

## “From Sitting in the Classroom to Standing as a Lecturer”

The journey from being a student seated in a classroom to becoming a teacher standing before a class is far more than a change in position. It represents a journey of **learning, growth, experience, responsibility, and transformation.**

As students, classrooms were spaces where we acquired knowledge, developed curiosity, asked questions, made mistakes, and gradually discovered our areas of interest. Our teachers served not only as educators but also as mentors and role models who guided us academically and professionally.

With time, education and experience brought a change in perspective. The classroom that once represented a place of learning became a place where we could **share knowledge, facilitate learning, and contribute to the development of others.**

Becoming a teacher carries a responsibility that extends beyond academic instruction. A teacher is entrusted with nurturing students' **knowledge, practical skills, critical thinking, professional competence, communication, ethical values, and confidence.** The objective is not simply to complete a curriculum, but to prepare students to apply their learning effectively in the real world.

The transition from student to teacher also reinforces an important principle: **education is a continuous process.** Every lecture, every interaction with students, every question, and every practical experience provides an opportunity for further learning and professional growth.

For a physiotherapy professor, this responsibility becomes particularly meaningful. Teaching is not limited to textbooks and theoretical concepts. It involves developing future healthcare professionals who must integrate **scientific knowledge, clinical reasoning, practical skills, communication, empathy, and evidence-based practice** to improve the movement, function, independence, and quality of life of their patients.

- **The Journey in Five Stages**

### **1. The Student — “I am here to learn.”**

The journey begins with listening, observing, questioning, acquiring knowledge, and developing a foundation for future learning.

### **2. The Learner — “I seek to understand.”**

Learning progresses from simply receiving information to developing curiosity, critical thinking, practical skills, and a deeper understanding of concepts.

### **3. The Professional — “I apply what I have learned.”**

Knowledge is translated into practice by connecting theoretical understanding with professional and clinical situations.

#### 4. The Lecturer — “I share what I know.”

The role evolves from acquiring knowledge to facilitating learning, guiding students, encouraging inquiry, and creating meaningful educational experiences.

#### 5. The Mentor — “I help others grow.”

A professor's influence extends beyond the classroom. Through guidance, encouragement, and mentorship, students are supported in becoming **competent, ethical, confident, and compassionate professionals**.

**“The Journey Changed My Position, But Learning Remained My Foundation.”**



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**“From Where It All Began to Where I Stand Today — Rooting for Many More Chapters Ahead.”**

- **The Essence of the Journey**

Once, I sat in the classroom looking towards my teachers, learning from their knowledge and experience. Today, I stand in the same classroom, entrusted with the responsibility of guiding the next generation.

The position may have changed, but the essence remains the same — **the pursuit of knowledge**.

The journey from the classroom bench to the professor's desk is therefore not simply a journey from **learning to teaching**. It is a transition from **receiving knowledge to sharing it, from seeking guidance to providing it, and from being inspired by teachers to inspiring future professionals**.

#### **Closing Thought**

**“Yesterday, I was a student learning from my teachers. Today, I am a teacher learning with my students. Tomorrow, the knowledge we share may shape the professionals they become.”**

**From the classroom bench to the professor's desk — a journey of learning, teaching, mentoring, and lifelong growth.**



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