



Character Education Resource Center

News You Can Use

October 2020

Love is like a cloudless blue sky. That's why I always carry an open umbrella.
- Jarod Kintz

What ever happened to September?

October is the **tenth month** of the year in the Julian and Gregorian Calendars and the sixth of seven months to have a length of 31 days.

The Power of Ten

[10 Core Insights on Civics Education, and How to Improve it](#) By Stephen Sawchuk

Teaching NOW, November 14, 2019 2:42 PM

[10 Great Free Websites for Middle School](#)

Middle school is an opportune time to expand students' horizons, and to plant the seeds for critical thinking skills and content knowledge that'll propel them to success through high school and beyond.

[Ten Must Have Tools for Distance Learning](#)

Mrs. Richardson's Class

[10 Ways to Help Kids Think Positive](#)

[10 Strategies and Practices That Can Help All Students Overcome Barriers](#)

[10 Unconventional Ways to Motivate Students—Light a Fire!](#)

We Are Teachers, Stephanie Jankowski, June 29, 2015 (edited)

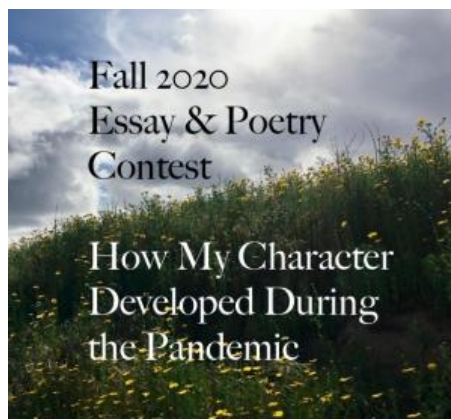
1. Get involved: Spending time outside of the classroom gives teachers additional opportunities to act as role models and mentors.
2. The VIP is an ally: All kiddos have one, their Very Important Person. Don't underestimate the worth of the VIP!
3. Positive reinforcement: Don't give up! Praise him when you can, take note of his effort, and help him understand how his actions are going to help him not only in the classroom but in life.

4. Be seen, not heard; If what teachers want is enthusiastic, hardworking students, we need to emulate that.
5. Build a rapport: There are ways to show kindness and interest, and in doing so, teachers are building a solid foundation that usually extends far beyond the classroom.
6. Get in on the action: When our students see us as people and not just teachers, they connect with us on a more personal level.
7. Ownership: Give students options in the classroom. If students have a hand in making decisions about their education, they are more likely to commit to them.
8. Goal setting: The success in goal setting is not simply establishing them but holding students accountable for them. Take time to revisit those goals, discuss their progress, and redirect students' efforts when necessary.
9. Incentivize: A homework pass or a school-wide acknowledgment of their successes are great ways to give students a pat on the back and continue supporting and motivating them.
10. Use their strengths: Use their strengths, and not just in class. Motivating them enough to enjoy some aspects of school and work for that diploma is a great starting point.

[Emotional Intelligence \(EQ\): The Bridge from Diversity to Inclusion](#)

Emotional intelligence is your ability to recognize and understand emotions in yourself and others, and your ability to use this awareness to manage your behavior and relationships. It consists of four key skills: Self-Awareness, Self-Management, Social Awareness, and Relationship Management. (Herewith) are three important ways EQ skills can help foster an inclusive environment:

1. **EQ skills enable empathy for newcomers.** Empathy necessitates a high degree of social awareness and relationship management. Empathy requires both understanding and action.
2. **EQ skills deepen trust over time.** As a group prioritized trust. (Use) self-management skills to listen longer. (Hold) everyone accountable for sharing their perspective by calling on quieter people to share and balancing the time taken by talkative people.
3. **EQ skills facilitate accountability and learning from mistakes.** Even teams that practice trust and empathy can be prone to mistakes. Working on being emotionally intelligent doesn't mean doing everything perfectly all the time; it's about continuous improvement through practice. The best thing (for the team/group) is being self-aware, socially aware, and able to self-manage.
From Insights to Action. (Invest) in training people to develop their EQ skills. EQ skills don't prevent bias, but they do give people ways to be aware in the moment, to work through uncomfortable feelings constructively, and to help foster a culture of inclusion.



FALL 2020 ESSAY AND POETRY CONTEST

Theme: How My Character Developed During the Pandemic

Each essay or poem should address some of these character traits:
Respect, Responsibility, Empathy, Perseverance, Gratitude

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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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