



### Neuroscience of Language

- Doctors can't pinpoint development.
  - Language is mimicked. (*Infants Develop Language Naturally*)
- Explains: dialect, accent, & vocabulary.
  - New England, Southeast, deep South, Southwest, West Coast, Plains, and Midwest.
- Canada, England, & Australia vs. Ireland?

### Lessons Learned

- Our students will forget the major majority of the content we teach.
- Most won't major in our subject matter.
  - They might not even go to college.
- They will remember how we made them feel.
  - (Mentor Exercise)
- Regardless of subject; we model actions.

### Throw Out Common Core?!?

- Emphasize social/emotional development.
  - Teach problem solving.
  - Teach frustration tolerance & perseverance.
  - Teach pride in accomplishment.
- Teach kindness & patience.
- Teach collaboration, & coexistence.
- Teach JOY!!!!

### Greeting The Class

- SMILE!!!
- Address as many individuals as possible.
  - Specifically unenthusiastic/problematic students.
- Stand up and/or get in doorway.
- Physical contact (at times).
  - High Five Friday!

### Schedule?

- Write an itemized schedule on the board.
  - (Include times where possible)
- Gives students sense of anticipation/control.
- Sense of accomplishment.
  - (√) finished items off.
- Can be used as behavior tool.
  - Homework + or -.
- Every student has the right to succeed/fail.
- Tests on Friday!

### Priming

- Walls should be covered in academic & behavioral reminders.
  - Students able to see while seated at desk.
- Expectations
  - Teach.
  - Reteach.
  - Reinforce.
  - Hold Accountable.

### Mission Statement


Living one day at a time,  
 Enjoying one moment at a time,  
 Accepting hardship as a pathway to peace,  
 Taking this broken world as it is,  
 Not as I would have it,  
 Trusting that things will be alright,  
 So that I may be reasonably happy in this life.

Second Stanza *Prayer for Serenity*  
 Reinhold Neibuhr

### What is your universe?

- Four walls.
- People in your department / under your supervision.
- Expectations of yourself.
  - Clear
  - Challenging
  - Capture-able
  - Changeable

*Inside your Universe*



- Expectations for students
  - Relationships
  - Relevance
  - Rigor
- Discipline
  - Firm
  - Fair
  - Consistent

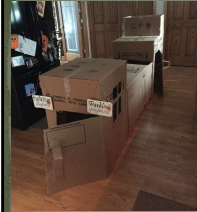
Do what you can  
with what you have  
where you are.

Theodore Roosevelt

*Let (some) plates crash.*



- Prioritize your current responsibilities.
- Plan your time.
  - Leave a buffer. (5-10%)
- Plan your rest.
- Pursue joy weekly.



- This is a job.
  - (say it)
  - (say it again)
  - (one last time)
- Family first .
- Don't be an Erin Gruwell.

But why?

Get your house in order

- Get rid of debt
  - Mortgage is acceptable
- Have 6 months savings
- Pay off mortgage
- Save and invest



- "I deserve it" is deadly
  - Emotional / Impulsive

Two cents worth of advice 



- Embrace exercise.
  - No pain: no pain.
  - Results when varied.
  - Hard day, fun day.
  - 3-4 hard weeks; 1 recovery week.
- Minimum 3 days; 30 minutes.
- It's easier to eat 300-500 less calories than to work out an hour.



Two cents worth of advice 

- Beware the booze. 




- One to two drinks.
- Two to three days a week.
- During social gatherings.

Two cents worth of advice 

*When to open mouth?*

- If you see something . . .  
say something.
- If you're hot . . .  
sleep on it.



Take CONTROL of  
YOUR UNIVERSE!

Do what you can  
with what you have  
where you are.

So you may be reasonably happy.

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