

Character Education Resource Center

News You Can Use

October 2019

Using Character Quotes in the Classroom

Quotations are often a time-effective instructional strategy to engage your students to “think about thinking” (meta-cognition). Quotes lend themselves to critical thinking, application to lessons in life, a conversation starter for home and classrooms, and a character/behavior guide.

In addition, quotes meet Common Core State Standards for ELA-Literacy.CCRA.R2, CCRA.R8, CCRA.R9 ([Mensa Education & Research Foundation](#)) To You Their Teacher: It’s up to YOU to answer four questions about this lesson: (1) Do you want to use it? (2) If so, do you need to modify it? (3) How much time will you give it? (4) How will it be extended?

Objectives: After this lesson students will be able to:

- Compare and contrast quotations
- Find information about the author of each quote
- Determine the meaning and implication of each quote
- Write/draw how the quote may apply to what they do and say
- Discuss the meaning of the quotes with their classmates, friends, family.

The life you want waits inside you, the way a flower waits inside a seed.

- Nark Nepo

Stop thinking in terms of limitations and start thinking in terms of possibilities.

- Terry Josephson

What you do makes a difference, and you have to decide what kind of difference you want to make.

- Jane Goodall

Limitations live only in our minds. But if we use our imagination, our possibilities become limitless.

- Jamie Paolinetti

The secret of joy in work is contained in one word – excellence. To know how to do something well is to enjoy it.

- Pearl S. Buck

Core SEL Competencies

Social and emotional learning (SEL) enhances students' capacity to integrate skills, attitudes, and behaviors to deal effectively and ethically with daily tasks and challenges.

Self-awareness: The ability to accurately recognize one's own emotions, thoughts, and values and how they influence behavior. The ability to accurately assess one's strengths and limitations, with a well-grounded sense of confidence, optimism, and a "growth mindset."

Identifying emotions, accurate self-perception, recognizing strengths, self-confidence, self-efficacy

Self-management: The ability to successfully regulate one's emotions, thoughts, and behaviors in different situations — effectively managing stress, controlling impulses, and motivating oneself. The ability to set and work toward personal and academic goals.

Impulse control, stress management, self-discipline, self-motivation, goal-setting, organizational skills

Social awareness: The ability to take the perspective of and empathize with others, including those from diverse backgrounds and cultures. The ability to understand social and ethical norms for behavior and to recognize family, school, and community resources and supports.

Perspective-taking, empathy, appreciating diversity, respect for others

Relationship skills: The ability to establish and maintain healthy and rewarding relationships with diverse individuals and groups. The ability to communicate clearly, listen well, cooperate with others, resist inappropriate social pressure, negotiate conflict constructively, and seek and offer help when needed.

Communication, social engagement, relationship-building, teamwork

Responsible decision-making: The ability to make constructive choices about personal behavior and social interactions based on ethical standards, safety concerns, and social norms. The realistic evaluation of consequences of various actions, and a consideration of the well-being of oneself and others.

Identifying problems, analyzing situations, solving problems, evaluating, reflecting, ethical responsibility

(Collaborative for Academic, Social and Emotional Learning (CASE))

Fall 2019 Essay Contest "Who is Your Hero and Why?"

In collaboration with the Character Education Resource Center at the University of San Diego, the Flying Leatherneck Historical Foundation (FLHF) and the Flying Leatherneck Aviation Museum are pleased and proud to announce their annual essay contest for all public, private, and home school students in grades 6 through 8 and grades 9 through 12 in San Diego and Imperial Counties.

The essay contest opens on **Monday, September 9, 2019**. All entries must be received by **Monday, November 11, 2019 by 6:00 PM (pst), Veteran's Day**

Questions/information:

education@flyingleathernecks.org or character@sandiego.edu

ABOUT THE CHARACTER EDUCATION RESOURCE CENTER

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, teacher educators, community agency leaders and others interested in educating the "hearts and minds" of children and youth.

- We offer character education elective courses for USD's undergraduate and graduate students and teachers-in -training, as well as professional development (extension) courses that lead to a Specialist Certificate in Character Development.
- We are a national and international Resource Center for educators and related groups.
- Our social media includes Twitter, LinkedIn, Facebook, and our web site: <https://www.sandiego.edu/soles/character-education-resource-center/>.
- We have a 14-member Advisory Committee of professors and elementary/middle/secondary school administrators and teachers.
- We offer a Saturday Morning Seminar Series three times each semester.
- We keep wide national and international constituents informed about character education and related topics and issues through a monthly newsletter and blog, and many, many emails.
- We offer summer conferences on the topic "Why Character Matters," inviting "experts" to engage with local educators and others.
- We are listed on the California Department of Education Youth Development Resources for teachers, parents, & other stakeholders.
- We have a partnership with The Flying Leatherneck Historical Foundation and a member in the national character education organization, Character.org.
- We are a member of the Bonner Center, Fresno State's plan to establish a statewide network of educators to create modules on character and virtues education (including SEL and civic education) for credential and administrative/leadership programs.



We are a resource center which means that we are here to meet your needs and interests in the character education of children and youth. Please reach out to us if we can assist you in any way.

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What do you think of this month's NUCU? We'd love to hear your **thoughts, questions** and **feedback**: character@sandiego.edu

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