

Lasallian Professional Development

Monthly PD for the New Zealand Lasallian Family of schools - WE ARE ONE LASALLE!
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this issue

21st Century Strategies to help you grasp the idea of VIGILANCE and how this applies today in your own classes.

The origins of the 12 Virtues...

In 1785, just before the French Revolution, Brother Agathon, who was the fifth Superior General of the De La Salle Brothers, wrote a document called 'The Twelve Virtues of a Good Teacher'. The list of virtues is like sage advice that a teacher might receive from an experienced Year Level Dean or similar.

The 12 Virtues combines two important pieces of work of St. John Baptist De La Salle's. The spiritual vision of his Meditations and the practical pedagogy of his Conduct of Christian Schools.

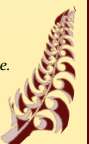
The 12 Virtues help answer the fundamental question for teachers in Lasallian schools: *"If I am to touch the hearts of my students and teach them in the best possible way, what practices should I follow and what vision should I have for them?"*

Br Agathon reminds the teacher - if you have a problem in your class, look to your own behaviour first.

12 Virtues and 12 months of 2013. Each month, I aim to provide you with useful, modern strategies, that will allow you to bring De La Salle's ideas right into your own classrooms. I kindly acknowledge Br. Jeffery Calligan for his work on this material and real insight. Enjoy learning about vigilance!

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The 12 Virtues of a Good Teacher - VIGILANCE

Vigilance

The teacher is to be observant and discerning so as to promote values and prevent damage and danger. A caring teacher is vigilant.

Do you have the VIGILANCE that Annette shows below?

Vigilance



Annette is always **learning** from her own experiences and those of others. She is noted for her considered judgements. She gets to know each student in her class – each one's capacity, motivation and temperament. She **adapts her teaching** to their needs. She thinks before acting and "recognizes in advance what may happen following the natural course of events." She practises **preventative pedagogy**.

VIGILANCE

A virtue that makes us diligent and painstaking in fulfilling all our duties.



Strategy 25-10:DESCA Challenges

Purpose: To advance students' capacity to do excellent schoolwork.

Description: Challenging students to stretch their ability to live and work with dignity, energy, self-management, community and awareness (DESCA).

Teachers can empower students profoundly by occasionally offering non-demanding but stimulating challenges aligned with the five themes of DESCA. Some examples for each quality follow:

Challenges to increase Dignity:

- Stand tall.
- Move ahead with confidence.
- When someone is being teased, step up and defend the person.
- Walk away when people are gossiping.
- Even if it feels risky, call up your courage and do what you think is best.
- Speak up for yourself
- Respect your own ways, your own time clock.
- Show your willpower.
- Look People in the eye.
- Refuse to be put down.
- Show you can take it.
- Say it as if you mean it.
- Show your inner strength.
- Stand up for what you believe it.
- Sit tall in your chair.
- Reach deep inside for your courage.
- Act with authority.

Challenges to increase Energy:

- When you are ready to give up, take one more step.
- Stick to it.
- Use all your brain power.
- Go for it – put your all into it.
- Walk briskly.
- Take initiative.
- Use your whole self.
- Practice stepping with a joyful aliveness.
- Speak with full energy.
- Make your eyes bright.
- Relax now to be strong later.
- Get yourself ready.

- Make sure you get enough exercise.
- Move right along.
- Reach down for more ability to persist.
- Make sure you get plenty of sleep.

Challenges to increase Self-management

- Control your impulses.
- Take care of unfinished tasks.
- Think things through your self.
- Go past the first idea.
- Ask for help when you need it.
- Look ahead and plan.
- Trust that you will know what to do.
- Proceed by your own time clock.
- Notice when something needs to be done.
- When feeling stuck in activity, get up and do something.
- Tell yourself you do not have to be negative.
- When you are angry, slowly count to 10.
- Practice starting immediately.
- Practice stopping immediately.
- Manage your own time.
- Take control of your behavior.
- Organize your papers.

Challenges to increase Community:

- Respect the differences in others.
- Practice going out of your way for others.
- Be all for one, one for all in this class.
- Listen to others.
- Help clean up.
- Do more than your share.
- Accept compliments.
- Care for those who need it.
- Cheer people on.
- Show your appreciation.
- Reach out to newcomers.
- Be honest.
- Accept all people for who they are.
- Tell people when you do not understand.
- Stand up for our group.
- Look for the good in everyone.
- Let us know when we make mistakes.
- Do something good for the community.
- Do something extra at home.
- Ask family members how you can help them.
- Pick up trash when you see it.
- Connect to someone new.

Challenges to increase Awareness:

- Keep alert.
- Read with an open mind.
- Call up your intelligence.
- When your attention drifts, bring it back, stay awake.
- Enjoy hearing, seeing, feeling, smelling, tasting.
- Practice ignoring distractions.
- Recall past ideas.
- Notice when someone needs help.
- Notice nonverbal messages.
- Focus your attention.
- Look closely at details.
- Look below the surface
- Wonder "what else?"
- Open yourself up to big ideas.
- Keep a log of your thoughts, dreams, feelings.
- Notice what is being left undone.
- Notice what is going on.
- Keep alert to the state of your body.
- Pay attention to colors and sounds.
- When you are going too fast, back off.
- Notice your feelings. Where do feelings show up in your body?
- End each day by asking what you liked and what you might do differently next time.