

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.



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.

Making Good Decisions in Tough Times



We all make countless decisions every day. Should you wear a face mask while out in public? Attend a social justice protest? Confront someone you disagree with?

Some of these decisions have relatively minor consequences (good or bad), while other decisions could have significant implications for us and others. A tool like the Character-in-Action Checklist (below) can help you navigate complicated choices and make the right decision.

When making a decision, ask yourself:

- Will my words and actions be honest, sincere, and reliable?
- If the situation was reversed, is this how I would hope to be treated?
- What are the consequences of my words and actions if I make this choice?
- Is my decision fair to everyone involved in and affected by my actions?
- Is my decision expressing compassion and kindness?

- Would I want to live in a world where everyone makes this choice?

Not every decision will align with each of the Six Pillars of Character. They can come into conflict with each other and even themselves. For example, sometimes the right decision isn't fair to everyone involved. However, by identifying that a decision may not be fair, you can address the issue, explain why you made the decision, and provide support to those who perceive the decision as unfair. Or, sometimes the right choice may be contrary to a previous commitment, thus not in alignment with the trustworthiness test. Knowing this can help you determine how to honor your word when your decision doesn't allow you to keep your word.

We're facing troubling times and we can all contribute to the greater good by making sound decisions that reflect our best selves.

CHARACTER-IN-ACTION CHECKLIST: SIX PILLARS



When faced with a choice or dilemma, consider the following:

Would my decisions pass each of these tests?	Yes	No
Trustworthiness Test: Would my words and actions be honest, sincere, and reliable?	<input type="checkbox"/>	<input type="checkbox"/>
Respect Test: If the situation was reversed, is this how I would want to be treated?	<input type="checkbox"/>	<input type="checkbox"/>
Responsibility Test: What would be the consequences of my words and actions and would I do the right thing?	<input type="checkbox"/>	<input type="checkbox"/>
Fairness Test: Would this be fair to everybody involved in and affected by my actions?	<input type="checkbox"/>	<input type="checkbox"/>
Caring Test: Would my words and actions express compassion and kindness?	<input type="checkbox"/>	<input type="checkbox"/>
Citizenship Test: Would I want to live in a world where everybody did this?	<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).

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Character During Crisis

We are living through challenging and turbulent times. Americans are facing an international health pandemic, financial uncertainty, racial tensions, and civil unrest. It can be easy to feel helpless – wondering what possible impact someone like me can have on such great problems?

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.

Setting Goals (Grades K-5)

This lesson is designed to give students a chance to create a plan, execute it and then reflect on their experience to improve results for the future.

How Not to Raise a Quitter

Teach your children to hang in there when the going gets tough, but know when to let them throw in the towel.

Recognizing Good Stress

Recognize what is good stress in your life. What challenge are you currently facing that is making you better (whether you like it or not)?

Managing Stress: Part 5

It's important to set aside time to reflect on how you're managing stress.

Managing Stress: Part 4

Is your mind ready for stress?

Managing Stress: Part 3

What are actions that you need to take when you are experiencing stress in the moment?