

Back to the Classroom
Core Curriculum Support Program



Module 7
Table Talks

Table Talks

Parent Resource





March 2018

Perception, Attitude and Experience

	Words of the Day	Leadership Tip of the Day	Table Talks
Mon			
Tue			
Wed			
Thurs 1	Attitude manner of thinking, feeling, or behaving that reflects a state of mind or disposition	Builds teams and fosters teamwork	<p>AND NOW! Back to the Classroom: Your attitude will tell you a lot about yourself and what's going on inside. It is very true that the attitude you have towards something, will affect its outcome. If you want a positive life, start with a positive attitude. STAY IN YOUR LANE.</p> <p>PARENT NOTE: Encourage your child to use positive words to promote positive attitudes. Together, decide to practice complementing each other's work and progress.</p>
Fri 2	Motivation desire to do; interest or drive; incentive or inducement.	Encourages others to do their best	<p>AND NOW! Back to the Classroom: Sustaining motivation can be tough under the best of circumstances. So how do you stay motivated when your to-do list is four pages long? Learn ways to manage your time and stay positive! You will make it through. STAY IN YOUR LANE.</p> <p>PARENT NOTE: Teens are heavily influenced by the opinions, moods and thoughts of their peers. Therefore, it is so important for all of us to choose our company wisely. Encourage your child to avoid the whiners and complainers. Once the complaining begins, it often snowballs into an avalanche of negativity.</p>

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Mon 5	Doubtful experiencing, or concern for an uncertain outcome; undecided, disbelief	Leads by example.	<p>AND NOW! Back to the Classroom: Are you doubting yourself? When you question your ability, it can cause you to become negative, or you can CHOOSE to take that doubt and beat it by learning to acquire supportive skills to overcome it. Start today by believing in yourself. STAY IN YOUR LANE.</p> <p>PARENT NOTE: A lot of our attitude are based on our beliefs. Every family has a belief system. Discuss how your family belief system has effected your attitude toward yourself, family and others. Ask your child to share their thoughts on the subject as well. What does their belief system teach about their chosen attitude toward life?</p>
Tue 6	Hopeful having or manifesting inspiration and promise	Inspires people to act and move toward goals	<p>AND NOW! Back to the Classroom: Hope is being able to see that there is a light through the darkness. Even when nothing is certain, anything is possible. Share Hope with a friend today. STAY IN YOUR LANE.</p> <p>PARENT NOTE: Have you ever noticed how your attitude changes depending on your enjoyment level. Most happy people are happy because they are doing the things they like to do. Encourage your child to find new things they like to do. Grow more smiles!</p>
Wed 7	Cheerful good spirits; merry; promoting a feeling of cheer; pleasant	Be tenacious.	<p>AND NOW! Back to the Classroom: Having a cheerful attitude makes you feel good all around. When you are happy, you see things differently. The world just seems like a better place to be. Being happy within yourself can help make a lot of things go easier in your life. The choice is yours. STAY IN YOUR LANE.</p> <p>PARENT NOTE: It is not difficult to share cheerful moments with your teen. Take time tonight to tell them positive things they do that make you happy. Ask them for their feedback.</p>
Thur 8	Confident feeling or showing certainty, as of success; feeling or showing confidence in oneself; self-assured	Be curious.	<p>AND NOW! Back to the Classroom: Confidence is a necessary trait to have if you want to be successful in your life. Your attitude and perceptions are visible to the rest of the world. Believe in yourself and walk with confidence. STAY IN YOUR LANE.</p> <p>PARENT NOTE: One of the best ways to create positive attitude is to express gratitude. Get a sheet of paper and pen. Make a list of all of the things your family is grateful for. Truth is, you can't be angry and grateful at the same time. Refer to this list a time of conflict because real solutions are found within the resources we appreciate.</p>
Fri 9	Trusting the condition and resulting obligation of having confidence placed in one	Motivate others during times of uncertainty.	<p>AND NOW! Back to the Classroom: Trust is one of relationships' solid foundations. Most people say that without trust, there is nothing. Most also find it hard trusting people. Start your day with a trusting attitude and just watch and see if you feel better. STAY IN YOUR LANE.</p> <p>PARENT NOTE: Give a lesson on optimism and pessimism. Give examples of how people can view the same situation, one will view the positive component and the other will view the negative components. Objective people are able to see from both angles and be sensitive to the diversity. No matter the view, its up to you!</p>

