

Palmarium

The Classical Academy exists to assist parents in their mission to develop exemplary citizens equipped with analytical thinking skills, virtuous character, and a passion for learning, all built upon a solid foundation of knowledge.



Reflections on Social Intelligence

••••• Assorted Quotes



Epictetus
(55-135 AD)

Any person capable of angering you becomes your master. *Epictetus*

Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around. *Leo Buscaglia (1924-1998)*

The only way to change someone's mind is to connect with them from the heart. *Rasheed Ogunlaru (1970-)*

If your emotional abilities aren't in hand, if you don't have self-awareness, if you are

not able to manage your distressing emotions, if you can't have empathy and have effective relationships, then no matter how smart you are, you are not going to get very far. *Daniel Goleman (1946-)*

Let's not forget that the little emotions are the great captains of our lives and we obey them without realizing it. *Vincent Van Gogh (1853-1890)*

When dealing with people, remember you are not dealing with creatures of logic, but with creatures of emotion. *Dale Carnegie (1888-1955)*

No one cares how much you know, until they know how much you care. *Attributed to Theodore Roosevelt (1858-1919)*

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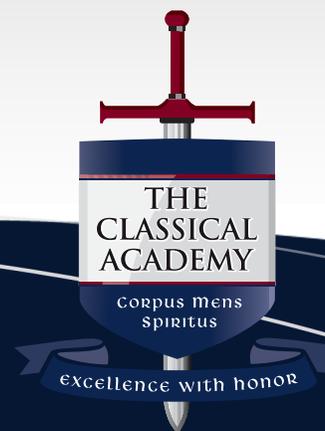
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- Whole Person Focused
 - Relationship Based
 - Classically Oriented
 - Idea Centered



Exactly What is Their Deal?

by Wesley Jolly (Director of Academic Services)

We have all been there, I think, either on the receiving end or giving end – standing in a room chatting while a self-deemed, designated, or maybe even, an actual expert on a topic dominates the conversation. I’ve been there as the giver in this scenario ---“have you heard Bob Dylan’s new album of Sinatra tunes . . .” – and, over the years, I’ve learned to try and restrain that urge to spill from my fount of knowledge on all things Dylan. But hey, he did just win the Nobel Prize for Literature [*must try harder*]. Or what about hitting “reply all” on that e-mail that you shouldn’t have, or in a state of high emotion crafting that e-mail and sending it to a huge addressee list – many times to regret it later. Any hands raised on that one? Or how about being in that meeting where someone has all the answers as Randy Glasbergen so humorously illustrates [to the right].

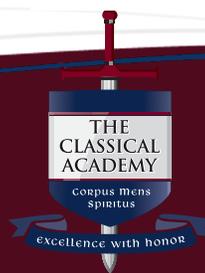
This month’s PALMARIUM focuses on *social intelligence* (SI) – a term that it getting a lot of focus these days, in a variety of forums. One’s social intelligence quotient is discussed in a similar manner to intelligence quotients of old. Fyodor Dostoyevsky, in *Crime and Punishment*, in part, foretells



“I haven’t read your proposal yet, but I already have some great ideas on how to improve it!”

CHARACTER STRENGTHS CLASSIFICATIONS

INTELLIGENCE in *Character Strengths and Virtues*, concerns one’s relationships with other people, and trust, persuasion, group memberships, and described here overlap, but empirically the degree of intelligences referred to are – personal, social, and emotional intelligence. People who are high in these intelligences can: “identify emotional content in faces, voices and designs (emotional intelligence), use emotional information to facilitate cognitive activities (emotional intelligence), understand what emotions mean regarding relationships, how they progress over time, and how they blend with one another (emotional intelligence), understand and manage emotion (emotional intelligence), accurately assess one’s own performance at a variety of tasks (personal intelligence), accurately assess one’s own emotions and feelings (emotional, personal intelligence), accurately assess one’s own motives (personal, social intelligence), use social information to get others to cooperate (social intelligence), identify social dominance and sociopolitical relationships among individuals and groups (social intelligence), and act wisely in relationships (social intelligence)” (338-339).



