

Good Stress Versus Distress (Grades 6-12)

Not all stress is bad. Most, if not all of us recognize this simple fact, and yet when was the last time you heard anyone say, “I’m stressed” with a smile on their face or joy in their heart?

Return to Learn: Citizenship

There is, perhaps, no more important time to be a good citizen than during a global pandemic. Through our citizenship, each of us plays a critical role in contributing to the health and well-being of others. Whether returning to the classroom or engaging in online learning, educators, administrators, students, and families have an important role to play in maintaining the health and safety of all parties and contributing to a positive educational environment.

The Leader-to-Detractor tool serves two important purposes. First, it defines what each role – detractor, participant, and leader – looks like in action. Good citizens are able to change detractor behaviors to participant behaviors, and participant behaviors to leader behaviors. Second, one can use the tool reflectively by asking, “were my actions that of a leader, detractor, or participant, and what do I need to do better or differently tomorrow to be a better citizen?”

LEADER-TO-DETRACTOR SCALE

Detractor

*Not responsible
for self or others.*

*Doesn't meet the
standards personally
and prevents
others from meeting the
standards.*

Participant

*Responsible
for self.*

*Carries out personal
responsibilities in an
adequate way, but does
not demonstrate collective
responsibility for shared
goals or collective good.*

Leader

*Responsible for
self and others.*

*Demonstrates personal
commitment and mastery,
and encourages others
by word and deed
to do the same.*

Adapted from Jeffrey Beedy.

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Citizenship for Educators: Educators can use the Leader-to-Detractor tool to define what each role looks like in their classroom (virtual or in-person). You may choose to include leader to detractor behaviors that are specific to following health guidelines as well. Share these definitions with parents so they know what your expectations are as well.

Citizenship for Students: Once students have worked with educators or parents on defining what leaders, participants, and detractors look like in action, they can engage in daily self-reflection to gauge their behaviors for the day. Students should note if there are instances in which they are more likely to be a detractor or participant and create and follow a plan to be a leader in every circumstance. Their reflection can be centered on school, home, following health guidelines, or a combination of all three.

Citizenship for Families: Families can use the Leader-to-

Detractor tool to identify leader, participant, and detractor behaviors they observe each day. These may be behaviors the student exhibits, or observations of others, whether at the grocery store, at work, or in the community. Ask your student what leader-to-detractor behaviors they notice in others each day, and what could be done better or differently to be a leader in each situation.

Download the Leader-To-Detractor tool.

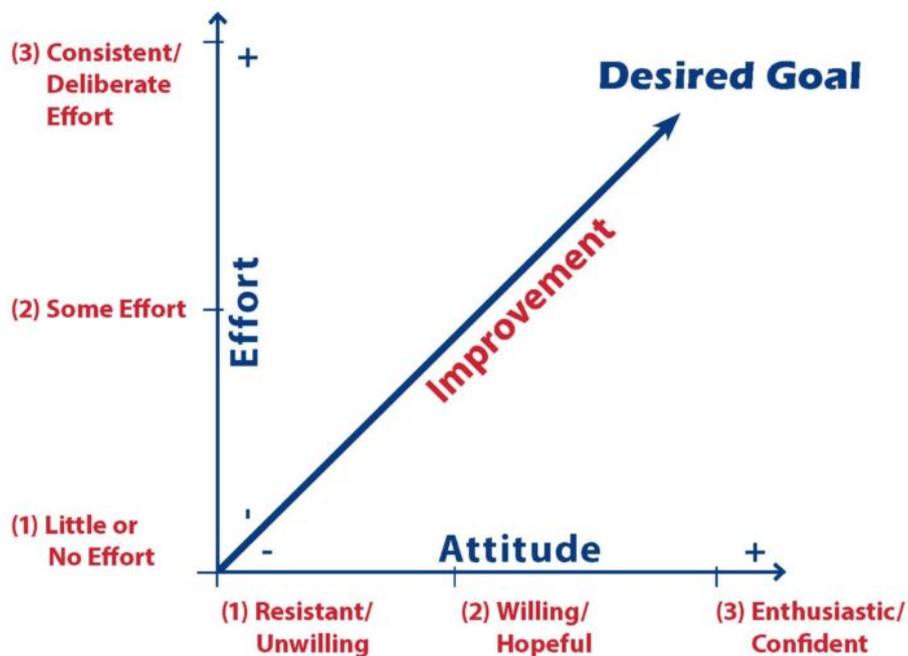
Learn more about character education.

