



ABOVE AND BEYOND

THE NEWSLETTER OF THE CANADIAN ASSOCIATION OF STUDENT ACTIVITY ADVISORS

VOL 15 NO 3

Getting Lots of Things Done

It is a busy job being a teacher today, and adding a full load of activities into the mix really tends to overload the average person. We all mean well, but some people just seem to be able to get more things done. In fact, they seem to be able to carry more things successfully than the rest of us. The question then becomes: What do these people do different?

The key to this success in getting things done is diligence. Diligence is a focus of persistence, but most important, it is an ability to ignore unrelated pursuits. In today's 24-hour-digital world there are googols of attractive sideshows (don't look it up, ignore an unrelated pursuit and trust me that's how a number 1 followed by 100 zeros is spelled correctly). Too many people get sidetracked on the everpresent YouTube video roll or the Google search and don't stay focused on the task at hand.

Steve Martin, actor and comedian, learned to play the banjo by himself back in the 1960s. Banjo lessons were hard to come by, so Martin took Earl Scruggs' records and slowed them down from 33 $\frac{1}{3}$ RPM to 16 RPM. He would then tune down the banjo to match the slower speed and start picking out the notes, painstakingly, one by one. Martin learned to play skilfully and added banjo to his comedy routine, but it was the continuation of diligence at this skill that won him a Grammy in 2009.

Getting good at getting things done is a skill that has to be practiced and focused upon. It is not something that takes a person weeks to accomplish; it can take years to perfect. Today's self-help books and websites offer too many easy solutions and life hacks that are offered in 10 steps or less than 3 weeks. The organizational tools of a simple planner and "to do" list work, but you must take the time to practice, refine and focus on these tools.

Once you are diligent at getting things done, you will be amazed at the opportunities that open up. You will also get more done.



LEADERSHIP SCHOLARSHIPS

CASAA will be making five \$1000 scholarships available again this year for student leadership. These scholarships will not be given out by geographical boundaries but rather on the merit of the applicant's contributions to student leadership in Canada.

Applicants must be enrolled in their senior year in a Canadian high school that is currently a member of CASAA and have a minimum average of 70% in their graduation year. The winners will have made a superior contribution to Canadian students through membership in planning committees of major regional, provincial and/or national student leadership initiatives recognized by CASAA. They also must have made a significant contribution to student leadership initiatives in their home community.

Check the CASAA website for more application details.

Now is the time to apply for next year's major leadership scholarships. The TD Canada Trust Scholarship for Community Leadership application is due in mid October, 2012. Start planning and collecting your information now.

Dave Conlon
CASAA Program Director

Getting the Boring Stuff Done

"We all take different paths in life, but no matter where we go, we take a little of each other everywhere."

Tim McGraw



There is a lot of discussion about the apparent lack of motivation that young people have today. Their work ethic is questioned, and adults feel that young people don't have the same commitment to causes that were expressed in previous generations. There are numerous reasons for this, but Daniel Pink writes and presents a lot about his perspective on motivation. He points out that Wikipedia was created by thousands of people working on pretty menial tasks for no pay. The success of this online encyclopedia was fostered, according to Pink, by intrinsic motivation.

Many of the things that student leaders have to do are boring but necessary. For example, it's difficult to get students excited about stuffing envelopes for a massive fundraiser. Daniel Pink in his book on motivation entitled "Drive" talks about avoiding the old approach to motivation for getting people to do things, but relying on intrinsic motivation. "Drive" explains that coercion and asking for volunteers will only get minimal participation from your workers. Pink recommends that this is the rare time that you need to use the "if-then reward" combined with intrinsic motivation. Besides offering the "pizza party" bribe for a successful completion of the job, Pink offers three important practices that will increase your students' intrinsic motivation.

- ▲ **Offer a rationale for why the task is necessary.** A job that's not inherently interesting can become more meaningful, and therefore more engaging, if it's part of a larger purpose. Explain why this envelope stuffing campaign is so important and why getting it done now is critical to your group's mission.
- ▲ **Acknowledge that the task is boring.** This is an act of empathy. The acknowledgment will help people understand why this is one of the instances where there is a reason for a pizza party reward at the end of the activity.
- ▲ **Allow people to complete the task their own way.** State the outcome you need. But instead of specifying precisely the way to reach it—how each envelope is efficiently stuffed and exactly how each label must be affixed—give them freedom over how they do the job. Students will come up with their own efficient and/or creative way to do the job and they will "own" the tedious task.

