



PARENT CORNER: 2

February 2019

Hello again parents,

Last week you should have received an email from me in which I explained the rationale for social learning, what it looks like, how we approach this important concept at Claire's Montessori, and why it's so critical to your child or children's success in school and in life. As a reminder, these notes are recorded for your listening convenience.

This week I'm going to speak about emotional learning and emotional intelligence and why this is another really important pillar for learning that every child must experience to truly be successful in school and in life.

Generally, in education we will connect social and emotional learning strategies and most of the research is done on both of these aspects of learning.

So, what is emotional intelligence? According to an article in *Psychology Today*: Emotional [intelligence](#) refers to the ability to identify and manage one's own emotions, as well as the emotions of others. Though there is some disagreement among psychologists as to what constitutes true emotional intelligence, it is generally said to include at least three skills: emotional awareness, or the ability to identify and name one's own emotions; the ability to harness those emotions and apply them to tasks like thinking and problem solving; and the ability to manage emotions, which includes both regulating one's own emotions when necessary and cheering up or calming down other people.

This area of research is fairly new and presents with different results, but what we, in the world of education, know is that when a child is not emotionally aware or is not self-aware, academic learning is not as easy as when the child is self-aware and emotionally in control.

Many articles can be found within the realm of education that support the concept for basic human needs to be met before success (academically) is enjoyed. In fact, the Kansas Education State Department has an entire pdf document about the importance of emotional learning – in which they also include social learning. Interestingly in our Elementary programs we teach the Needs of Humans and basic human needs which dovetails well with this document.

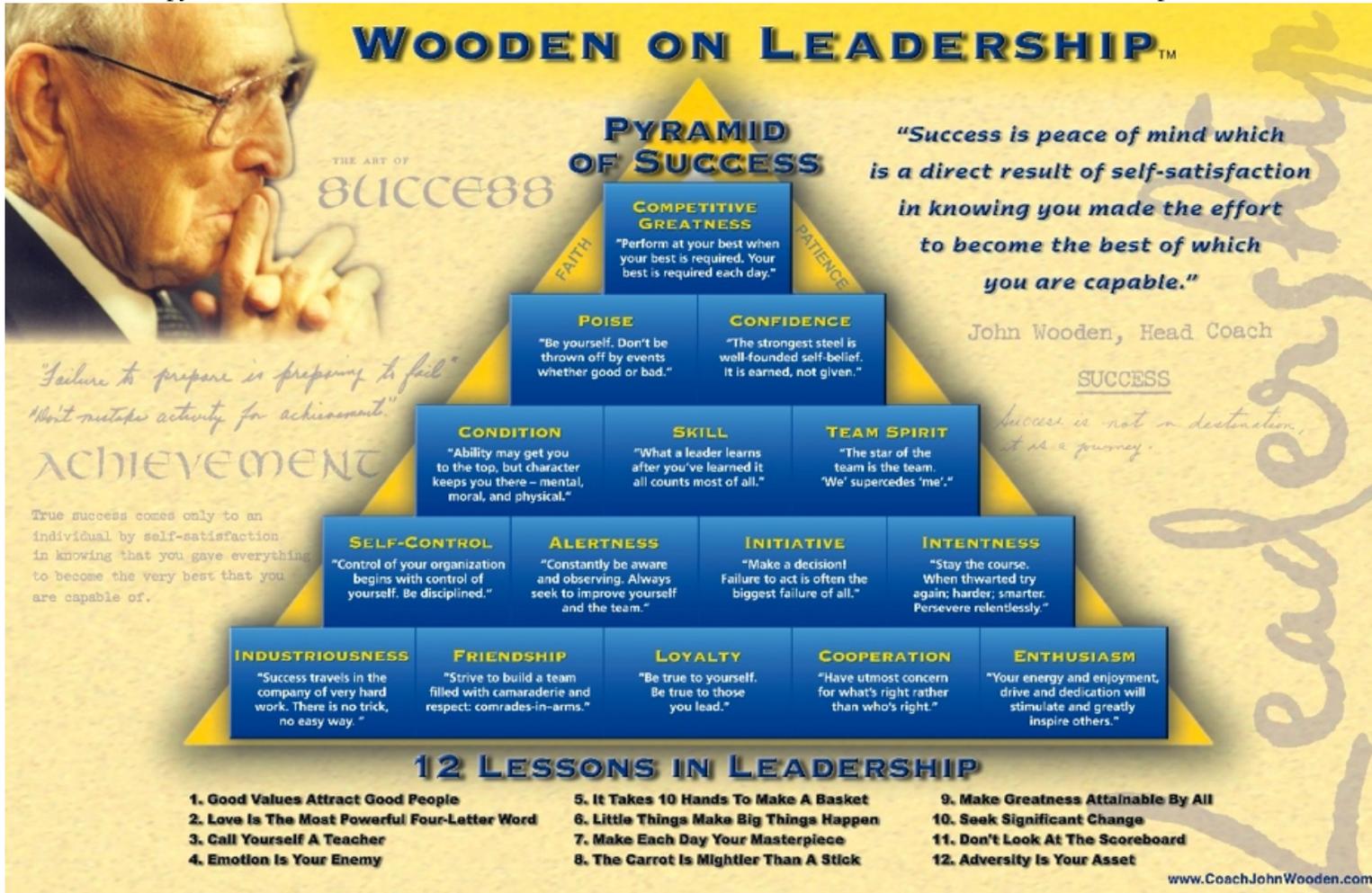
In this long article by the Kansas Education State Department, they quote the Carnegie Council on Adolescent Development Task Force which says:

“Learning is possible only after students’ social, emotional and physical needs have been met. When those needs are met, students are more likely to succeed in school.” - Carnegie Council on Adolescent Development Task Force (2002)

As you well know, we have beautiful Montessori learning environments set up for our students to entice and encourage them to do the different lessons or jobs – we also consider all the other physical needs of our students each day as we guide them through their education journey.

A well-known coach in leadership and success, John Wooden, talks about the Pyramid of Success. Wooden says: "Success is peace of mind which is a direct result of self-satisfaction in knowing you made the effort to become the best of which you are capable." Dr. Montessori talks about human potential and educating to meet the needs of each individual's human potential.

Wooden has a pyramid of success in which he shows what is needed at the foundation to reach to the top tiers.



So, how does this relate to your child's experience in an authentic Montessori school?

Inherent in all our lessons – which are sometimes called jobs in the early programs – are built in the basics of the 12 lessons of leadership as set out by Wooden – not deliberately created but designed by Dr. Montessori from her expertise as a physician over 100 years ago and becoming more and more relevant in today's world.

The Pyramid of Success and what we do in Montessori:

1st Level:

Industriousness: work is needed

Friendship: respect is needed

Loyalty: be true to yourself and others

Cooperation: concern yourself with what is right NOT who is right

Enthusiasm: energy and enjoyment

2nd Level:

Self-Control: control of your life/organization stems from self-control

Alertness: be aware of yourself and self-improvement (self-reflection)

Initiative: don't give up

Intentness: persevere

3rd Level:

Condition: mental, moral and physical character development maintains success

Skill: always be open to learning more

Team Spirit: remember team is always better than me

4th Level:

Poise: always be true to yourself no matter what the events

Confidence: believe in yourself

5th Level:

Competitive Greatness: always do your best

The 12 lessons of Leadership according to Wooden are: We ask the students to be aware of what is right and wrong and make wise choices; we encourage kindness and love to all others including animals and our Earth environment; we encourage children to be teachers; we understand our emotions and work to regulate them; we cooperate together as social learning communities; we do small things repeatedly to make big things happen; we guide students in always doing their best; we encourage and guide – we do not force and coerce; we set students up for success so that greatness is achievable; we look at what we need to change as and when needed; we do not look at the end result but at the journey and the importance of the process; we know that challenge is what makes us grow and we challenge just enough to encourage growth.

So, I believe it is safe to say, in an authentic Montessori program we set students up for success socially and emotionally. Next week I will discuss more about our approach to academics and what makes us a 21st Century education system.

If you have not done so already, please stop by and introduce yourself to me and remember next week we have student job night on the 7331 Beech Avenue campus so I'll see you all there.