Engaging Intellectual, Emotional & Physical Learning to Integrate CCRS and SEL

Created and Presented by Michael Clark, CEO, ReCenter Consulting
How can talent be developed and deployed to ensure that more than 7 billion people can fulfill their potential?

The World Economic Forum
College and Career Readiness Standards
According to the best available evidence, the mastery of each standard is essential for success in college, career, and life in today’s global economy.

www.corestandards.org
The CCRS focus on developing the skills students need to be successful:

- Critical thinking
- Problem solving
- Analytical skills
- Communication
- Collaboration
Social Emotional Learning
CASEL’s 5 Core Competences:

- Self-Awareness
- Self-Management
- Social Awareness
- Relationship Skills
- Responsible Decision-Making

Collaborative for Academic and Social Emotional Learning
Social Emotional Learning Impacts
Students exposed to SEL programs academic achievement increased by 11 percentage points.

Durlak, Weissburg, Dymnicki, Taylor, Schellinger, 2011
“If you’d asked me before the study, I wouldn’t have believed it. It’s what we call a ‘twofer’: We showed that SEL programs not only improve social and emotional skills, they also improve academic performance.”

Roger Weissburg
A cost-benefit study determined that there is an 11-to-1 return on investment from quality SEL programming.

Columbia University
Integrating CCRS and SEL
• Self-Awareness
• Self-Management
• Social Awareness
• Relationship Skills
• Responsible Decision Making

• Critical thinking
• Problem Solving
• Analytical Skills
• Communication
• Collaboration
College and Career Readiness
Are young people ready for work?

McKinsey Center for Government
Over 70% of educators say yes.

McKinsey Center for Government
Less than 50% of students and employers agree.

McKinsey Center for Government
Today’s learner will have 10-14 jobs by the age of 38.

U.S. Department of Labor
“A projected 65 percent of children entering grade school will work in jobs that do not exist today.”

World Economic Forum
“Technical information is doubling every two years. For students starting a four-year degree 50% of what they learn during the first year of study will be outdated by their third year of study.”

McLeod, Scott and Karl Fisch, “Shift Happens”
“Five years from now, over one-third of skills (35%) that are considered important in today’s workforce will have changed.”

World Economic Forum
40% of employers say a lack of skills is the main reason for entry level vacancies.

McKinsey Center for Government
“The world is moving so fast these days that the man who says it can't be done is generally interrupted by someone doing it.”

Elbert Hubbard
Three Types of Learning
Intellectual Learning
Emotional Learning
Physical Learning
Intellectual

Emotional

Physical
“With the help of the mind we see one aspect of things and events, with the help of the emotions another aspect, with the help of sensations a third aspect. The most complete knowledge of a given subject possible for us can only be obtained if we examine it simultaneously with our mind, feelings and sensations.”

George Gurdjieff
Engaging Intellectual Learning
We have 60,000 thoughts per day; 99% of our thoughts today are the same as yesterday.

Dr. Fred Luskin, Stanford University
"Have you really lived 10,000 or more days, or have you lived one day 10,000 or more times?"

Wayne Dyer
Three Ways We Pay Attention:

• Self-centered
• World-centered
• Divided
First Language of Thought:

Words/Self-Talk (Inside)
Second Language of Thought:

*Pictures/Images (Inside)*
“Focus is the new IQ.”

Cal Newport
Intellectual Learning
Power Tool
“Leaders think and talk about the solutions. Followers think and talk about the problems”

Brian Tracy
Counter Negative Talking
(Inside & Outside)
“The greatest weapon against stress is our ability to choose one thought over another.”

William James
Identify one negative statement you say to yourself (inside) about yourself, others, school and/or life:
Create a productive and positive countering statement for your negative statement:
Identify one negative statement you say to others (outside) about yourself, others, school and/or life:
Create a productive and positive countering statement for your negative statement:
Engaging Emotional Learning
“Our emotions need to be as educated as our intellect. It is important to know how to feel, how to respond and how to let life in so that it can touch you.”

Jim Rohn
We have the capacity for experiencing 411 different emotional states.

Research by Paul Ekman
Gratitude helps students achieve...

- Higher grades
- Higher goals
- More satisfaction with relationships, life and school
- Less materialism
- More willingness to give back.

Dr. Robert Emmons and Dr. Jeffrey Froh
Emotional Learning
Power Tool
Send and Receive Gratitude

Sending: “Thank you”
Receiving: “You’re welcome”
“At times our own light goes out and is rekindled by a spark from another person. Each of us has cause to think with deep gratitude of those who have lighted the flame within us.”

Albert Schweitzer
Where the magic happens

your comfort zone
Engaging Physical Learning
What are you currently doing to “recenter” yourself and others?
Physical Learning
Power Tool
Whenever Stressed, ReCenter Yourself
ReCentering Power Tool
Step One:  *Breathe in deeply and focus your attention in the center of your forehead…*

Step Two:  *Breathe out and relax your face and hands…*

Step Three:  *Focus your attention in the center of your body (center the x)*…

*Repeat the steps until the stress stabilizes.*
“At the center of your being you have the answer; you know who you are and you know what you want.”

Lao Tzu
Negative Statement

ReCenter

Positive & Productive Statement
Lacking Gratitude

ReCenter

Send and Receive Gratitude
Feeling Stressed

ReCenter

Take Mindful Action
The Two Biggest Challenges to ReCentering

1. Remembering to engage all three steps.

2. Remembering to recenter when stressed.
Reflect about and write down professional and personal moments when you will commit to practicing the recentering power tool:
Learning From Reactions
Learning From Your Center
The Rhythm of Learning
REACTIVE
CREATIVE
Notice they are the same word.
Only the ‘C’ has been moved.
When you ‘C’ things correctly, you become CREATIVE rather than REACTIVE.

Neale Donald Walsh
The Gift of the Present

ReCenter or ReAct?

It’s your choice
“What lies before us and what lies behind us are small matters compared to what lies within us, and when we bring what is within out into the world, miracles happen.”

Ralph Waldo Emerson
Let’s Connect!

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