

BEN L. SMITH HIGH

PBIS

**POSITIVE BEHAVIOR
INTERVENTION AND SUPPORT**



HOMEROOM 2017

EAGLES SOAR!

S Show Respect

O Overcome Adversity

A Act with Integrity

R Reach for the Highest



DAY 1 – BE ENCOURAGED

Good Morning:

Please tune in to this very powerful video created by a 2017 Smith Graduate. Let it sink in and see how you too can reach for the highest and make your high school years an **EXPERIENCE** and **not just time** passing by.

<https://youtu.be/4JJDcR2Dag0>

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DAYS 2 & 3 – S: SHOW RESPECT

The 7 Habits of Highly Effective Teens

Habit 5: **Seek First to Understand, Then to be Understood**

You have two ears and one mouth. Listen to people sincerely. When we listen with the intent to understand others, rather than with the intent to reply, we begin the true communication and relationship building. Seeking to understand takes kindness; seeking to be understood takes courage. Effectiveness lies in balancing the two.

DAYS 2 & 3 – S: SHOW RESPECT

Take out a sheet of paper and take about 15 minutes to write down your initial thoughts of the question below.

ARE YOU DISTRACTED BY YOUR PHONE?

Gonchar, Micael. Teaching and Learning with The New York Times. September 29, 2015.


Question 1: Do you think you pay full attention to the people you are with? Are you engaged in what's happening around you? Or are you distracted by your phone? Are your teachers distracted by theirs?

DAYS 2 & 3 – S: SHOW RESPECT

In the Opinion piece “**Stop Googling. Let’s Talk.**,” Sherry Turkle writes:

College students tell me they know how to look someone in the eye and type on their phones at the same time, their split attention undetected. They say it’s a skill they mastered in middle school when they wanted to text in class without getting caught. Now they use it when they want to be both with their friends and, as some put it, “elsewhere.”


These days, we feel less of a need to hide the fact that we are dividing our attention. In a 2015 study by the Pew Research Center, 89 percent of cellphone owners said they had used their phones during the last social gathering they attended. But they weren’t happy about it; 82 percent of adults felt that the way they used their phones in social settings hurt the conversation.



In solitude we find ourselves; we prepare ourselves to come to conversation with something to say that is authentic, ours. If we can't gather ourselves, we can't recognize other people for who they are. If we are not content to be alone, we turn others into the people we need them to be. If we don't know how to be alone, we'll only know how to be lonely.

A VIRTUOUS circle links conversation to the capacity for self-reflection. When we are secure in ourselves, we are able to really hear what other people have to say. At the same time, conversation with other people, both in intimate settings and in larger social groups, leads us to become better at inner dialogue.

People sometimes say to me that they can see how one might be disturbed when people turn to their phones when they are together. But surely there is no harm when people turn to their phones when they are by themselves? If anything, it's our new form of being together.



But this way of dividing things up misses the essential connection between solitude and conversation. In solitude we learn to concentrate and imagine, to listen to ourselves. We need these skills to be fully present in conversation.

This is our moment to acknowledge the unintended consequences of the technologies to which we are vulnerable, but also to respect the resilience that has always been ours. We have time to make corrections and remember who we are — creatures of history, of deep psychology, of complex relationships, of conversations, artless, risky and face to face.

LET'S TALK!!!!!!

Turn to your neighbor/group and discuss:

- ✓ Are you distracted by your phone?
- ✓ Do you ever get annoyed by others when they are not fully paying attention to you because they're looking at their phone?
- ✓ Do you ever make a choice not to carry your phone all the time? Do you ever turn it off so you can think and be with your own thoughts?
- ✓ Should students be allowed to have phones out anytime during the school day?



Let's Share!

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DAYS 4 & 5 – O: OVERCOME ADVERSITY

The 7 Habits of Highly Effective Teens

Habit 4: **THINK WIN – WIN**

The stuff that life is made of. Have an everyone can win attitude. Thinking win-win is a frame of mind and heart that seeks mutual benefit and is based on mutual respect in all interactions. It's not about thinking selfishly (win-lose). Thinking win-win encourages conflict resolution and helps individuals seek mutually beneficial solutions. It's sharing information, power, recognition, and rewards.