and DEFINITIONS: In their chapter on SOCIAL Peterson and Seligman write: “Social intelligence including the social relationships involved in intimacy political power. Conceptually, the three intelligences overlap is not well understood” (339). The three intelligences can: “identify emotional content in faces, voices and designs (emotional intelligence), use emotional information to facilitate cognitive activities (emotional intelligence), understand what emotions mean regarding relationships, how they progress over time, and how they blend with one another (emotional intelligence), understand and manage emotion (emotional intelligence), accurately assess one’s own performance at a variety of tasks (personal intelligence), accurately assess one’s own emotions and feelings (emotional, personal intelligence), accurately assess one’s own motives (personal, social intelligence), use social information to get others to cooperate (social intelligence), identify social dominance and sociopolitical relationships among individuals and groups (social intelligence), and act wisely in relationships (social intelligence)” (338-339).

Peterson, C., & Park, N. (2009). Classifying and measuring strengths of character. In S. J. Lopez & C. R. Snyder (Eds), *Oxford handbook of positive psychology*, 2nd edition (pp. 25-33). New York: Oxford University Press. www.viacharacter.org

Peterson, C., & Seligman, M. E. P. (2004). *Character strengths and virtues: A handbook and classification*. New York: Oxford University Press and Washington, DC: American Psychological Association. www.viacharacter.org



LOVE: Both loving and being loved; valuing close relations with others
KINDNESS: Generosity; nurturance; care; compassion; altruism; compassion; altruism; “niceness”
SOCIAL INTELLIGENCE: Emotional intelligence; aware of the motives/feelings of self/others, knowing what makes other people tick

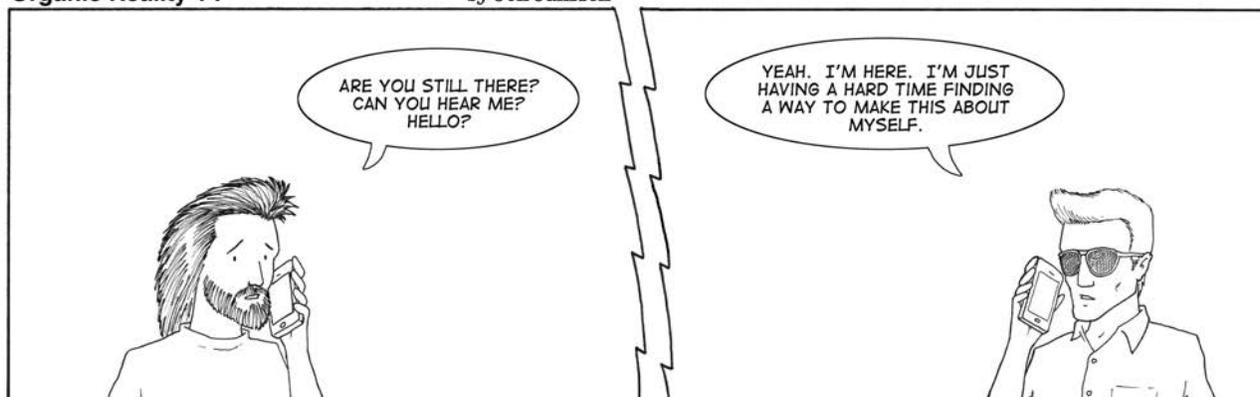
Exactly What is Their Deal? *[continued]*

of this idea - "It takes more than intelligence to act intelligently." Ronald Riggio, of *Cutting-Edge Leadership*, in a July 2014, *Psychology Today* article titled "What is Social Intelligence? Why Does It Matter" writes: "SI develops from experience with people and learning from success and failures in social settings. It is more commonly referred to as 'tact,' 'common sense,' or 'street smarts.'" Riggio goes on to point out the 6 key elements of social intelligence, which I'll summarize from his article:

1. **Verbal Fluency and Conversational Skills** – the "working the room" element.
2. **Knowledge of Social Roles, Rules, and Scripts** – understanding the "norms" of social interaction.
3. **Effective Listening Skills** – being a great listener, contributes to feelings of "connection" [see *Hemingway poster at the end of this volume*].
4. **Understanding What Makes Other People Tick** – understanding how to "read" what others are thinking or feeling [the emotional intelligence component].
5. **Role Playing and Social Self-Efficacy** – knowing how to play different social roles; feeling comfortable with all types of people.
6. **Impression Management Skills** – perhaps the most complex component; what impression are you making on others.