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Mon 12	Assured made certain; guaranteed; exhibiting confidence or authority	Talk less. Sometimes saying nothing is better than saying just anything.	AND NOW! Back to the Classroom: Don't be afraid to show your confidence. Let people see it. When your attitude walks assured, the world becomes a less frightening place. It will increase your chances of success. STAY IN YOUR LANE. PARENT NOTE: It's important to teach your child how to cope. There are going to be many challenges that come their way. One way you can teach your child to cope is to learn to change negative thinking into positive potential. Positive thinking prevents poor attitudes toward life.
Tue 13	Encourage to give support to; foster; to stimulate; spur	Do good. Commit yourself to being a good person and giving back to the community when possible.	AND NOW! Back to the Classroom: It is not always all about you. Encourage your friends and you too will be encouraged. What you give away, you will get back. If you respect yourself and others, they will respect you. STAY IN YOUR LANE. PARENT NOTE: Encourage your child to stay true and respectful to themselves. Lead by example, they see what you do. Ask them how you can support them in some of their decision making and encourage them to choose wisely.
Wed 14	Discourage to try to prevent by expressing disapproval or raising objections	Stay in touch with your emotions. Don't be a robot - - let yourself feel.	AND NOW! Back to the Classroom: Never let yourself feel discouraged. Always keep yourself motivated to complete your goals. Stay focused on your plan and don't let anyone steer you away. After all they are your goals, no one else's. STAY IN YOUR LANE. PARENT NOTE: Life is one big learning experience. We learn faster, the things we are receptive to and sometimes we must learn things the hard way. Encourage your child to be receptive to learning...that is half the battle.
Thur 15	Self-evaluation the process or an instance of assessing oneself and weighing up one's achievements	Research everything. Before deciding, know the pros and cons -- do your homework.	AND NOW! Back to the Classroom: One should perform a self-evaluation at least once a week. Make sure you are staying on track to achieve your goals. This helps you to keep your focus where it should be. It also helps to prevent you from straying too far away and getting discouraged. STAY IN YOUR LANE. PARENT NOTE: We have all heard the saying, "Choose your friends wisely." How about today we take it in a literal sense. Have your kid pull out a yearbook or discuss some of their classmates. See it there needs to be a self-evaluation of their friends list.
Fri 16	Reform to give up harmful or immoral practices; cause to adopt a better way of life	Think everything through.	AND NOW! Back to the Classroom: Anyone can reform their attitudes and their perceptions. If you come to see that you do not see the world as you wish you could, you can change the way you see things. All it takes is hard work and dedication. STAY IN YOUR LANE. PARENT NOTE: Teach your child to be proactive and go after all the goodness their life requires. Few good things come handed to us. Talk to your teen about thinking things through when faced with choices that could potentially harm them.



