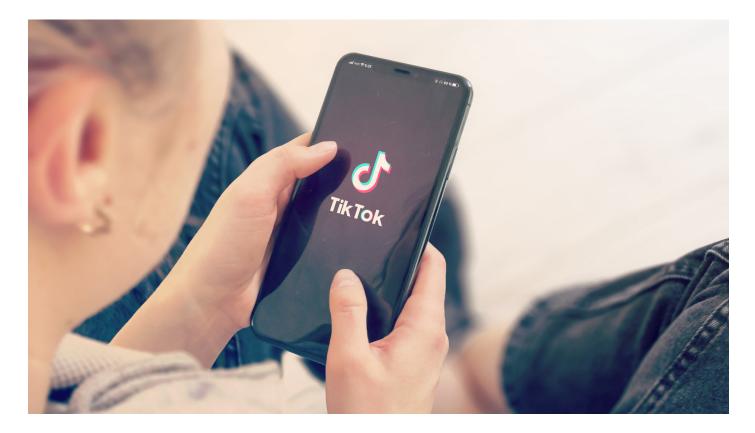
Learn how this teacher uses TikTok to make his classes versatile



Professor Fernando Pantoja, from the <u>Tec's Morelia campus</u>, 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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