

Ark VOYAGE



News Letter of Don Bosco Animation & Research Kendra, New Delhi

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Captain Speaks...

POSITIVE PSYCHOLOGY & EDUCATION



I am continuing my reflections on Positive Psychology in these series of ARK Voyage, the DB ARK NEWS LETTER. In the last six issues I have dealt with the different letters of the Acronym for the practice of Positive Psychology, namely PERMA. In this issue I am going to reflect on Positive **Psychology and Education** in general.

Often education is focussed on Literacy, Numeracy and Science. If only we could develop a more positive vision in Education! Students can be happier and do better in schools. Automatically when students are happier depression and anxiety go down. It has been proved that happier students learn better. There is a correlation between increase in well being and happiness enhances performance.

We shall make a significant difference to Education if we can add Character Building to Education.

It may be looked at from three angles:

1. Social Navigation

Developing a sense of connection and belonging leads one to a well developed support system, which in turn contributes to a healthy inclusive community. How to get an adult to like you. How to get along with peers. How to become a Loving and a Loveable person.



**The Young Get Connected
When They Work on Common Projects**

Teaching kids to be happy is a new clarion call for the teachers and the schools.

Engagement and persistence are the results when teachers focus on positive psychology.



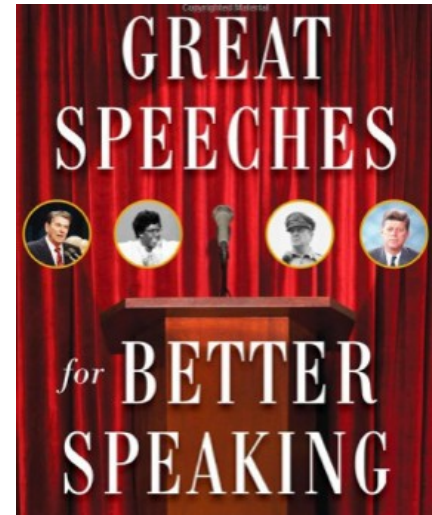


Captain Speaks...(Contd.)

2. Rhetoric

A rhetoric person is able to write well, tell a good story, and able to ask a good question. His ability to communicate powerfully is outstanding.

Rhetoric forms a person too. He/ She learns to get discipline, Focus and learns the art of persuasion as well as building a group cohesively. The core of a group achievement is in building up the moral of the group. **A Rhetoric person is able to lead a group to a focused goal.** With the conviction and determination. When passion is a combined with perseverance the group become gritty and that leads to greater accomplishments.



3. Build a good character.

A value-based and a principle-centred person. Men of character focus on doing the right things. When they become aware of the fact that they are doing the right things additional energy is released. Once they get the assurance of the fact that they are doing the right things they release extraordinary strength. The persons of character are dynamic, and enthusiastic.

In accompanying a young person to build up his/her character the educator assists the student to identify his/her significant strengths. These strengths are focussed upon and used to mould one's character.



True education contributes to the happiness of the future. The distinction we have made earlier between talents and strengths is relevant here. Talents are a means to an end. The discovery of the end gives meaning to life. When this meaning is added to your life, you achieve. In fact, there are 24 strengths that are universally considered significant. When education cultivates these strengths and enable students to use them to build up a better character, as well as a better society, it would have achieved its true purpose.

The list of significant strengths includes:

wisdom	courage	humanity	transcendence	justice	moderation
//creativity //curiosity //judgement //love of learning //perspective	//bravery //persistence //honesty //zest	//love //kindness //social intelligence	//appreciation of beauty //gratitude //hope //humour //spirituality	//teamwork //fairness //leadership	//forgiveness //modesty //prudence //self-control



Captain Speaks...(Contd.)

GREAT TEACHERS

Positive vision of education gets the teachers rejuvenated, and enthusiastic. They get the students engaged and motivate them towards persistence. As a result their accomplishment level goes higher. Students as a result turn out to be transformative leaders in their turn.

