

Ms. Peterson's Nugget of the Week

6 FACETS OF UNDERSTANDING

Considering how we learn helps us visualize the steps our brain takes in order to understand the world, school, ourselves, and each other.

1. Explanation
 - Providing knowledge
2. Interpretation
 - Providing meaning
 - Why does it matter?
 - How does it relate to me?
3. Application
 - Using knowledge in new and diverse situations
 - How should I modify my thinking to solve?
4. Perspective
 - Providing critical and insightful points of view
 - Which vantage point am I looking at?
 - Is there evidence?
 - What are the strengths/weaknesses?
5. Empathy
 - Getting inside another person's feelings and worldview
 - What am I not seeing from my lens?
 - What do I need to do to understand?
6. Self-knowledge
 - Understanding one's experiences and patterns of thought
 - How does who I am shape my views?
 - How I am limiting my understanding?
 - What am I prone to misunderstand?
 - What strategies work for me?
 - What are my blind spots or prejudices?

Reflection:

Do you feel that you have developed all 6 levels of understanding?

What level would you like to see more in a classroom?

What level would you want to personally work on?

What level do you feel the most confident in?

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THE PARTS OF SPEECH POEM

Every name is called a noun.

As **field** and **fountain**, **street**, and **town**.

In place of noun the pronoun stands,

As **he** and **she** can clap their hands.

The adjective describes a thing,

As **magic** wand or **bridal** ring.

The verb means action, something done,

As **read** and **write** and **jump** and **run**.

How things are done the adverbs tell,

As **quickly**, **slowly**, **badly**, **well**.

The preposition shows relation,

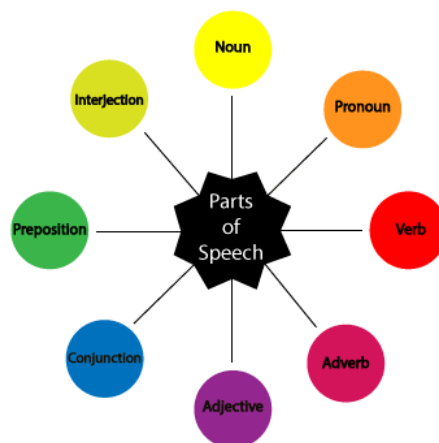
As **in** the street or **at** the station.

Conjunctions join, in many ways,

Sentences, words, **or** phrase **and** phrase.

The interjection cries out, "**Hark!**"

I need an exclamation mark!"



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COLORADO STATE UNIVERSITY'S PRESIDENT,

Tony Frank:

"It is with great sadness that I write today as Colorado State University extends both our shared sorrow and our thoughts for healing to those affected by the tragic Mosque shootings in New Zealand.

Once again, hatred against an idea or belief has embodied itself as violence against individual human beings, likely unknown to those who wielded the weapons.

Once again, we ask ourselves what we have to offer against such blind and unreasoning hate and rage.

And once again, we have only one answer: We have our hearts, and we have each other. Within a community dedicated to the primacy of ideas, of thought, any physical attack against any mental construct is an affront.

But in a nation founded upon the principle of freedom of religious belief, attacks against those who exercise their right to worship – wherever they occur - should be seen as an **attack against every fiber of who we believe ourselves to be.**"



Reflection:

What makes us human?

What happens when we don't practice empathy?

How can we accept, and even celebrate, differences?

How are we feeling in the midst of continuous tragedy?

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I PROMISE MYSELF

To be so strong that nothing can disturb my peace of mind.

To talk health, happiness, and prosperity to every person I meet.

To make all my friends feel that there is something worthwhile in them.

To look at the sunny side of everything and make my optimism come true.

To think only of the best, to work only for the best and to expect only the best.

To be just as enthusiastic about the success of others as I am about my own.

To forget the mistakes of the past and press on to the greater achievements of the future.

To wear a cheerful expression at all times and give a smile to every living creature I meet.

To give so much time to improving myself that I have no time to criticize others.

To be too large for worry, too noble for anger, too strong for fear, and too happy to permit the presence of trouble.

To think well of myself and to proclaim this fact to the world, not in loud words, but in great deeds.

To live in the faith that the whole world is on my side, so long as I am true to the best that is in me.

By Christian D Larson

Reflection:

What other promise would you make to yourself?

Do you disagree with any of these promises?

Which one do you feel most strongly about?

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LETTER TO YOUR FUTURE SELF

I hope you find the kind of happiness that exists on your own terms. I hope you truly take the time to figure out what moves you, what encourages your soul, what you deeply crave from life, and I hope you have the courage to chase that. I hope you have the courage to believe that you are deserving of everything you desire, that you are capable and worthy of curating the kind of life for yourself that sparks something within you. You have a fire inside of you—I hope you never let convenience, or comfort, or the easiness of standing still put it out. I hope you show the world what you can do with all that passion inside of you.

-written by Bianca Sparacino

-ditto'd by me

Reflection:

Write a letter to your future self explaining what the fire within you currently is urging you to do.

Analyze how you felt after reading Bianca's words and consider including that analyzation in your letter so you can keep reminding yourself that you do want to succeed no matter hard it might be.