Organic Reality TV

by Jon Janssen



The VIA Institute on Character identifies social intelligence (including an emotional intelligence and personal intelligence component) as: "being aware of the motives and feelings of other people and oneself, knowing what to do to fit into different social situations, knowing what makes other people tick." Social intelligence involves navigating complex relationships, and today these relationships are even more challenging with instantaneous messaging, e-mail, posting, blogging, etc.. Our world has shrunk – and the impact of our social missteps are magnified, unlike any other time in

Exactly What is Their Deal? *[continued]*

history. Personal opinions on a myriad of topics, relationships (positive and negative aspects), political opining, public quarrels, one-upmanship (and yes, Facebook, is a breeding ground for this), as we discussed in the two previous volumes on *civility* – in some respects have reached critical mass, or as Malcolm Gladwell expressed it a “tipping point.”

Jon Janssen, one of TCA’s resident IT experts, in his free time creates a comic strip titled *Organic Reality TV*. Over the years he has pursued this interest, a few of his efforts demonstrate perfectly a lack of proper *social intelligence*. I like to label them “All About Me” [*included earlier in this article*] and “Don’t Categorize Me, But I Know You” [*below*].



Is our first reaction centered on how to improve the proposal, focused on shifting the conversation to me, or knowing “exactly what their deal is”? Sometimes these can be tough questions. As you reflect on your social intelligence quotient, I highly encourage you, this month, to take an extra moment and review the many quotes related to social intelligence throughout this volume. As we have focused on the 24 *Character Strengths and Virtues* outlined in Christopher Peterson and Martin Seligman’s book the past few years, four of those character strengths, in my opinion, relate directly to the topic of *civility* which began our PALMARIUM series this year – **humility** (Volume 12, September 2014), **perspective** (Volume 13, October 2014), **self-regulation** (February 2015), and this current issue on **social intelligence** (Volume 32, November 2016). Each of these volumes are archived on the TCA website if you’d like to go back and review them [<http://tcatitans.org/cms/One.aspx?portalId=765275&pageId=765286>].

As with most difficult issues, there are no simple solutions to improving *civility* within our society. We can, however, do our part with an increased emphasis on *humility*, *perspective*, *self-regulation*, and *social intelligence*. As Malcolm Gladwell noted, and I think most of us would agree, **little things can make a big difference**.

VETERANS DAY 2016

Lt Col Shayne Coyne, the Deputy Director, Operations and Outreach, Center for Character & Leadership Development United States Air Force Academy shared an



inspiring message titled **"A Legacy of Earning Our Future"** with our TCA students and community at the annual Veterans Day Assembly. The TCA Blue Concert Band, Jubilate Men, 4th and 5th graders, Power and Justice

representatives, Speech and Debate students, and all other students and staff involved did an outstanding job of honoring our nation's veterans. Thanks to all that attended this important event.



TCA Contributes to Wreaths Across America

For the third consecutive year TCA students raised money to donate **239 wreaths** to support the national **Wreaths Across America** campaign. If you would like to donate or participate in the wreath laying ceremony on December 17 at Memorial Gardens Cemetery & Funeral Home in Colorado Springs paste this link into your internet browser: <https://wreaths.fastport.com/donateLocation.html?page=28108>

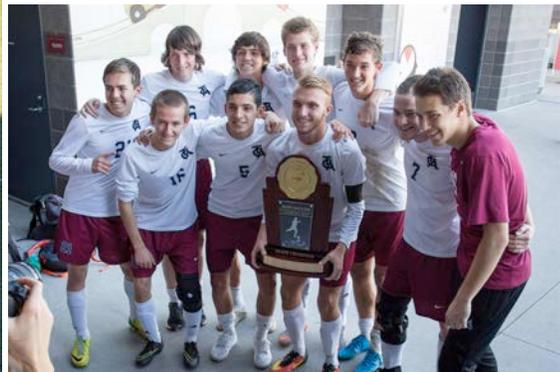


4A STATE CHAMPIONS

TCA's soccer team defeated Battle Mountain in the 4A state championship game 7-1. Six different players scored in this dominating victory. Congratulations Coach Galvin and team. Job well done!