DAYS 4 & 5 – O: OVERCOME ADVERSITY

Take out a sheet of paper and take about 15 minutes to write down your initial thoughts of the question below.

How Do You Deal With Haters

Gonchar, Micael. Teaching and Learning with The New York Times. March 23, 2016.


Question 1: How do you deal with haters? Do you shake it off or do you find that the mean comments get you down no matter how hard you try to move past them?

DAYS 4 & 5 – O: OVERCOME ADVERSITY

In “Learning How to Deal With the Haters,” Carl Richards writes:

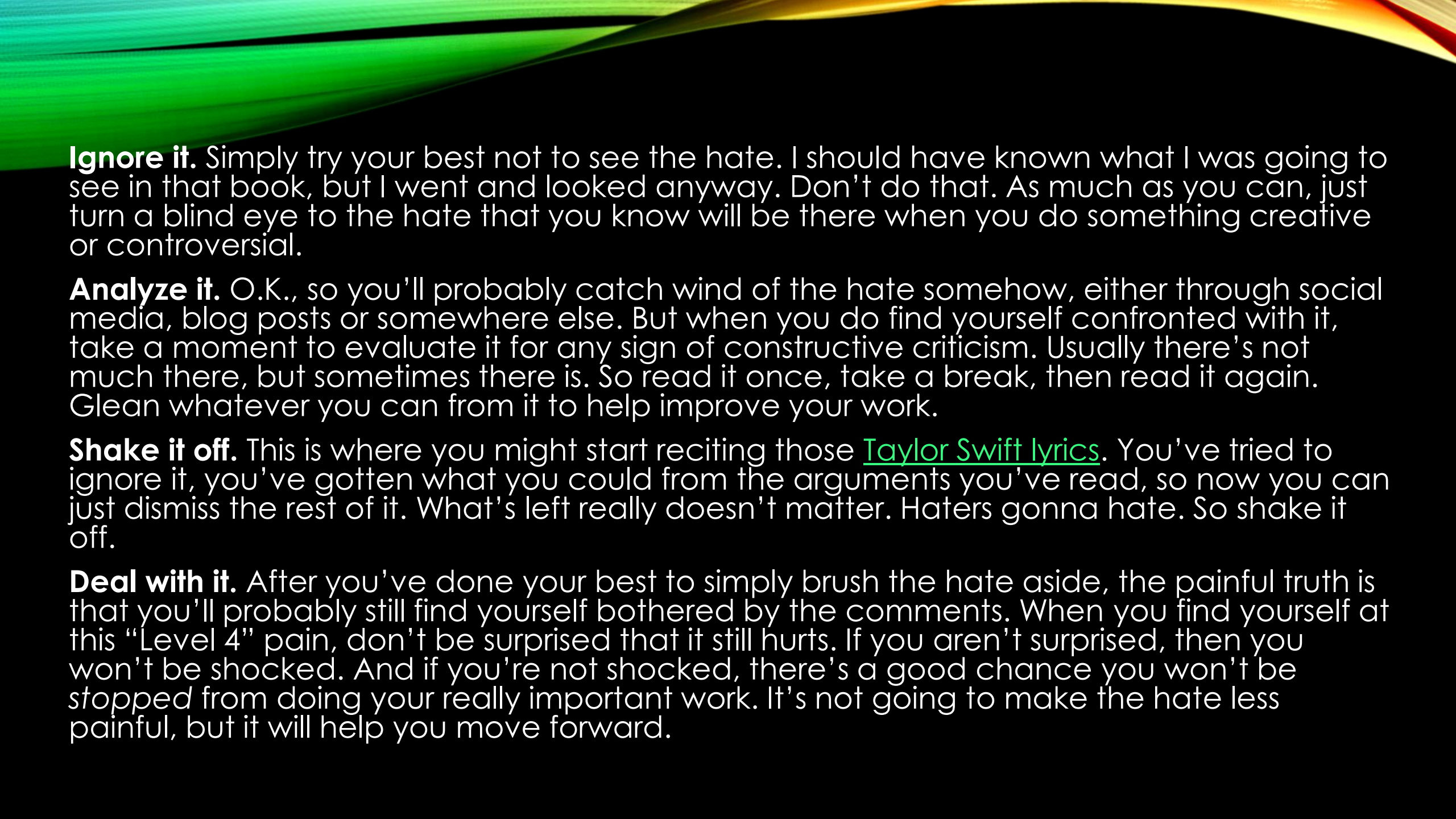
We all like to act as if we're immune to the vitriol of haters. It's almost cool to pretend that it doesn't affect us, like we're all bulletproof and have some kind of armor against it.

