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# Ed Studies News

## Teacher Scholars for Social Justice



Thought for the Day:  
*Comparison is the  
thief of joy.*

### Student Teachers Kick Off the Year Right—with food!

College students are rarely known for passing up free food, and the current student teachers were no exception when they kicked off the fall semester with a few good meals. The student teachers gathered after one of their first seminar classes to enjoy some delicious pizza and good conversation. Lest you feel jealous for not getting in on the pizza action, you should know that it was well-earned: All student teachers returned to campus no later than August 15 because that's when classes at local schools started. So, yes, while the rest of us were still soaking up some of summer's last rays of sunshine and packing for the trek back to good ol' IWU, the student teachers were creating bulleting boards, getting to know their students, and navigating the draining task of full-time student teaching. In other words, they got free food, but they more than earned it!

Then, just a few short weeks later, they gathered again over food during the Cooperating Teacher Reception. This time, the food was a bit more upscale to acknowledge the hard work and dedication of our cooperating teachers.

~Great job so far, student teachers!



### It's More than Just a Picture Book!

If you haven't had a chance to mosey up to the Ed Studies area yet this year, take some time to stop by and check out some of the posters created by students in the *Child and Adolescent Literature* course from last May Term. Students spent considerable time last May analyzing a plethora of children's books and uncovered some fascinating insights and observations. They shared their findings at a poster session during the May Term Closing Ceremony. The posters will be displayed on a rotating basis in the Ed Studies area, so stop by often to learn about the nuances and complexities of such childhood favorites as *Snow White*, *Where the Wild Things Are*, *Amelia Bedelia*—and more!

What do

**James Hugh Barger & Hannah I Shur** have in common? Think you know? Submit your guess to Pennie Gray (pgray1@iwu.edu) for a chance to win a mystery prize!  
*Ooohh!!! SO exciting!*



### Your Inbox

So, not to pry or anything, but, um, how many emails do you have in your inbox? If the answer is in the thousands, it might be time to do a bit of housecleaning. Having too many emails in your inbox can create a sense of overwhelming stress, which in turn can lead to avoidance. Even worse, if you have a bazillion emails, you might just miss a really important one—like the one that tells you about free pizza on the quad.

If you want to work on paring down the number of emails you see when you check your email account, check out this [YouTube video](#). It covers so many things that even a self-described pro with gmail didn't know. And if you're feeling especially frisky, try using Google Calendar to organize your life—it is an incredibly useful tool for remembering everything from Aunt Ethel's birthday to a meeting with a study group. Give it a try. If you prefer an in-person tutorial, contact Professor Pennie Gray. She has promised not to gasp (audibly) when she sees how many emails are in your inbox!



## SPOTLIGHT

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## Molly Principi

Some student teachers are investigating how the concept of Restorative Practices can create a socially just classroom environment during the student teaching practicum. In order to illuminate how to create a non-incentivized classroom management system, our own IWU Alum Molly Principi Skyped in to the Student Teaching seminar to share her insights about how she manages her own classroom without tokens, fake money, or threats. Yes, it can be done! How, you ask? Well, according to Molly, you have to spend a lot, that's a lot, of time getting to know your students. Once the classroom routines are established—another feat in and of itself—knowing your students well gives you an opportunity to connect with them, and when students feel connected, they feel like they're part of an important group, and when they feel like they're part of an important group, they tend to try to behave well to sustain that group. It's what we might call the domino effect—one thing leads to the next. Of course, there are moments, perhaps many of them, when Molly gets frustrated with a student here or there, but if you know Molly, you know she handles those situations with a calmness that, at the very least, throws the students off a bit. Oh, and if you know Molly really well, you know that there is a healthy dose of humor that accompanies any redirection she offers. Thanks, Molly, for sharing your valuable insights!

## TITAN TRIVIA!

What notable event occurred on October 28, 1850? Any guesses? Nope—it wasn't the first time someone dressed up as Bernie Sanders for Halloween—he's not *that* old. Any other guesses? The answer is below.

Remember: It all gets done!



## Decompression Strategies

If this newsletter had a soundtrack, it would be Stevie Wonder's *Don't You Worry 'Bout a Thing*. Either that or Pharrell Williams' *Happy*. Or maybe Bill Withers' *Lovely Day*. Yep, that's the one. What? You've never heard of it before? Aw, go YouTube/Spotify/iTunes it! It will put you in a good mood, we promise.

We don't need to tell you that we are nearing that time of the semester where things start to get a little, shall we say, stressful. We all start to feel the crunch of Midterms, and it sometimes feel like we will never, ever, *ever, ever* get everything done. Fear not! Here is a handy-dandy list of ideas sure to banish those panicky moments that are bound to come. When you're feeling a little overwhelmed, take ten to fifteen minutes to do one of the following things:

- ⇒ Put on a happy or mellow song and do nothing but listen to it. Check out the suggested songs to the left.
- ⇒ Set a timer and go through the photos on your phone or computer and relive some wonderful moments.
- ⇒ Write a note to your Grandma or Grandpa—you'll feel great and so will they!
- ⇒ Close the drapes and dance! No one will ever know. . .
- ⇒ Watch a cute cat or puppy video.
- ⇒ Stretch.
- ⇒ Breathe. Take in at least ten deep breaths . Inhale for five seconds, and exhale for five seconds. Relax your shoulders.
- ⇒ Change your IWU email password to something that reminds you to smile.
- ⇒ Daydream for ten minutes. Feel better?

Ohm. . . Ohm. . . Ohm. . .

Have you heard about schools that are starting to use yoga instead of detentions? It's true! According to [a recent article in Newsweek](#), the Robert W. Coleman Elementary School in Baltimore uses the Mindful Moments Room to help "disruptive" students learn how to manage their emotions, and the results have been striking. According to principal Carlillian Thompson, "Instead of the students fighting or lashing out, they started to use words to solve their problems." Programs like this demonstrate how important it is to teach the **whole** child.

