



“Love is like a cloudless blue sky. That’s why I always carry an open umbrella.”
— [Jarod Kintz](#)

**CHARACTER EDUCATION RESOURCE CENTER
School of Leadership & Education Sciences
University of San Diego**

NEWS YOU CAN USE –February 2020

[The World’s 6 Best Doctors](#) ----Steve Jobs was the co-founder, Chairman and CEO of Apple Corporation and died in 2011, aged 56, after losing his battle with Pancreatic Cancer.... He posted the following observation just prior to his death.

*The six best doctors in the world are sunlight, rest, exercise, diet, self-confidence and **friends**. Maintain them in all stages and enjoy a healthy life.*

DID YOU KNOW?

[Discrimination](#) is common, not just in housing, but in employment as well. Fifty-six percent of black Americans, 33 percent of Hispanics and 27 percent of Asian-Americans said they experienced racial discrimination when applying for jobs, according to a [2017 survey](#) by NPR and the Robert Wood Johnson Foundation. A [2017 meta-analysis](#) of field experiments on racial discrimination found that for black Americans, discrimination has been static — there has been no change since 1989. Whites still receive more than a third more callbacks for jobs, even after accounting for education, local labor market conditions and other factors. J. Bouie, NYT, 11-22-19

Why Are Young Americans Killing Themselves? Suicide is now their second-leading cause of death. Psychiatrist Richard A. Friedman, *NYT*, January 6, 2020.

... We need a major public campaign to educate parents and teachers to recognize depression in young people and to learn about the warning signs of suicide — like a sudden change in behavior, talking or writing about suicide, and giving away prized possessions. We should have universal screening of teenagers at school, with parental consent, to identify those who are suffering from depression and who are at risk of suicide. And we have to provide adequate funding and resources to match the mental health needs of our young people.

Suicide: *Since 1999, the U.S. Suicide rate has risen by 10%. Between 2006 & 2016, suicide rates for those between ages ten & seventeen rose by 20%. Roughly 25,000 Americans kill themselves every year, and suicide is largely a proxy for loneliness.*

More U.S. Teen Girls Are Victims of Suicide: Researchers who used a new model that combines a person's age, birth year and year of death by suicide found that the rate of suicide among adolescent boys rose from 4.9 per 100,000 in 1999 to 8.7 per 100,000 in 2017, compared with previous estimates of 7.4 and 10.7, while suicide prevalence among teen girls increased from 1.7 per 100,000 to 4.2 per 100,000 during the same period, compared with previous estimates of 1.6 and 3.5. The findings in *JAMA Network Open* showed an increasing suicide rate and less of a gender gap in suicide than previous estimates, researchers said.

The Youth Suicide Prevention School-Based Guide is designed to provide accurate, user-friendly information. The Guide is not a program but a tool that provides a framework for schools to assess their existing or proposed suicide prevention efforts (through a series of checklists) and provides resources and information that school administrators can use to enhance or add to their existing program.... The Guide provides information to schools to assist them in the development of a framework to work in partnership with community resources and families.

[\(PDF\) Youth Suicide Prevention School-Based Guide](#)

www.researchgate.net/publication/242142712_Youth...

<http://theguide.fmhi.usf.edu>

CHARACTER BY THE NUMBERS = Tips & Ideas

The number seven (7) represents perfection, security, safety, rest as well as the seven colors of the rainbow.

7 biggest parenting mistakes that destroy kids' confidence and self-

esteem -- Published Fri, Sep 6, 2019, by Amy Morin,

<https://www.cnbc.com/make-it/>

Here are the seven biggest parenting mistakes that crush kids' confidence:

1. Letting them escape responsibilities
2. Preventing them from making mistakes
3. Protecting them from their emotions
4. Condoning a victim mentality
5. Being overprotective
6. Expecting perfection
7. Punishing, rather than disciplining

7 Grading Tips for New Teachers-- By Andrea Marshbank, March 2, 2018 -- Edutopia

1. Don't grade everything
 2. Cycle your feedback
 3. Have students grade other students
4. Use technology wisely
 5. Don't assign busywork
6. Use rubrics
7. Grade whenever possible

7 Ideas About Rule-making --By Nancy Flanagan on August 14, 2012
Seven ideas about creating classroom rules:

1. We want kids to behave appropriately because they understand that there are rewards for everyone in a civil, well-managed school.
2. You're shooting for influence, not control.
3. No matter what rules you put on paper, your most important job is role-modeling those practices, not enforcing them.
4. Rules shouldn't restate the obvious.
5. On the other hand, do give clear instructions about what kids don't know
6. Integrity helps build community.
7. Carrots and sticks are temporary nudges toward desirable behavior at best, but ultimately destructive.

7 Things Children Wish Their Teachers and Parents Knew --By Eileen Carr -- October 22, 2019 *Education Week*-Digital Edition

1. Kids want you to know how hard they're trying.
2. Kids want grownups to be happy
3. Kids want to be believed.
4. Kids want grownups to be more honest.

5. Kids want electronics just as much as grownups do.
6. Kids want a break from over-scheduling.
7. Kids want grownups to love them just as they are.

7 Ways to Achieve Effective Collaboration in the Workplace

<https://www.teodesk.com/blog/effective-collaboration/>

1. Know your people – Their strengths and weaknesses
2. Determine roles & responsibilities
3. Create an atmosphere of trust
4. Nurture creativity
5. Make the office home-like
6. Listen to your employee
7. Lead by your own example

7 tips for building positive school culture (by school administrators) By Naaz Modan --Oct. 8, 2019, *Education Dive*

1. Value everyone's journey
2. Avoid negative messaging
3. Encourage risk-taking
4. Model the behavior you expect from others
5. Support others and never lose your humor
6. Do the little things that go a long way
7. Make time to greet others.

SAVE THE DATES

**++++ Flying Leatherneck Historical Foundation/Museum
Spring 2020 Art Contest**

<https://flyingleathernecks.org/about-us/programs/art-contest/>

++++ Saturday Morning Seminar

**TIME & CLASSROOM MANAGEMENT: Strategies for New and Experienced
Classroom Teachers**

APRIL 18, 2020

++++ 2020 Football Clinic for Coaches & Others

Waiter J. Zable Chapter of the National Football Foundation

Saturday April 25, 2020

Donate= We really need your help and support.

This is the link to your giving form

<https://securegiving.sandiego.edu/s/1374/torero/giving-start.aspx?sid=1374&qid=1&pgid=656&cid=1338&dids=240>

Our Motto: If we don't have it, we can get it, or create it.

Our Vision: We believe that education for human service must be grounded in the public's desire for ethical, civic-minded, character-based leaders and citizens.

Our Mission: It is the Center's responsibility to provide services and resources to schools, families, communities, K-12 educators, students, educators, community agency leaders and others interested in educating the "hearts and minds" of children and youth.

For past issues of NUCU and monthly blogs---

<http://www.sandiego.edu/soles/character-education>

Your questions and comments are welcome = character@sandiego.edu