And while that might be a helpful coping mechanism, it's not really true for most of us. The truth is that this stuff really hurts. What's more, if you don't deal with it in the proper way, it can have a major impact on your ability to do work that matters in the world.



I've dealt with a lot of public criticism, because I do a lot of public work. So you would think that I would be immune to the "hate" by now. I'm not talking about the "hate" that you find in the Merriam-Webster dictionary. I'm talking about "hate" as defined by Urban Dictionary: "A special kind of love given to people who suck."

And while that definition is crass, that's what makes it perfect. This hate is the stuff of haters. It's mean, unconstructive and intended to cause the subject anger or pain. I didn't want it to inhibit my ability to do difficult, meaningful, creative work. Anyone who does let it get to them runs the risk of it affecting their career and income.




Ignore it. Simply try your best not to see the hate. I should have known what I was going to see in that book, but I went and looked anyway. Don't do that. As much as you can, just turn a blind eye to the hate that you know will be there when you do something creative or controversial.

Analyze it. O.K., so you'll probably catch wind of the hate somehow, either through social media, blog posts or somewhere else. But when you do find yourself confronted with it, take a moment to evaluate it for any sign of constructive criticism. Usually there's not much there, but sometimes there is. So read it once, take a break, then read it again. Glean whatever you can from it to help improve your work.

Shake it off. This is where you might start reciting those [Taylor Swift lyrics](#). You've tried to ignore it, you've gotten what you could from the arguments you've read, so now you can just dismiss the rest of it. What's left really doesn't matter. Haters gonna hate. So shake it off.

Deal with it. After you've done your best to simply brush the hate aside, the painful truth is that you'll probably still find yourself bothered by the comments. When you find yourself at this "Level 4" pain, don't be surprised that it still hurts. If you aren't surprised, then you won't be shocked. And if you're not shocked, there's a good chance you won't be *stopped* from doing your really important work. It's not going to make the hate less painful, but it will help you move forward.



It's impossible for you to do anything that matters on any scale and not have somebody say they don't like it. It's just not going to happen. The world is too big, too connected, and there are too many opinions available at a moment's notice for meaningful work to never raise somebody else's eyebrow. Part of dealing with this is simply reminding yourself that it's simply part of the deal. When you sign up to do work that matters, understand that you're also signing up to have somebody hate on it.

When it does come, don't take it as a sign that something is wrong. Take it as a sign that something is right. It is fuel to continue your work, not a giant stop sign.

**HATERS
GONNA HATE**



LET'S TALK!!!

Turn to your neighbor/group and discuss:

- ✓ In what ways have people hated on you?
- ✓ How do you deal with haters?
- ✓ What support can you find to not give in to what haters do or say?
- ✓ Are you ever a hater?

Let's Share!

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DAYS 6 & 7 – A: ACT WITH INTEGRITY

The 7 Habits of Highly Effective Teens

Habit 1: **Be Proactive**

I am the force. Take responsibility for your life. Being proactive is more than taking initiative. It is accepting responsibility for our own behavior (past, present, and future) and making choices based on principles and values rather than on moods or circumstances. Proactive people are agents of change and choose not to be victims, to be reactive, or to blame others. They take an Inside-Outside Approach to creating changes.

DAYS 6 & 7 – A: ACT WITH INTEGRITY

Take out a sheet of paper and take about 15 minutes to write down your initial thoughts of the question below.

