**Simile or Metaphor About Teaching**

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In the article The Heart of a Teacher, Parker Palmer states, “We teach who we are.” (Palmer, 2003) I have had an almost 20-year career in the fitness industry teaching fitness to all ages. I have learned skills in motivation, adapting to individual needs, and promoting a supportive environment. As a personal trainer and fitness instructor I have learned effective communication and the ability to guide participants or students towards reaching their goals and potential. Also, I have learned to tailor approaches to different learning styles for workouts, exercises, and fitness levels.

Another part of who I am is a single mom. Being a single mom will give me strengths in teaching resilience, ability to switch between tasks, and empathy. I will come with the skills of adaptability, navigating challenges, demonstrating perseverance and compassion, and understanding. All these skills will be beneficial in a busy and dynamic classroom.

When I think of who I am and the skills I come with into the teaching profession my experiences, perceptions, and beliefs, that come from being in the fitness industry and being a single mom will guide me well. Finding a metaphor will help convey the ideas by drawing parallels with familiar concepts and make it more relatable and understandable (Brodsky, 2021). It can serve as a communication tool, provide vivid images, foster better comprehension and engagement, and inspire creativity (Drew, 2022) I looked up metaphors for fitness, personal training and being a single mom, and here is what that resonates with me.

“Teaching is like personal training for the mind, building mental muscles and endurance through exercises of comprehension and critical thinking. Guiding students through mental workouts that strengthen their understanding and flexibility in tracking new concepts.”

“Learning is like a workout for the mind, where each new concept is a rep that strengthens the cognitive muscles and were consistency and practice lead to gradual improvement and mastery of skills.”

“Teaching is like being a single mom, juggling multiple roles and responsibilities, providing support, guidance, and nurturing growth in students despite facing various challenges along the way.”

I think that these examples of metaphors and teaching will show how my philosophy of teaching aligns with embracing individualization, resilience, and empathy. I will prioritize the unique needs and strengths of each student, adapting to diverse learning styles and fostering a supportive environment.

**References**

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