The Great Teachers stand out with the following eight characteristics:

1. Zest – They are enthusiastic. The very word ‘enthusiasm’ comes from the Greek words ‘en theos’, which means in Latin ‘in Deo’, in English it means ‘in God’. That is why we consider that true and lasting zest/enthusiasm is the result of one’s search for God, and the finding of God in one’s life. True teachers are those who are God-loving and God-fearing persons. They are active/dynamic. They, in turn, inculcate these values in the young. Their dynamism emerges when they are enthusiastic.



A good teacher is an ‘Enthusiastic’ person = a ‘God-Person’.

2. Grit – Extreme self-discipline. Most often grit outdoes IQ and traditional perception of smartness. When people are fired with a passion and they persevere in the same they accomplish.

In conclusion it may be said that:

*The first is that you **can** grow your grit.*

It can be done in two ways:

On your own, you can grow your grit **“from the inside out”**:



Gritty teachers inspire students!

You can cultivate your interests. You can develop a habit of daily challenge exceeding skill practice. You can connect your work to a purpose beyond yourself. And you can learn to hope when all seems lost.


You can also grow your grit **“from the outside in.”** Parents, coaches, teachers, bosses, mentors, friends. Developing your personal grit depends critically on other people.

3. Self-Discipline - Jim Collins in his book, ‘Good to Great’ explains the difference between Discipline’ and the ‘Culture of Discipline’. While discipline is external and imposed on people, especially the young, the Culture of Discipline focuses on building convictions in the young. Unless an educator is able to ‘Walk the Talk’ he is an ineffective educator. For the students the medium is the message rather than all the teaching skills, and the rhetoric.

The values and the principles that an educator lives by becomes the most powerful influencing factor in the life of an ‘educator-educand’ relationship.

Thanking is connected to thinking. In fact, our thanking awakens our thinking. It is interesting to note that both thanking and thinking have the same etymology, namely, ‘thonc’.

Captain Speaks...(Contd.)



4. Optimism and Humour go together. Teachers can be taught to be more optimistic and humorous. Optimistic people are happier people. Education can increase positive emotion, which can result flow in life. When Meaning and Engagement are focussed upon, one enhances one's optimism. Research shows that failure sticks much longer in our minds than success. Our minds get stuck on the negatives much easier than on the positives.

Studies further reveal that the most compelling reason for our unhappiness is related to expectations. When our expectations of reality exceed the experience of reality we tend to be unhappy.

Expectation Gap = Expectations > Reality

Humour gets the students to listen; it increases long term memory retention; it improves understanding; aids learning, and helps to communicate messages, improves group cohesion, reduces status differentials, diffuses conflict, builds trust, and brings people together. Research tells us that humour can even make us look better, live longer, and heal sicknesses.

Sense of laughter is instructive. Laughter decreases even our stress. Humour can lighten learning. Finally, humour can make the class room environment more adaptable for learning.

Humour is a skill, which means it can be learnt. It is choice.

5. Gratitude - For Don Bosco a 'grateful boy is a good boy'. A grateful person recognizes the great gifts God has showered on him/her.

Gratitude is an emotion that arouses other positive emotions. It is an expression towards another. It is a practice. It is an action. Teachers have a wonderful opportunity to teach the students about the role of gratitude. Gratitude is powerful. It recognizes the other, and expresses to the other. Gratitude involves giving and receiving. When the students feel that they give, and the teachers receive, then the relationship grows.



Inculcating Gratitude

Students want to be awake in class. Teachers want to teach students who are awake and alert. One of the effective ways to make the students alert and awake in the class is by getting them into an awareness of gratitude. When the students become aware of their gratitude to the opportunity they have to receive education, the good health they enjoy, the various senses in full function, etc., they are drawn to a higher level of attention, and participation in the class.

Gratitude is the opposite of resentment. Both these cannot go together. Many students come to class and find it difficult to be attentive because they come with a lot of resentment. Hence the teacher has to identify the cause for resentment in the students and eliminate it.

