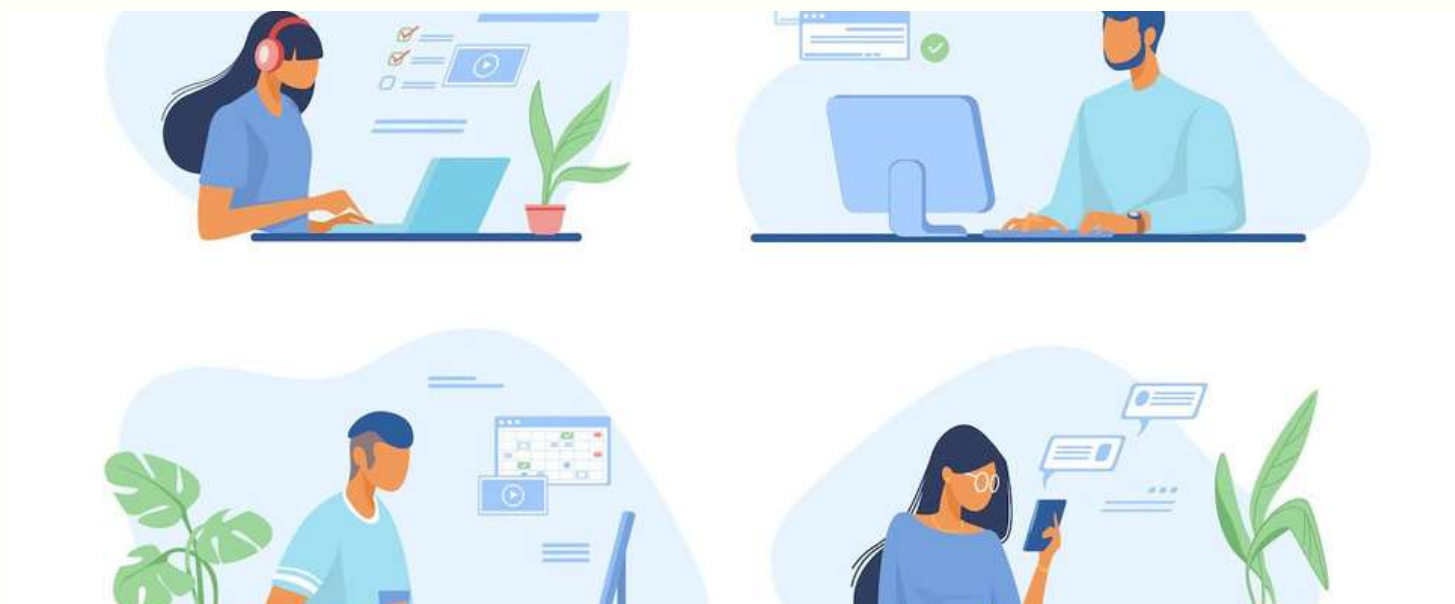




# ADAPTABILITY



## What is adaptability?

Ability to adapt to change by modifying one's own behaviour if necessary to achieve certain objectives when difficulties, new information or changes in the environment arise. It is a skill that allows us to vary our thoughts, emotions and behaviours to accommodate the demands of the environment in which we live, and therefore helps us to make the best responses to changing situations.

Adaptability is associated with the versatility of behaviour to adapt to different contexts, situations, environments and people quickly and appropriately. It involves the ability to reorient one's actions to achieve objectives in new situations, to work in different and varied situations and with different people or groups.

### MAIN FOCUS

#### WHAT IS ADAPTABILITY?

#### WHY IS IMPORTANT IN EDUCATION?

#### STRATEGIES FOR DEVELOPING CAPACITY TO ADAPT TO CHANGE

This adaptive capacity resides above all in the ability of an individual to:



Broaden their awareness in identifying new emerging events / requirements



Adapt to the evolutions of the ever faster changing environment and, consequently, to the evolutions that the professional sector must take on board; without ignoring the evolution and transformation of its actions



Progressing and perfecting new, increasingly complex functions and tasks

## Why it is important in education ?

We live in an environment of constant change, including in the education sector. With the impact of technology, adapting curricula, updating spaces and the new role of teachers, the education of the future will face radical changes. Teachers and school leaders must keep up-to-date with the new changes in education. Traditional face-to-face teaching models do not transfer to a distance learning environment. Diversity and difference in the classroom is not the exception but the norm, which is why teachers need to be flexible and adaptable.

Teachers must adapt to two fundamental aspects:

- The different characteristics and curricular needs of students, understanding that each student has his or her own peculiarities and, therefore, not everyone learns in the same way.
- The new technologies typical of the 21st century, and the contributions they can make for both students and teachers.

These changes imply a break with the traditional classroom model, changing the role of teachers in the classroom, so that they act as facilitators of knowledge rather than as the sole transmitters of it.

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THE "CHAMELEON TEACHER" IS THE TEACHER OF THE 21ST CENTURY: HE/SHE IS ABLE TO ADAPT TO THE CIRCUMSTANCES OF THE CLASSROOM, TO THE NEEDS AND INTERESTS OF EACH OF HIS/HER STUDENTS, TO THE REALITY OF THE WORLD AND SOCIETY

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# Strategies for developing capacity to adapt to change



**Acceptance.** Whether foreseen or unforeseen, change is inevitable and we should not spend too much energy thinking about why it has happened. If there is one thing we can take for granted in this life, it is that everything changes. The best thing to do is to accept them and think about solutions or the next steps we can take.



**Flexibility.** We must be open to change, because as we have said, it is part of life. It will not help us to demonise them or to maintain an immobile attitude.



**Try to anticipate.** If it is a known change, we can prepare for it when it comes. Even if we only sense it, we can start thinking about how to manage it when the time comes.



**Attitude.** Thinking that everything will turn out well (even if we are not sure) also helps us to cope better with change. Staying calm helps us to think more clearly.



**Learnability.** In a fast-moving world, the risk of falling into professional obsolescence is high. This is why there is a need for continuous retraining



**Autonomous learning,** the ability to acquire or renew one or more professional skills, autonomously, based on one's own knowledge and experience. Our capacity for self-learning will be key to surviving professionally in an environment dominated by volatility, uncertainty and complexity. This constant personal development will allow us to better adapt to the processes of change