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Mon 19	Cultivation culture or sophistication, social refinement	Constantly learn. Read as much as you can, and take classes whenever you have the opportunity.	AND NOW! Back to the Classroom: Cultivation is an important process for your perceptions. When you clean out what is not wanted any more, that is what helps to open doors for you to change some things. How you see the world starts with you. Only you can change how you see things for the better. STAY IN YOUR LANE. PARENT NOTE: Spring Cleaning! Today is a good day to talk to your child about decluttering their life. You and your child should commit to filling one trash bag of items to either throw away or donate.
Tue 20	Discover to learn about for the first time in one's experience; to learn something about; to reveal or expose	Improve everything. Work on improving your approaches, your skills and your processes constantly.	AND NOW! Back to the Classroom: Take the time to discover yourself and find out what you really want out of your life and not what other people want for you. Learn how to be smart about the decisions you make. Every decision in your life will affect you in one way or another. STAY IN YOUR LANE. PARENT NOTE: Talk to your child about the power that comes with owning responsibility for everything that happens in their life. So, no matter how bad the situation, we should evaluate and own our part. Get up and take a positive step in a direction forward.
Wed 21	Virtue any admirable quality, feature, or trait	Cut your losses when necessary. If you're fighting a losing battle, retreat and start again somewhere else.	AND NOW! Back to the Classroom: To have virtue is to be true. To hold strong to your virtues and beliefs, is to be true to yourself. To be true to yourself is an admirable trait. Standing up for what you believe in takes strength and courage. STAY IN YOUR LANE. PARENT NOTE: Each of us have the power to contribute to society by simply becoming a positive statistic. Most laws are considered based on statistics. Ask your child what type of statistics would they like to be counted in for positive change in their community.
Thur 22	Judge To have as an opinion or assumption; suppose	Ground everything with data. Back up all your decisions, opinions and thoughts with hard, objective facts and evidence.	AND NOW! Back to the Classroom: One should never pass judgement on anyone for any reason. You yourself are not perfect and neither is anyone else. Each person is unique in their own way. No one will ever be just like you and you will never be just like someone else. STAY IN YOUR LANE. PARENT NOTE: Talk to your child about choosing their media and network content. Discuss the ways a TV program or show can affect our mood and attitude toward one another. Use a personal experience as an example.
Fri 23	Appearance superficial aspect; the way someone or something looks.	Be approachable. Let people know they can trust you, and open your door to anybody who needs it.	AND NOW! Back to the Classroom: Appearance and Reality are quite the opposite. What you see on the outside may be quite different on the inside. Things are not always as they seem. STAY IN YOUR LANE. PARENT NOTE: Talk to your teen about what it's like to be real and not superficial. Give them ideas how to look beyond the surface when choosing friends as well.

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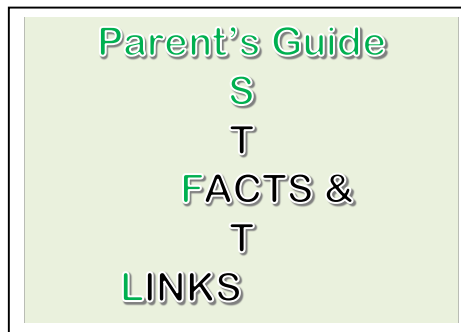


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Mon 26	Indifference lack of care or concern; lack of quality; mediocrity; lack of importance; insignificance	Temper your reactions. Hold back your reactions until you have a moment to clarify your internal thoughts and feelings.	AND NOW! Back to the Classroom: If you go through your life with an attitude of indifference, you will not see the importance of things that are passing you by. Have an open mind to be able to see the value of all things, because everything has its' purpose. Eyes wide open. STAY IN YOUR LANE. PARENT NOTE: Have your child consider how much time can be lost complaining when things don't go as planned. It's better to adapt to the situation and/or find other options.
Tue 27	Self-deception The act of deceiving oneself or the state of being deceived by oneself	Don't make excuses. If you make a mistake, take ownership of it and don't pass the blame to someone or something else.	AND NOW! Back to the Classroom: When you are unwilling to face the fact that you are doing something that you shouldn't, you are lying to yourself. When you justify, and rationalize things in your life, you are only deceiving yourself. Never close your mind to the truth. Sometimes it may take working on yourself for you to see some things, but the result is well worth it. STAY IN YOUR LANE. PARENT NOTE: Have your child make a list of things that they believe they could have done to make their life easier. Then come up with an alternative/ redemption plan. Let them know that it's never too late to square up with themselves.
Wed 28	Reflection a thought or an opinion resulting from such thinking or consideration	Know your weaknesses. If there's something you're not good at, admit it, and work on it.	AND NOW! Back to the Classroom: Self-reflection is an important factor as we grow and learn. When you look back on earlier years you will see your growth. This is important for continued growth. If you can't see how far you have come, it will make it harder to see how far you can go. STAY IN YOUR LANE. PARENT NOTE: Have your child come up with moments through the day that they may need to retreat and collect their thoughts and start over. Discuss a plan how they can implement a break, and restart. Healthy choices are always the best choices.
Thur 29	Realistic practical idea of what can be achieved or expected	Accept the unforeseen. You can't control or predict everything.	AND NOW! Back to the Classroom: It is not practical to predict that there will one day be a world without any drugs. However, it is realistic to imagine a world with more people who build healthy lifestyles than those who just go with the flow and tack one careless moment onto the next. Be mindful of your every move. STAY IN YOUR LANE. PARENT NOTE: It takes 21 days to create a new habit. Think of a new habit you and your child would like to begin. Make today your day one. Go!
Fri 30	Idealistic of high moral or intellectual value; elevated in nature or style	Show empathy.	AND NOW! Back to the Classroom: Do you not know where you are going, but you are on your way? You may be an idealist. Your best traveling partner is a realist. They can navigate the bumps in the road, while you show them the beauty in the distance. STAY IN YOUR LANE. PARENT NOTE: Have your child write a letter to their younger self. What corrective things would they tell themselves. What things would they congratulate themselves for? Have them give themselves advice about overcoming challenging situations.