What a great season, what a great team, what a great group of boys!
Coach Galvin



ACADEMY DISTRICT 20 MEASURE 3A PASSES BY WIDE MARGIN

On Tuesday, November 8, voters voiced historic levels of support for Academy District 20 and TCA, **voting to pass ballot measure 3A, a \$230 million bond (with \$21.05 million to TCA)**, by a margin of 60-40, the highest yes vote for any bond or mill levy in recent district history. We are overwhelmed and excited by this community display of support for our students, teachers, and staff.

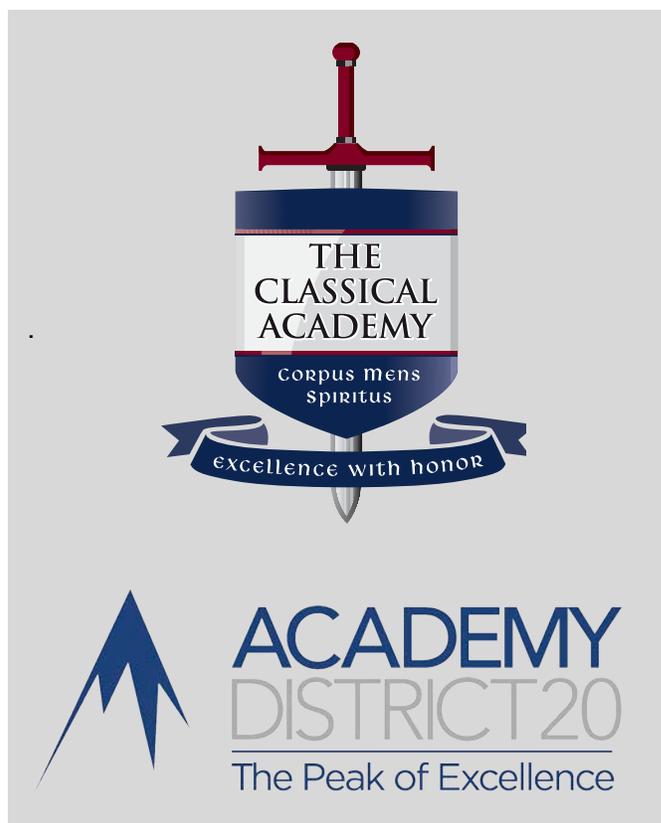
We would like to extend a heartfelt thanks to all the volunteers who helped make this possible. Our parents came together and walked neighborhoods, distributed literature, held information sessions and much more. To each and every one of you who championed this effort, thank you!

TCA will now benefit greatly from your support, dedication and hard work. We've already compiled a potential list of capital construction projects and facilities upgrades, and others will be added to the list for consideration as we work with principals and the Board of Directors to develop a final list of prioritized and approved projects. It's certainly exciting that all of our students, at every TCA campus, will benefit from this bond measure.

Although we are celebrating, we are simultaneously planning next steps. There is much to be done! **We also want to remind you that this bond money must be spent on capital projects. None of these dollars can go toward staff salaries, benefits, and compensation. We still need your sacrificial donation support, so please look for a mailing in early December.** Without question, our teachers and staff are the most important element in helping your children become extraordinary.

We'll continue to inform you about the status of the bond and the resulting projects, but please take a moment to celebrate this amazing accomplishment and opportunity. And as always, thank you for journeying with us.

We Are Titans!
Russ Sojourner
President



Dr. Scott Poland

Parenting in Challenging Times



In October, Dr. Scott Poland, nationally recognized expert on youth suicide, school crisis, and prevention addressed the TCA community on the topic "Parenting in Challenging Times." Click the following link

to view the video of his presentation: <http://tcatitans.org/cms/One.aspx?portalId=765275&pageId=6493618>

The presentation slides can also be found on our website:

<http://tcatitans.org/common/pages/DisplayFile.aspx?itemId=6432400>

Each month I plan to highlight one of the slides from his presentation in this section of the PALMARIUM. This month's focus "Tips for Parents" – Online Behavior.