Does Facebook Need a ‘Dislike’ Button?

Schulten, Katherine. Teaching and Learning with the New York Times. Septmeber 17, 2015.

Question 1: Do you use Facebook? What benefits and what problems can you imagine such a button might bring based on your experience on the site?

DAYS 6 & 7 – A: ACT WITH INTEGRITY

In “Coming Soon to Facebook: A ‘Dislike Button,’ Vindu Goel writes:

Facebook’s famous “like” button, with its silhouette of an upturned thumb, will soon be accompanied by an alternative: a way to “dislike” a post.

But Facebook users — there are now 1.5 billion, the company says — have long requested a way to express negative emotions or empathy with something sad or tragic posted on the social network, he said.

“Not every moment is a good moment, and if you are sharing something that is sad, whether it’s something in current events, like the refugees crisis that touches you, or if a family member passed away, then it may not feel comfortable to like that post,” Mr. Zuckerberg said. “So I do think it’s important to give people more options than just like.”




“There is already enough hate on Facebook and social media,” Atiq Haneef of Pakistan commented on an earlier version of this article on the Facebook page of The New York Times. “I’m gonna dislike this dislike button!”

But Roger Anderson of Atlanta, a former government microbiologist, wrote, “What’s wrong with a dislike button? Let’s have varying opinions on Facebook posts! If some feelings get hurt, then so be it and just grow up.”

While there is already plenty of negativity in the comments on Facebook posts, making it easy to dislike something with the flick of a finger could make the social network a meaner, uglier place.

“Over all, it’s probably a good thing to enable people to express feelings and emotions that they can’t express through a like button,” Ms. Williamson said. “But Facebook needs to be careful as to how they enable that capability with regard to advertising and all the potentially inflammatory discussions that could occur online.”



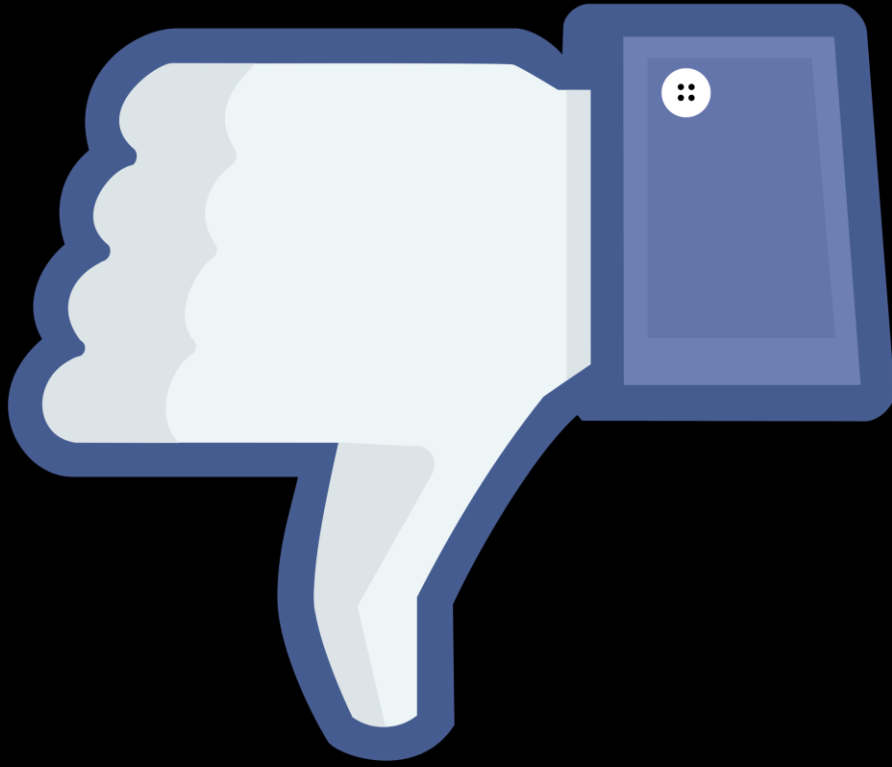
Mr. Zuckerberg clearly has such concerns in mind. He stressed that Facebook would test the new button before introducing it broadly, and refine it based on user feedback. “Hopefully we’ll deliver something that meets the needs of our community,” he said.

