

COUNSELING CORNER WITH MARCIA WEILL

Respect: Motivated by Our Heroes and Role Models

Time is precious at school. Students have so much to learn in order to do well on tests and be prepared for the next grade. I am very careful to choose topics for my lessons that, I believe and research has supported, will help students to practice the skills they will need to be successful not only academically but also socially and emotionally. Children who can identify positive role models in their lives are more likely to stay off drugs and stay motivated toward meaningful goals. One of the milestones of moral development and conscience is making the same good choices whether or not someone is watching.

Our lessons this trimester have focused on choosing heroes and role models to help us make good choices when tempted to do otherwise (say something mean, not try our hardest in our school work). We want students to choose and internalize the values of their positive role models. The focus of this lesson was looking for those role models and choosing them for the right reasons. Students learned that the “smartest student at Folsom High School” is not necessarily a hero unless he or she also helps others and chooses to follow rules. The “Most Beautiful Model” is not a hero unless she also takes good care of her body and helps others.

Has your child told you that you are his or her hero? Heroes are regular people whom we respect because they make the harder choices—to do things for others that may require sacrifice and self-discipline.

Here are the qualities we look for:

Has no superpowers.
Sets a good Example.
Does the Right thing
For Others.

Will you please help at home by asking your children whom they admire and respect and why? Please ask them whom they chose as their heroes. Students in Grades 2-5 were given cards, on which they were to write the names of their heroes. Many teachers expanded on this lesson with journal or essay writing. As always, the value of “non-academic” lessons in the classroom, the reason we believe the time spent is worthwhile, is the follow-up from teachers and parents that makes the lesson more meaningful to our students. Thank you for the opportunity to work with the students in this way at Sundahl.