

# Learn how this teacher uses TikTok to make his classes versatile



Professor Fernando Pantoja, from the [Tec's Morelia campus](#), has designed an activity through the **TikTok** app aimed **at managing emotions**.

*"TikTok is an application that students are used to using, it's something they like and that represents what they're experiencing,"* says Fernando.

This activity was applied at **high school level** with the support of other teachers in charge of tutoring classes, to emphasize **the attitude that we face situations with**.

*"It wasn't just about letting them make a video, but also to **review social media issues**; what the issues are, what they leave us with, the risks to which we are exposing ourselves, that everyone can see what I do and what I represent with my posts,"* Fernando mentioned.



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Second, fourth and sixth-semester students developed this activity to represent **different themes according to their context:**

- *The second semester had to reflect the difficulties of adjusting to a new school along with all the changes that this entails.*
- *The fourth semester worked with the emotions of starting to choose a career and planning for the future.*
- *The sixth semester worked with the emotions involved in graduation and entering a new stage of life.*



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This exercise was carried out as part of the organizations for **Ruler Day**, an **emotional intelligence program** from the **Center for Emotional Intelligence** at Yale University, implemented in all **PrepaTecs** in the country.

In addition, this activity made it possible to **strengthen two competencies** of the students: **creativity and critical thinking**.

It was not necessary for the students to upload the video to the social network, but simply download it so that it could be **shared within the class**, however they could use **all the platform's tools**.

*“Sharing them in the classroom created a space for them to **share their thoughts** and possibly realize that they were not the only ones who reflected certain emotions,”* explains Professor Pantoja.





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One of the points to be addressed within this activity **was to raise awareness, not only of the dangers posed by social media but also that they are a place where we can support each other.**

*“These types of activities require a constant search for new ways that allow the students to have fun while learning and that also helps the teachers to bond with them,”* Fernando shared with us.

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