Tips for Parents

- Online activities are not just your child's business
- Discuss online behavior with them and what information is appropriate to share
- Demand to know the online communities and your child's password
- Be up front that you will investigate their postings, profiles, website etc. because you care! Take Charge!
- Numerous programs allow parents to monitor cell phone and internet activity

Upcoming TCA Board Meetings

Monday, December 12 @ 6:00 pm

Monday, January 9 @ 6:00 pm

Monday, February 13 @ 6:00 pm

all meetings are held in rooms 2213/14 at North Secondary

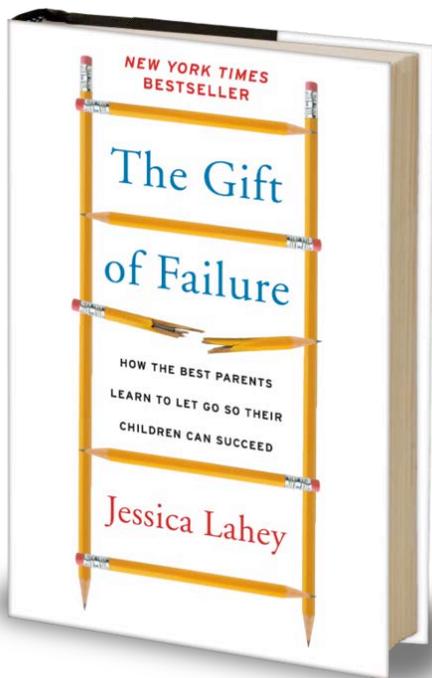
*** THE BIG HOAX ***

SCREENS IN EDUCATION

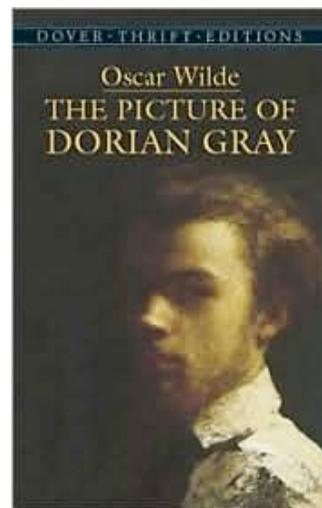
TIME magazine posted an article in August by Dr. Nicholas Kardara, the author of *Glow Kids: How Screen Addiction is Hijacking Our Kids – and How to Break the Trance*. Dr. Kardara writes: "Tech in the classroom not only leads to worse educational outcomes for kids, which I will explain shortly, it can also clinically hurt them. I've worked with over a thousand teens in the past 15 years and have observed that students who have been raised on a high-tech diet not only appear to struggle more with attention and focus, but also seem to suffer from an adolescent malaise that appears to be a direct byproduct of their digital immersion. Indeed, over two hundred peer-reviewed studies point to screen time correlating to increased ADHD, screen addiction, increased aggression, depression, anxiety and even psychosis." To read the entire article click: <http://time.com/4474496/screens-schools-hoax/?xid=emailshare>



BEYOND THE BOOK CLUB



As part of our continuing *Engaging Minds* theme this year we will have our second meetings of the **Beyond the Book Club** on *The Gift of Failure: How the Best Parents Learn to Let Go So Their Children Can Succeed* by Jessica Lahey on **November 28th, 29th, and 30th** at **4:00 pm** at TCA's North Campus. The next book to be discussed in February will be *The Picture of Dorian Gray* by Oscar Wilde (a selection read by our seniors). If you would like to join us for one of the sessions please RSVP to me at wjolly@asd20.org. Our book study meetings will each last approximately 90-minutes.



It takes something
more than
intelligence to act
intelligently.

Fyodor Dostoyevsky

(1821-1881)

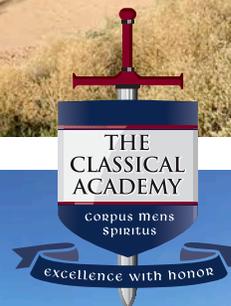
in *Crime and Punishment*



North Campus Multi-Sport Complex Completed



From this . . .