Return to Learn: Caring

Caring can be demonstrated in numerous ways. We can demonstrate caring by maintaining social connections, supporting friends and family who are struggling, completing random acts of kindness, or simply being available for a friend who needs a safe, compassionate listener.

The attitude and effort we choose to display is another way we show caring. Bringing a positive attitude each day, to every task, is a great way to show that you care. Likewise, the amount of effort we put forth is another indicator of how much we care about someone or something. The Attitude + Effort = Improvement (AEI) tool is a simple way to reflect on whether you brought a positive attitude and effort to a task, and by extension, how much you cared.

ATTITUDE + EFFORT = IMPROVEMENT RUBRIC



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Caring for Educators: Use the AEI tool to define for your students what great, good, and poor attitude and effort looks like in action. Be sure to help students see the distinction between attitude and effort (you can have a positive attitude and put forth no effort, and vice versa). Ask students what they can do to demonstrate a great attitude and work ethic each day, whether remote or in-person. Then, have them reflect on their attitude and effort each day.

Caring for Students: Students can track their daily attitude and effort on a 1 (poor) through 3 (great) scale and see if they notice any trends. For example, their attitude and effort is great when working on math, but poor when working on Spanish. Students can then create a plan for what to do better or differently to improve their attitude and effort where needed.

Caring for Families: The AEI tool provides a simple way to

engage your student in self-reflection. Ask your student to rate himself or herself on their attitude and effort each day and ask them what they can do better the next day. The conversation is even more powerful you reflect on their own attitude and effort each day and try to improve with your student.

Download the Attitude + Effort = Improvement tool

Learn more about character education.

Return to Learn: Fairness

In a time of uncertainty, it can be difficult to find fairness in diverse groups of stakeholders. Is it fair to prohibit young people from participating in social activities when it appears the effects of COVID-19 aren't as severe for young and healthy people? On the other hand, is it fair to individuals in a demographic with more risk if young people increase their exposure to the virus and then spread it to others?

When clear solutions aren't available, it's up to individuals to negotiate win-win solutions that account for the needs and wants of all parties to reach a fair solution for the greater good. To do this, one must listen to understand what the other party wants by asking questions and restating what the other person says to ensure clarity. You must also clearly describe what it is you desire and why. Only when all parties understand that this is what you want and this is what I want, can you work together to find a "we could" win-win solution.

WIN-WIN NEGOTIATION GUIDE

1. Communicate so **your needs** are understood.

I want ...

You want ...

2. Communicate so **you** understand the needs of others.

We could ...

3. Use creative problem-solving to come up with compromises that yield **win-win solutions.**



Fairness for Educators: Few things will be normal this school year. Educators will have to negotiate win-win solutions on everything from how students will pass each other in the hallways to how students will eat lunch. In every negotiation, commit to understanding the other person's perspective, clearly state your idea, and stay focused on your common ground – what you both want to achieve.

Fairness for Students: Students can use the Win-Win Negotiation tool to help them find a compromise with teachers or parents. For example, students using win-win negotiation when asking permission to attend a social event would clearly articulate what they want (to attend the event) and why they want it (to see their friends), and would listen to and understand what their parent wants (child to be safe and healthy). Then, both parties can focus on solutions that can meet this objective (you can attend the event if there are less than 10 people and you wear a mask).

Fairness for Families: Families can use the Win-Win Negotiation tool to help find a compromise over work time if students are working from home. Or, the tool could be used to reach an agreement on what social activities students can engage in. Families can even use it when finding solutions with schools on everything from behavior issues to virtual versus in-person attendance.

Download the Win-Win Negotiation tool

Return to Learn: Responsibility

When under stress, or outside of our comfort zone, it can be tempting to shy away from responsibility. However, it is critical as the school year progresses that each person take responsibility for their role in ensuring a safe and productive learning environment.