Pink points out that offering the pizza party bribe for every successful completion of an activity extinguishes the basic intrinsic motivation that is the real fire that gets young people passionate and involved in projects.

"Drive" by Daniel Pink is one of the books highly recommended for anyone working with today's students

SHARPEN YOUR AXE

There was a woodsman who had a new axe. The first day he was able to chop down twenty trees. With each passing day, he worked longer and harder, while chopping down fewer trees.

A friend wandered by and suggested, 'Why don't you sharpen your axe?'

The woodsman replied, 'I'm too busy. I've got to chop down more trees!'

Working longer and harder will not help you find more time. In fact, it will make the problem worse. As you get stressed and frustrated, your goals and dreams will get put on the sideline.

The simple answer to this problem is to get organized! The only thing you can do to save time, is to waste less time.

The next time you hear yourself saying that you can't spare a minute, it's time to collect your thoughts and re-evaluate how you can work smarter so that you have plenty of time to reach your goals.

10 Minute Lessons

Leadership lessons do not need to be whole period or week-long efforts. You don't even need to be teaching leadership to use these lessons in your English or History classes. Phil Boyte believes in concise lessons that engage students in an activity and then the processing of the activity is where the actual learning and application of the lesson happens. The following activity is from "10 Minute Lessons" by Ron Jones. This book is available from CASAA as well as Phil's book, FOCUS: 10 Minute lesson plans. Purchase them online at: casaa.myshopify.com

Human Body Parts

Focus: We know more than we realize

Supplies: paper and pencil/pen for each participant

Instructions:

Ask each student to write ten different three letter words that are body parts on a piece of paper in the next 90 seconds. Have them do this on their own without the help of their neighbour.

After ninety seconds, check to see if anyone has ten listed. If so, borrow their list and read it to the group. If no one has ten, then read the list below to them and ask them to circle the ones they got and groan out loud when you read one that they did not remember to put down.

Ear, Eye, Toe, Leg, Arm, Rib, Lip, Hip, Gum, Jaw

When you have read these ten ask them if they have any more that were not listed. The group can usually add a few more. If not, here are a few more that you would accept: lid, cap, tip, bum, gut, lap.

Processing:

- Talk about how many words they were able to add to their own list after sharing with others.
- How much did they know that they didn't even think of?
- Talk about areas in their life where they try to do things by themselves, and yet if they would ask other for ideas, suggestions, and help, it would expand their success.
- Did they quit trying to get new ideas or were they still working on generating words when the time ran out?
- Did someone's contribution spark them to have a new idea? Why?
- Did they assume there were not ten and quit at a lesser number?



"Life is like a ten speed bike. Most of us have gears we never use."

Charles Schultz

CASAA ADVISOR CERTIFICATION

One of the major elements of the advisor program at the national leadership conference (CSLC) has now been enhanced. Professional PD is now available for adult delegates through the Advisor Certification workshops that now have 3 levels of certification.

In the Level 1 workshop, basic elements of running a leadership/activity program will be covered as well as an overview of the resources available to advisors. This is the beginning of the 3-level certification process hosted by CASAA at national leadership conferences. Advisors will be able to enhance their present leadership skills and learn about new ideas and resources that will improve their school programs.

More information is available on the CASAA website in the new *Advisor Resource Inventory* section under the *Advisor* tab.

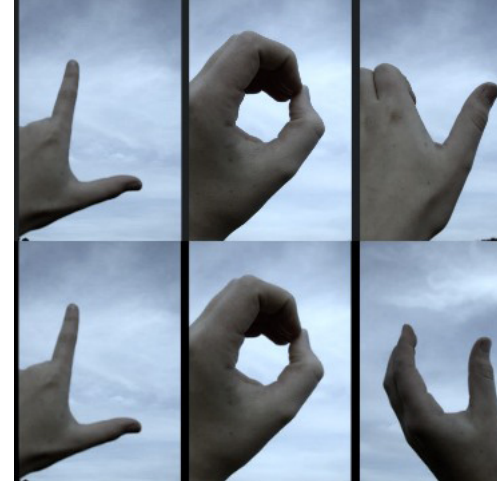
this is LOUD!

