

LeaderinMe®

Leader in Me is a K-12 whole-school improvement model and process that helps educators and families collaborate together in developing students as life-ready leaders. As administrators and staff work to grow a leadership culture at school, parents/guardians can reinforce what is being taught at home with shared paradigms and principles. The result of a partnership between home and school will be students who are prepared for college, career, and life. Chestnut Hill Academy has been a Leader in Me school since 2009.

SKILLS	LEADER IN ME CONNECTION
<p>SELF-MANAGEMENT</p> <p>“The ability to successfully regulate one’s emotions, thoughts, and behaviors in different situations—effectively managing stress, controlling impulses, and motivating oneself; the ability to set and work toward personal and academic goals.”</p>	<p>SELF-DISCIPLINE</p> <p>(Habit #1 - Be Proactive)</p> <p>Students are able to:</p> <ul style="list-style-type: none"> · Develop responsibility for their actions, emotions, attitudes, choices, and behaviors. · Understand and apply the concept “Choose Your Own Weather” (choose your feelings, and responses). · Focus thinking and behaviors on things they can control vs. things they can’t control.
<p>RESPONSIBLE DECISION MAKING</p> <p>“The ability to make constructive choices about personal behavior and social interactions based on ethical standards, safety concerns, and social norms; the realistic evaluation of consequences of various actions, and a consideration of the well-being of oneself and others.”</p>	<p>INITIATIVE</p> <p>(Habit #3 - Put First Things First)</p> <p>Students are able to:</p> <ul style="list-style-type: none"> · Identify their most/least important priorities at school and at home. · Do weekly planning based on their priorities to ensure important things are done first. · Understand how planning and prioritizing helps to create balance and meaning.
<p>RELATIONSHIP</p> <p>“The ability to establish and maintain healthy and rewarding relationships with diverse individuals and groups; the ability to communicate clearly, listen well, cooperate with others, resist inappropriate social pressure, negotiate conflict constructively, and seek and offer help when needed.”</p>	<p>RELATIONSHIP BUILDING</p> <p>(Habit #4 - Think Win-Win)</p> <p>Students are able to:</p> <ul style="list-style-type: none"> · Understand the meaning of growth and fixed mindsets and related behaviors. · Build high-trust relationships that enable mutually beneficial problem solving. · Appreciate differences and respect others.

SOCIAL-AWARENESS

“The ability to take the perspective of and empathize with others, including those from diverse backgrounds and cultures; the ability to understand social and ethical norms for behavior and to recognize family, school, and community resources and supports.”

COMMUNICATION

(Habit #5 - Seek First to Understand - Then to be Understood)

Students are able to:

- Practice empathic listening by using the eyes, ears, and heart to understand others.
- Build high trust with others by communicating honestly.
- Use “I” messages to effectively express thoughts and feelings.

COLLABORATION

(Habit #6 - Synergize)

Students are able to:

- Celebrate differences as strengths and optimize those strengths to accomplish group goals.
- Work well in teams by listening, brainstorming ideas, and learning from each team member.
- Overcome behaviors that get in the way of teamwork and creative collaboration.

SELF-AWARENESS

“The ability to accurately recognize one’s own emotions, thoughts, and values and how they influence behavior; the ability to accurately assess one’s strengths and limitations, with a well-grounded sense of confidence, optimism, and a ‘growth mindset.’”

VISION

(Habit #2 - Begin with the End in Mind)

Students are able to:

- Think ahead about consequences of actions/choices before acting.
- Understand how goal setting applies at school and in one’s personal life.
- Set clear expectations for themselves and others.