading; and next best, to teach them literacy and poetry. However, when parents just pass down wealth to their children, the family fortune will not last more than three generations." So [circumstances being what they are,] we decided to grow vegetables. ✿