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How **RESEARCH** Improves Understanding

3C LESSON - We can Improve the World— Emotionally

ACTIVITIES

This lesson has taught you how EI in education can improve the world. At this point, we'd appreciate hearing about how our program has influenced your emotional growth, as well as any suggestions that you think may help us improve our lessons. Please send a brief email guardian ship22@gmail.com. Feedback from students is very important as it enables us to continue improving this program, and to also verify student activity for grant applications.

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JOURNALING QUESTIONS TO EXPLORE EACH DAY

By now we hope you realize that in-depth journaling questions warranted for anyone trying to improve EI. As always, please be sure to answer this lesson's questions for at least a month with honesty and humility.

1. With whom did I share at least a tidbit today regarding my emotional growth, or what I am learning in this program?

Asking yourself this question each day helps remind you to share new insights with others who could benefit from what you are learning, as well as to spread the goodwill of emotional literacy.

2. How was I helpful or kind to others today?

While answering this question, you should not only recognize the many ways you are helpful and kind to others, but also new ways to consider.

BEHAVIORAL WORD STUDY SENSIBILITY

This word study investigates the dynamics of *sensibility*, a word that reflects practical wisdom. With too little understanding of the dynamics involved in this profound word, we are more apt to distort or avoid such insight more often than we realize. As you review the *Sensibility* Word Study, please note the times you remember to apply this purposeful filter, as well as times when you could have increased effort to apply it, but didn't. As suggested before, try studying these dynamics until you can fill in the spaces of a Blank Word Study.

POSITIVE-NEGATIVE FORCES

This supplement is somewhat similar to the Emotional Extremes of 3B Lesson, except that it relates to opposing forces, rather than opposite extremes. It provides a list of numerous positive forces that contribute to healthy behavior, as well as negative forces that cause us trouble and consequences.

Norman Vincent Peale introduced the concept that positive and negative forces may direct our *thinking* in his widely read book, *The Power of Positive Thinking*, published in 1952. In his work, the author explains how easily we develop a habit of thinking negatively; however, he also explains that better understanding usually leads to a more positive approach. Please study this supplement well as it will help you recognize these forces in action.

3C LESSON - VOCABULARY WORDS

As with previous lessons, please review the words below and reflect on a different one each day, exploring how each word relates to your thoughts and actions. Please also note how these definitions relate to this lesson. Taking time to memorize the words' brief definitions will optimize your ability to recognize how you are applying them in your everyday actions.

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- 1. civility- n.** A general term for a healthy code of conduct within a society. Examples of civility are consideration, respect, and good manners, as well as avoidance of rudeness and other hurtful behavior. *Civility is a valuable attribute of healthy mind development and a major contributor toward peace and harmony within a society.* Synonyms: courtesy, respect, decorum, compliance. Antonyms: Impoliteness, discourtesy, rudeness.
- 2. compassion- n.** A feeling of sympathy and concern for the misfortunes of others often accompanied by an active desire to alleviate another's suffering. Compassion is considered a key component of altruism and is ranked among our greatest virtues in most philosophies and religions. *Compassion contributes toward improving the well-being of those less fortunate in society and reducing excessive self-centered aspirations.* Synonyms: empathy, mercy, charity, sensitivity. Antonyms: harshness, cruelty, mercilessness.
- 3. competence- n.** A quality of being in possession of required skill, knowledge, qualification, or capacity. Competence requires understanding and practice of particular methods, procedures, and guidelines that improve an outcome. *Competence is a necessary contributor for achieving quality performance.* Synonyms: expertise, know-how, capability, appropriateness. Antonyms: ineptness, inability, inadequacy.
- 4. conscience- n.** The inner sense of what is right or wrong in one's conduct or motives, impelling one toward the most appropriate action. *When we allow our conscience to guide us, we are more apt to do what is right, fair, and accept our wisest options.* Synonyms: morals, principles, inner voice. Antonyms: immorality, disregard, irresponsible.
- 5. discretion- n.** The quality of editing our thoughts and actions so that we avoid unnecessary problems and offenses against others. *Practicing discretion contributes toward improved reasoning and behavior, as well as reducing unnecessary conflicts.* Synonyms: watchfulness, guardedness, deliberation, consideration. Antonyms: disregard, indiscretion, negligence.
- 6. resilience- n.** A person's ability to properly adapt to stress and adversity. Resilience is the single most critical means of handling both ordinary and extraordinary levels of stress. *Practicing resilience contributes toward improving our ability to endure stress and strengthen our vitality.* Synonyms: vigor, vitality, flexibility, dynamism. Antonyms: fragile, brittle, weary.
- 7. uneducated opinion- adj.-n.** A judgment, viewpoint, or statement that is not supported by study or evidence to substantiate reality or facts. *Uneducated opinions contribute toward wrongful reasoning and beliefs that cause tension and distance between individuals, couples, groups, businesses, and governments.* Synonyms: ill-founded attitude, sentiment, conception, or presumption. Antonyms: educated opinion, well-analyzed perspective.