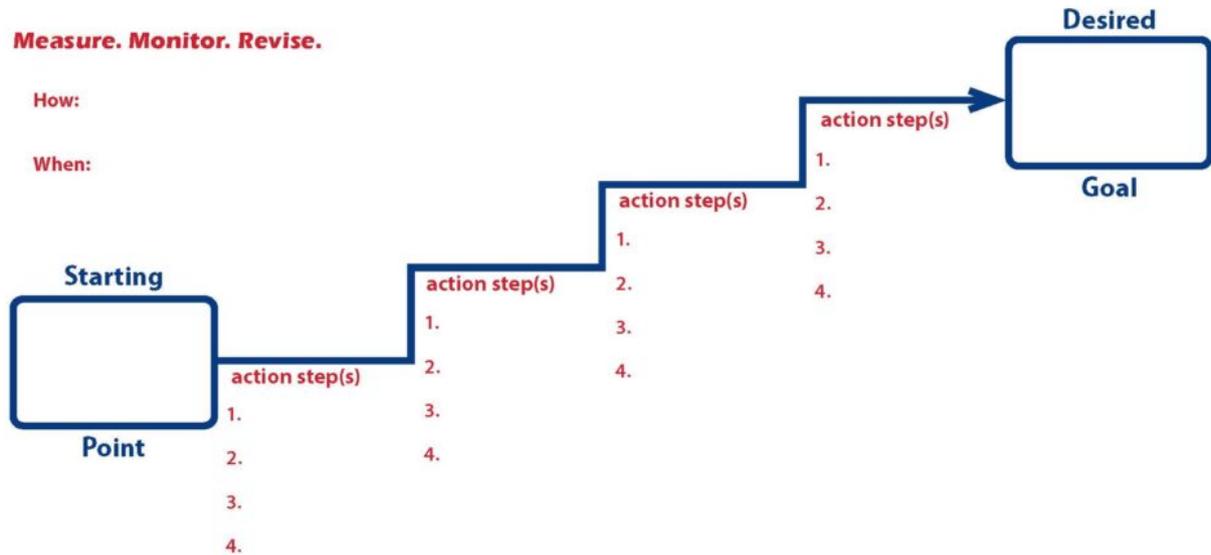
When norms and routines are disrupted, it can be easy to lose sight of our goals and the process we need to follow to achieve those goals. The Goal Map tool is an excellent resource to focus attention on the action steps needed to continue progressing towards our objectives, especially when we are outside of our comfort zone.

GOAL MAP

Measure. Monitor. Revise.

How:

When:



Checklist:

- Is the desired goal specific and can it be measured?
- Is there an honest/accurate assessment of the starting point?
- Have all of the major action steps been identified and broken down into smaller, doable steps?
- Have the roles, workflow, and timeline been worked out?

Support & Challenge:

Expertise, Encouragement, Accountability

Who:

When:

Responsibility for Educators: The unique challenges of this school year likely feel overwhelming. How do you transition your entire curriculum to online delivery? How do you track student progress when you don't see your students each day? How do you create a productive classroom space while still following health guidelines? Use the Goal Map to break down what seem like insurmountable tasks into small, achievable action steps. Devote your time and energy solely to each step until you are ready to move on to the next action step.

Responsibility for Students: Students can use the Goal Map to craft a plan for achieving objectives each day, each week, each month, or even over an entire semester. Whether attending school online or in person, the Goal Map can help students identify what tasks need to be completed, in what order, and track their progress towards completion.

Responsibility for Families: The Goal Map is a great tool for

families to use to help their students create a learning plan, especially for students working online. Create a Goal Map each day, outlining the objective for the day, and the action steps needed to reach those objectives. Then, review the Goal Map at the end of the day to track progress and ensure students are taking the necessary steps to be successful each day.

Download a Goal Map.

Return to Learn: Respect

Every school stakeholder – students, parents, educators, and administrators – have a key role in the success of each school year. How well these stakeholders work together and treat each other with respect ultimately determines how successful the year will be.

A Compact for Excellence is a simple tool to help groups of people agree on what they need to do in order to do their best work and treat each other with care and respect. To use a Compact, create a list of expectations (see sample below) that outline what every stakeholder needs to do in order to ensure their best work can be done and everyone is treated well.

Then, ask all stakeholders the following questions:

1. Is there anything else that needs to be added to this list?
2. Is there anything that needs to be clarified?
3. Is there anything that you cannot or will not do?
4. Do we agree to work with these guidelines?

COMPACT FOR EXCELLENCE

In order to do our **best work** and treat each other with **respect and care**, we each agree to/not to:

- » 1) Assume best intentions – everyone is doing their best to make the right decision in a constantly changing situation
- » 2) Focus on both academic growth and student mental health
- » 3) Maintain clear and open lines of communication
- » 4) Prioritize health and safety by following current guidelines
- »



Adapted from Lickona & Davidson (2005).

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Respect for Educators: At the beginning of each school year, educators set classroom rules and expectations. This year is no different, but due to the COVID-19 pandemic you may need to update these expectations to address online learning, following health guidelines at school, or even create a Compact with parents and families so all stakeholders have clear guidelines for how everyone can do their best work and treat each other with care and respect.