Complacency, and taking persons, and things for granted makes one ignore the gifts/graces that one receives. When you start receiving you expect a lot. And when you do not get what you expect you start complaining. When you are providing a service it is still worse.

One grows to a higher level of gratitude, when he/she takes a positive attitude in times of adversity and does the right things, at the right time. He grows in his proactive attitude and behaviour.

Positive attitude to adversity is the acid test to the level of gratitude.

Captain Speaks...(Contd.)

6. Inter Personal Self Discipline - The quality of life depends on the quality of relationship. The quality of Relationship depends on the quality of communication. To nurture the quality of relationship one has to be prudent in the use of communication. While transparency and openness are the keys to a healthy communication it is important that one is prudent in sharing one's thoughts and ideas.

Inter personal Self Discipline is further enhanced by developing Effective Listening Skills. People with such discipline become great listeners. As a result, they come away from an interaction with an interpersonal self-disciplined person feeling as if they had a good "connection" with him or her.

One who has a high level of interpersonal self discipline has a beautiful mind!

7. Social Intelligence is the capacity to know oneself and to know others. In fact social intelligence is an aggregated measure of self, and social-awareness, evolved social beliefs and attitudes, and a capacity and appetite to manage complex social change.



Educational research asserts that expanded opportunities for social interaction enhance intelligence. This suggests that children require continuous opportunities for interpersonal experiences in order to develop a keen 'inter-personal psychology'. Traditional classrooms do not permit the interaction of complex social behaviour. Instead, students in traditional settings are treated as learners who must be infused with more and more complex forms of information. The structure of schools today allows very few of these skills, critical for survival in the world, to develop, because we so limit the development of the skills of "natural psychologist."

A clarion call to the educators is to provide opportunities to the students for social interaction, which in turn enhances intelligence!

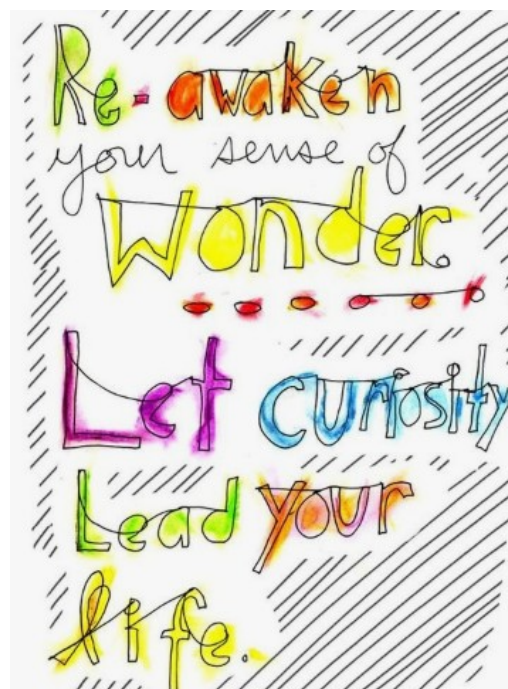
Socialisation is our Need

8. Curiosity - A teacher who is curious himself will induce students to be curious. A child in his early years is eager to develop his/her analytical ability. It is very characteristic of a child to ask the frequent questions of what, and why. When these questions are encouraged and appropriate answers are given the child is encouraged to develop his analytical ability which is the bedrock of curiosity that leads one to a research mind.

A teacher with a curious mind stimulates the student's mind.


Some effective ways to stimulate a Student's Curiosity are:

1. Value and reward curiosity.
2. Teach students how to ask quality questions.
3. Notice when kids feel puzzled or confused.
4. Encourage students to tinker.
5. Spread the curiosity around.
6. Use current events.
7. Teach students to be Sceptics, and
8. Explore a variety of cultures and societies.





Captain Speaks...(Contd.)



The on-going concern of the educator is to continually enhance the well-being of the students. Great Teachers focus on the positive side and the good qualities that the students possess. **Don Bosco** would put it: “In every boy/girl there is a vulnerable spot for good”. The task of the educator is to identify it and motivate the students to accomplish more and be better. In modern psychology, one would put it as ‘identifying the Synergy point in the student and activating it. Senergy Point is the powerhouse in the young that releases additional energy under extraordinary motivating factors. These factors are based on fear and love. In every fear there is love lurking inside. Hence Love is the most powerful motivator in human life.