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Positive Perceptions and Your Teen

Interviews conducted among ethnically and socioeconomically diverse 13 - 14-year olds found that teens who felt good about their social standing did well over time, regardless of their actual popularity.

These teens who had positive perceptions of their own social success were increasingly less hostile and more frequently sought out by their peers as compared to teens who lacked a strong sense of their own social acceptance and were rated as unpopular by their peers (Teens' Perception That They Are Liked Found to Be At Least As Important as Actually Being Liked, 2008).

- Discuss with your teen how he/she views himself/herself.
- Discuss with your teen how he/she views the world.

“Perceiving oneself to be liked may actually be at least as critical in determining future social outcomes for teens as is actually being liked by other teens,” says McElhaney, who called adolescents’ feelings of confidence in their own social standing a “protective factor.”

For more information: <https://www.sciencedaily.com/releases/2008/05/080515073014.htm>

Importance of a Positive Attitude

One of the most important steps you can take toward achieving your greatest potential in life is to learn to monitor your attitude and its impact on your work performance, relationships and everyone around you (Why Your Attitude Is Everything).

- Discuss with your teen the importance of having a good attitude.
- Discuss with your teen how attitude affects your success.

For more information: <http://www.success.com/article/why-your-attitude-is-everything>

Teens and High Self Esteem

54.5% of students report to normally have “high” self-esteem vs. 45.5% of teens who say they normally have “low” self-esteem (Report on Teens and Self Worth).

- Discuss with your teen the importance of self-worth.
- Ask your teen how they see themselves.

95% of teens have felt inferior at some point in their lives. When asked why they have felt inferior, students selected their top three conditions.

The main reasons students have felt inferior are:

59%: Appearance

49% : Ability in some activity

38% : Intelligence

35% : Size

21% : Age

13% : Race

13% : Gender

12% : Family economic status

6% : Religion

6% : Sexual Orientation

84% : Teens have felt superior to another person

41% : Students have purposely tried to make another person feel inferior. When asked why they think people try to make someone feel inferior, the main reasons cited were:

- Because of their own low self-esteem or insecurities: 50%
- Because they like to feel powerful: 32%
- Because of peer pressure, e.g. others also were making this person (or people) feel inferior: 10%
- Because they dislike the person: 7%

Keeping Your Teen Organized and Focused

Parents can play a vital role in helping teens succeed in school by being informed and lending a little support and guidance. Even though teens are seeking independence, parental involvement is an important ingredient for academic success.

- Discuss with your teen his/her plans for the school year.
- Discuss with your teen his/her readiness to return to school.

Learning and mastering the skills of getting organized, staying focused, and seeing work through to the end will help teens in just about everything they do. But this is not usually explicitly taught in high school, so teens can benefit from some parental guidance with organization and time-management skills.

For more information: <http://kidshealth.org/en/parents/school-help-teens.html#>