Respect for Students: Whether working at home, in school, or in a hybrid setting, think about what is needed for you to do your best work and treat others well (teachers, parents, siblings, other students, etc.). Create a Compact for Excellence that outlines what all parties agree to do in order to do your best work and treat each other well, no matter the environment. You can also create a Compact with your group before beginning a new group project.

Respect for Families: Create a Compact for Excellence with your children that outlines how you will work together to ensure that everyone can do their work effectively and treat each other well. Agreements could be: 15-minute active break for every 60 minutes of work, only engage on social media during breaks, negotiate who utilizes work spaces (at home), maintain social distance and wear a mask (if back at school), and so on.

Download a Compact for Excellence

Learn more about character education.

Return to learn: Trustworthiness

This year, perhaps more than any other, parents, educators, and students are making incredibly challenging decisions. It's important in these moments to assume best intentions, and trust that everyone is trying to do what they think is right and necessary to ensure a safe and impactful education experience.

In situations where there isn't a clear and obvious answer, it's useful to have a tool, like the Integrity-in Action Checklist, to help check our decision-making. Not every decision will pass each test below. Sometimes, the right decision isn't fair to everyone, for example. However, checking your actions against the Integrity-in-Action Checklist can help ensure that you make good choices and maintain trust.

INTEGRITY-IN-ACTION CHECKLIST

Would my decisions pass each of these tests?	Yes	No
Golden Rule Test: If the situation was reversed, is this how I would want to be treated?	<input type="checkbox"/>	<input type="checkbox"/>
Fairness Test: Is this fair to everybody involved in and affected by my actions?	<input type="checkbox"/>	<input type="checkbox"/>
Truth Test: Does this represent the whole truth — no distortions, omissions, or spin?	<input type="checkbox"/>	<input type="checkbox"/>
Conscience Test: Would I feel good about this afterward — no regrets, no guilt?	<input type="checkbox"/>	<input type="checkbox"/>
Role Model/Mentor Test: Would the people whose integrity I respect most be proud of this?	<input type="checkbox"/>	<input type="checkbox"/>
Front-Page Test: Would I want this reported on the front page of the newspaper?	<input type="checkbox"/>	<input type="checkbox"/>
Consequences Test: Would this lead to positive consequences and avoid negative consequences now and in the future?	<input type="checkbox"/>	<input type="checkbox"/>
What-If-Everybody-Did-This Test: Would I want to live in a world where everybody did this?	<input type="checkbox"/>	<input type="checkbox"/>
Guiding Beliefs Test: Would this be supported by the philosophical, religious, political, and/or ideological worldviews guiding my life?	<input type="checkbox"/>	<input type="checkbox"/>

What if it's still not clear what to do?

1. Stop!
2. Think it over some more.
3. Seek additional insight from individuals whose integrity you respect.



Adapted from Lickona & Davidson (2005).

Trustworthiness for Educators: Even people with the best of intentions can sometimes make the wrong decision, especially when navigating the countless changes created by a global pandemic. As you work to bring students back to the classroom safely, or migrate your lessons to online delivery, use the Integrity-in-Action Checklist to make sure the choices you make are thoughtful and build trust with students, parents, and your colleagues.

Trustworthiness for Students: Students can use the Integrity-in-Action Checklist to help them make choices that could impact the health and safety of others. (“Is it fair to my classmates if I don’t follow guidelines to help stop the spread of COVID-19?”) Likewise, students working remotely can use the checklist to help make good decisions about how they engage with school. (“Do I want others to know that I was watching TV rather than paying attention to this online lesson?”)

Trustworthiness for Parents: The decisions parents make in the best interest of their child also impact the health, safety, and learning experiences of everyone else at school. Use the Integrity-in-Action Checklist to make sure the decisions you make are not only good for your children, but the teachers and other students with whom they interact. In addition, families can use the checklist to help guide the decisions their students make. “I know it’s uncomfortable to wear a mask, but let’s look at the truth test. While the mask is uncomfortable, the truth is I can wear it, get used to it, and keep myself and others safe.”

Download an Integrity-In-Action Checklist

Learn more about character education.

