

VIDEO SUMMARY

Monsoon Semester 11: Filling Your Own Cup

Resource person: GuruSetu | An animated series for teachers in Indian higher education
Monsoon Semester 11: Filling Your Own Cup | Monsoon Semester | psychological-literacy

Kamala answers every message at midnight. Arjun is now afraid to enforce any rule at all. Farah prescribes boundaries, a monthly faculty circle that discusses situations without naming anyone, and two names to call when something feels too big.

Sustainable availability protects the teacher and makes support more reliable than an expectation of constant personal access. Explain when you respond and point to appropriate urgent support for situations that cannot wait. Discuss approaches and dilemmas without identifying students or circulating unnecessary personal details.

A known support network makes consultation easier and reduces the pressure to carry an uncertain decision alone. No. Fair decisions and supportive communication can coexist; uncertainty is a reason to consult, not abandon responsibility.

In practice: Name two colleagues you'll call when a student's situation feels too big, and tell them.