In one recent study, it was found that the students whose teachers were demanding say of their teachers, “My teacher accepts nothing less than our best effort, we behave the way our teacher wants us to.”

Teachers who are supportive and respectful—whose students say, “My teacher seems to know if something is bothering me,” and “My teacher wants us to share our thoughts”—enhance students happiness, voluntary effort in class, and college aspirations. It is possible that a student finds a teacher to be a psychologically wise, just as it is possible to find one as permissive, authoritarian, or negligent. It is the wise teachers who seem to promote competence in addition to well-being, engagement, and high hopes for the future.

There are countless research studies showing that kids who are more involved in extra-curricular fare better on just about every conceivable metric—they earn better grades, have higher self-esteem, are less likely to get in trouble and so forth. A handful of these studies are longitudinal, meaning that researchers waited to see what happened to kids later in life. These longer-term studies come to the same conclusion: more participation in activities predicts better outcomes.

*Life is a paradise for those who love many things with a passion.
A good educator facilitates in the students their pursuit in many passions.*

In conclusion, it is to be noted that PERMA (Positive Emotion, Engagement, Relationship, Meaning, and Accomplishment) of which we have spoken in detail in the previous issues of ‘ARK VOYAGE’, can be raised in children and students.



*The angelic message
is that PERMA is.*

- 1.Measurable*
- 2.Teachable*
- 3.Learnable*

~ Fr. Jog Arimpoor, sdb



YAP (YOUTH ANIMATION PROGRAM)

Institution : Christanand School
Place : Brahamapuri
Program : Inter School YAP
Dates : Nov 14 to 17, 2018.
Animators : Fr. Joe Arimpoor , Sekhar,
 Sneha, Himanshi, Robin
Participants: 400+ Students From 13 Schools



Fr. Joe Emphasized:
 Persons with a GRIT "NEVER GIVE UP"
 If students can identify there passions early in
 life and persevere they accomplish the maxi-
 mum and the most in there life.
*"Life is a paradise for those who love many
 things with passion". Leo Buscaglia*



Every Morning the students were ener-
 gised with Dynamic Meditation, Aerobics
 and other physical exercises.
 Dynamic Meditation (Himanshi)
 Aerobics (Sneha)
 Physical Exercises (Shekhar & Robin)
 All these inspired by the Divine whisper-
 ings by Fr. Joe Arimpoor.



400+ Students From 13 Schools

CHANDA LIVE-IN 2018
 With The Theme:
 "NEVER GIVE UP!"



Children Exuberant with the meaningful action
 songs. Periodical Energizers keep the students ever
 alive and alert.
 Kudos to Shekhar Ever Creative and dynamic ani-
 mator.



Himanshi and Robin Translates the musical notes of
 Shekhar into Harmonies action.





PY-YAR Movement



Institution : Deepalaya School
Place : New Delhi
Program : Orientation & Enrollment
Dates : Nov 26, 2018.
Animators : Fr. Joe Arimpoor, Himanshi, Assuntha.
Participants : Privilege Youth (PY)



Privilege Youth (PY)



Inclusion, Integration, Harmony— Watch words that give meaning to PY-YAR movement.

“Another World is Possible!” Where love truth justice and equality reign supreme.



Young at Risk (YAR) Sweet Home & Asha Deep Foundation



VOC (Voice of Children)

Institution : Don Bosco Ashalayam
Place : Palam, New Delhi
Program : VOC II
Dates : October 13th, 2018
Animators : Fr. Joe Arimpoor, Sneha Sekhar, Himanshi, Assunta and Robin
Participants : 26 Boys





HAPPY BIRTHDAY SNEHA!!



Institution : Don Bosco Ashalayam, Palam
Place : New Delhi
Program : Sneha's Birthday
Dates : November 23th, 2018



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