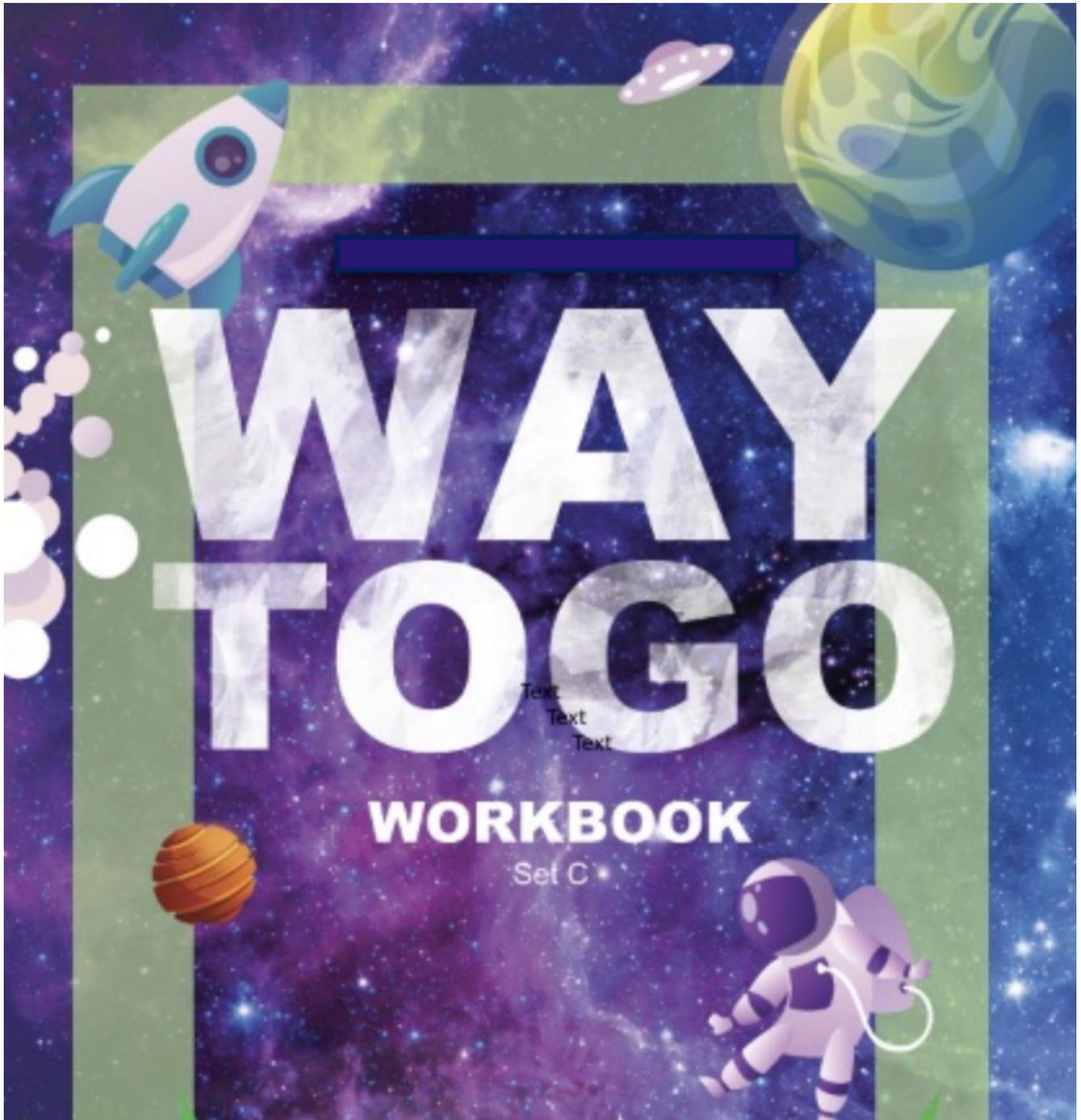
Responsibility Through Chores (Grades 6-12)

April showers bring May flowers. Spring cleaning and a transition into the coming months of summer is a great opportunity to help students recognize opportunities to show responsibility by cleaning their home, school, and community. Students can demonstrate they are responsible by finding places to clean.

Traits of Trustworthy People (Grades 6-12)

Students develop and demonstrate the character trait of trustworthiness. They understand that trust is an essential ingredient in meaningful and lasting relationships, as well as school and career success, and they strive to earn the trust of others by demonstrating the ethical virtues of integrity, honesty, promise-keeping, and loyalty.

Way To Go Lesson Plans



CC! can help schools with a resource to provide online lessons for use during this time that schools are closed.

Teachers can share with students a 10-12 minute lesson incorporating compelling images, quotations and thought-provoking short writing and discussion activities that focus on each of the three core domains of student development: academic, social/emotional and character.

We are providing a number of these lessons free to any teacher that would like to incorporate character into their online

learning experiences.

Elementary School Way To Go Lessons

Middle School Way to Go Lessons

High School Way to Go Lessons

Learn more about character education.