

# Mindful Memo



Week 12 – October 25<sup>th</sup>-October 29<sup>th</sup>, 2021- RCMA Wimauma Community Academy

## BEWARE OF ASSUMPTIONS...

As educators (and fallible humans), we are all guilty of making assumptions about others, specifically scholars. Whether it's assuming the scholar staring blankly at their Chromebook doesn't care about their grades, or the one who rarely turns in homework is irresponsible, there are plenty of negative conclusions we can jump to as educators. This week's challenge is to mindfully reflect on our assumptions and take time to pause and dig deeper to the **WHY** of their behavior (ALL behavior has a reason). Scholars should always feel that teachers are on their side, and trusting, mutually respectful relationships can flourish when we put our assumptions aside. Consider the following.

### Possible WHYs of Scholar Behavior:

We were too vague with our instructions, procedures, or routines?

Are scholars tired, hungry, or just honestly bored?

Is emotional dis-regulation occurring, resulting in overreactions and "fight or flight" behaviors?

Have they been sitting too long? Does learning lack physical movement or breaks?

Have we as teachers been lecturing the entire period, and the student is tuned out?

Could they be experiencing social conflict or family trauma?

Have we given them a voice and made them feel understood?

Are they overwhelmed and/or under-engaged?

Is the lesson/activity interesting to them? Have we discussed why they should care?

Are they lacking executive functioning skills, and/or the confidence to ask for help?

Is it possible they don't understand, lack prior knowledge, or don't know even where to start?

Am I assuming they understand unwritten behavioral norms, even if never taught?

Are they drained from having to assume adult roles and/or responsibilities?

Are they deficient in academic success or positive praise?

Are they human and just having a bad day/week/month?



Give people the benefit of the doubt, over and over again, and do the same for yourself. Believe that you're trying and that they're trying. See the good in others, so it brings out the best in you.

Liz Newman