Block Rocker is the perfect all-in-one portable sound system for iPhone, iPod, microphones and instruments. It even includes a built-in AM/FM radio! Plug your iPod into the integrated dock, then crank up your favorite music and rock out for more than 12 hours with Block Rocker's internal, rechargeable battery. The large speaker and built-in amplifier ensure clean, clear audio for the whole party, the gym or cafeteria, and with wheels and a telescoping handle, Block Rocker makes it easy to bring your music anywhere and everywhere in or outside school.



In addition to the integrated dock for iPod and the digital AM/FM radio, Block Rocker includes a microphone and cable to connect other portable music players, plus a convenient cable bag for storage. Block Rocker even lets you plug in and amplify a guitar, for a complete portable music system in one easy to transport package! Use it at staff meetings or large gatherings in-synch with a projected video.

This unit has been used in many schools and is another quality product available directly through CASAA. Cost is \$350 shipped to your school. Check out the CASAA online store at: casaa.myshopify.com to purchase.



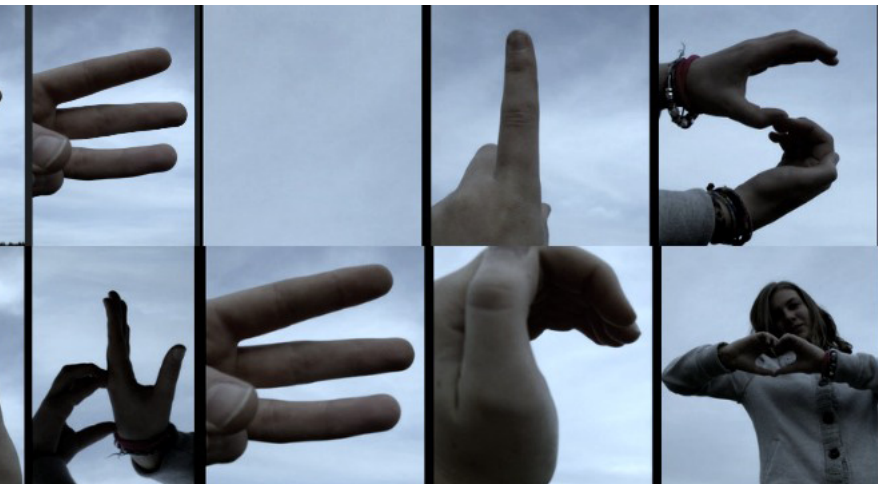
North Queens Rural High School in Caledonia, Nova Scotia, participated in the national anti-bullying week.

They challenged their students to create interesting art projects. One project was 'Louder than bullying'. The students created a Facebook page and invited everyone to participate by uploading photos to the event.

Breagh Lane created the hand spelling of Love is Louder and produced an art show for the community at the school. The school's student body (grades 7-9 in the windows, grades 10-12 on the lawn) wrote "Love is Louder" on their hands and posed together.

Check out the website www.loveislouder.com for more information.





ra Scotia, ran the *Love is Louder Campaign* to celebrate

ng photos or artwork to spread the message that Love is
ook event, and they invited all students in the school to

Louder. Her English class took the event on as a project
end of the week. The school photo shows the entire
-12 outside) at the culminating event. The students
gether.

more information and a starter kit.



“Lots of people want to ride with you in the limo, but what you want is someone who will take the bus with you when the limo breaks down.”

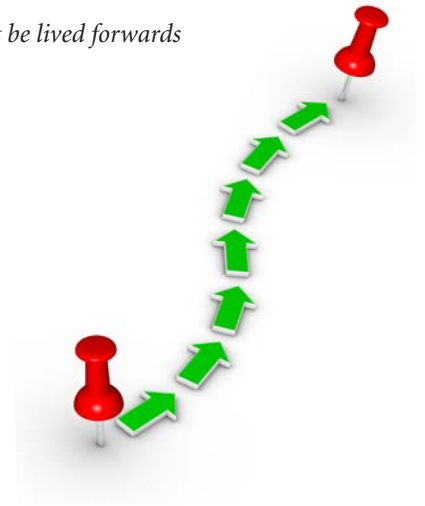
Oprah Winfrey

Road Map of My Life

LIFE can only be understood backwards, but it must be lived forwards

Now is the time for your students to look at what they have accomplished this year. This assignment allows them to creatively express where they have been and where they are going.

You have already completed a large section on the road of life. It is time to reflect back on the journey so far to really see where you are and how you got there. What were some of the significant journeys along the way? Who were the important people? What were the most memorable events?