Facebook’s decision to experiment with a new button came after much deliberation. In December, Mr. Zuckerberg told a similar meeting of users that the company had been working on the idea but had not figured out how to add a dislike button “so that it ends up being a force for good and not a force for bad.”

“All social networks are getting more sophisticated about this,” Ms. Bianchini said. “People want to express more through a button. It’s so much easier to press a button than typing a lot.”

LET'S TALK!!

Turn to your neighbor/group and discuss:



- ✓ What do you think now that you've read the article? Does Facebook need this new button?
- ✓ When, if ever, have you wanted a "dislike" button on Facebook or any other social media site?
- ✓ What issues might having it raise?
- ✓ What other buttons does Facebook need, in your opinion? Why?

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DAYS 8 & 9 – R: REACH FOR THE HIGHEST

Habit 2: **Begin with the End in Mind**

Control your own destiny or someone else will. Define your mission and goals in life. All things are created twice – first mentally, second physically. Shape your own future by creating a mental vision and purpose for any project. You cannot just live day to day without a clear purpose in mind.

Habit 3: **Put First Things First**

Will and won't power. Prioritize, and do the most important things first. Putting first things first is the second or physical creation. It is organizing and executing around mental creation (your purpose, vision, values, and most important priorities.) The main thing is to keep the main thing the main thing.

Habit 7: **Sharpen the Saw**

It's "Me Time". Renew yourself regularly. Sharpening the saw is about constantly renewing ourselves in the four basic areas of life: physical, social/emotional, mental, and spiritual. It's the habit that increases our capacity to live all the other habits of effectiveness.

DAYS 6 & 7 – A: ACT WITH INTEGRITY

Take out a sheet of paper and take about 15 minutes to write down your initial thoughts of the question below.

What Have You Failed? What Did You Learn From It?

Schulten, Katherine. Teaching and Learning with the New York Times. March 9, 2016.


Question 1: Do you think failure is important to success? When have you failed, and who did you fail? If you could go back and do it again, would you correct the mistake before you made it?

DAYS 8 & 9 – R: REACH FOR THE HIGHEST

In “The Art of Failing Upward,” Kate Loss writes:

Telling the story of what went wrong is a way to wring insight from failure, but it's also a way of proclaiming membership in a community of innovators who are unafraid of taking risks. Tech workers now use terms like “soft landing” (to fail gently without career harm) and “failing upward” (to fail with an immediate career upside).

What is not being mentioned in the marketing of failure is that not everyone can, shall we say, fail successfully.



“We have one group who’s being told, ‘Don’t take a challenging subject like physics so that you can get your credential,’ and we have another group that’s being told, ‘Drop out of college and just mess things up and it’ll be fine,’” he added. “If you ‘fail fast’ and you don’t have the right demographics, the right safety net, you just fail.”

And yet, for all the flaws in the cliché, I still think it’s useful to talk about forgiving failure. Because whether you have many resources or very few, you’re almost certain to fail at some point in your career. Perhaps we should treat failures as nothing more than setbacks.

But if we really believe that failure is the path to innovation, we need to fund a more diverse group of innovators. And when some fail, as entrepreneurs often do, we should make sure that more than just the usual cast of familiar faces gets the chance to learn from that experience and try again.

LET'S TALK!!

— ❦ —
FAILURE
IS ONLY THE
opportunity
TO
BEGIN AGAIN,
ONLY THIS TIME MORE
Wisely.

— ❦ —
~HENRY FORD

Turn to your neighbor/group and discuss:

- ✓ Do you think a little failure might be good for you?
- ✓ Does your school feel more like a place where risk-taking is encouraged, or discouraged? Why?
- ✓ What do you think about this article's argument that the ability to fail successfully is a result, in part, of privilege? (As one person puts it, "If you 'fail fast' and you don't have the right demographics, the right safety net, you just fail.")

Let's Share!