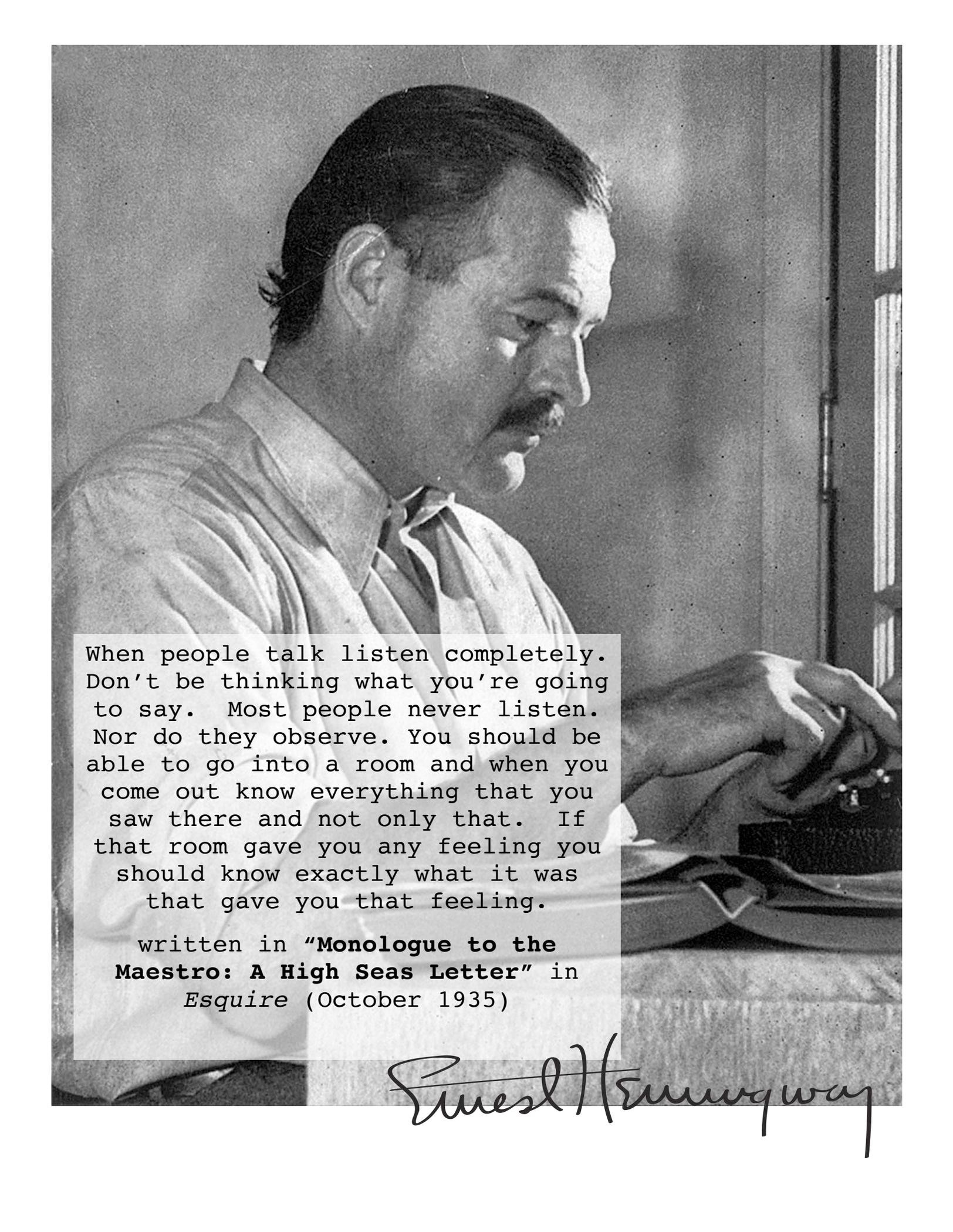


Thanks to all that made this reality.

Ribbon Cutting Ceremony



...to This



When people talk listen completely. Don't be thinking what you're going to say. Most people never listen. Nor do they observe. You should be able to go into a room and when you come out know everything that you saw there and not only that. If that room gave you any feeling you should know exactly what it was that gave you that feeling.

written in "**Monologue to the Maestro: A High Seas Letter**" in *Esquire* (October 1935)

Ernest Hemingway