Your job is to show this “life road” visually. You are going to literally draw the road map of your life. You can be creative (in fact we like that), but it must be an accurate depiction of the events of your life from birth to where you are right now sitting in this desk. Your map must have the following:

- ▲ 5 – 7 “signposts” along the road. These signposts represent significant events in your life that have helped to get to where you are, and become who you have become as a person. These may include family experiences, events you have participated in, choices you have made, etc. The “signpost” should have a title and a brief description of what they represent.
- ▲ 5 – 7 “billboards” along the road. These billboards will display catchy slogans advertising values and life lessons that you feel have been important for you. For example, “Forgiveness – sets you free!”
- ▲ You will have one piece of large card stock paper to draw your map on. It should be neat, colourful, unique, creative, thoughtful and accurate.

ANIMOTO FOR VIDEOS

This is the YouTube generation, but many advisors are still stuck in the analog groove of the album. Making digital videos is not that difficult anymore, and the web program available on www.animoto.com makes it very easy and professional looking.

Animoto automatically produces beautifully orchestrated, completely unique video pieces from your photos, video clips, and music. You can choose your images and then select your music to suit the video that you create. The Animoto site has their own licensed music you can use or you can upload your own mp3. The videos are produced in HD and can be shared on Facebook, YouTube or DVD.

Different pricing plans are available, but this is just the beginning of better videos for assemblies and presentations.

Evaluation

1. Creativity: Is your map unique and special? Does it stand out? Have you added those little extras that make it look impressive?
2. Signposts: Do your signposts show real events from your life? Have you chosen appropriate events? Do they give a brief description? Do you have enough signposts?
3. Billboards: Do your billboards advertise moral lessons and values? Are your slogans creative? Do you have enough billboards?
4. Appearance: Is your map neat? Is your map in colour? Is your map done in ink? Is your map easy to read? Have you included pictures (drawings)?

Jenn Hanna

Sherwood Community School, Calgary

Finding Meaning in Attitude

The following excerpt is from the book, *Reviving Work Ethic*, by Eric Chester. In this book, Chester deals with the increasing lack of work ethic that is demonstrated by today's young people. He presents an incisive look at the root of the entitlement mentality that afflicts many in the emerging workforce and shows you the specific actions you can take to give your students a deep commitment to performing excellent work.

Viktor Frankl's classic book, *Man's Search for Meaning* (1946), tells of his experiences as an inmate in a concentration camp during World War II. Amid all the horrors of those experiences, Frankl learned how having a positive attitude can literally save your life.

"We who lived in concentration camps can remember the men who walked through the huts comforting others, giving away their last piece of bread," Frankl wrote. "They may have been few in number, but they offer sufficient proof that everything can be taken from a man but one thing: the last of human freedoms—to choose one's attitude in any given set of circumstances to choose one's own way."

Frankl witnessed the power of embracing attitude as a personal choice and taking personal responsibility for the way you view yourself, the world, and yourself in the world—even in a concentration camp.

He wrote, "We can discover this meaning in life in three different ways:

- i) by creating a work or doing a deed;
- ii) by experiencing something or encountering someone; and
- iii) by the attitude we take toward unavoidable suffering."

Reading or discussing Frankl's masterpiece with younger leaders often leads them to conclude that whether you're working a cash register, dealing with unruly patients or customers, cleaning the company bathroom, or performing any other job they think may be beneath them, it all pales in comparison to the sufferings others have unfairly endured. The perspective they get from a story like this, or from many others like it, can have a life-altering impact on the attitude.

Eric Chester, leadership speaker and author of *Reviving Work Ethic: A Leader's Guide to Ending Entitlement and Restoring Pride in the Emerging Workforce*.

Eric can be contacted through RevivingWorkEthic.com

"He who has a why can endure any how. "

Friedrich Nietzsche

KEEPING THE TEAM TOGETHER

Here are some basic hints to keep the people on your leadership team working in harmony.

If you ask someone to run something; then let them run it.

There is always some person who says it can't be done.

Leaders who say what they think people want to hear are not leading. They are following.

Energize others to make things happen. Don't negate initiative.

People vote with their feet. If they are not showing up, find out why quickly.

Do not be threatened by other people's ideas. Only your mother is right all of the time. Just ask your father.



Happiness is a Choice

“Everything you add to the truth subtracts from the truth.”

Alexander Solzhenitsyn

Above and Beyond

is the official newsletter of the Canadian Association of Student Activity Advisors. The newsletter is published 3 times a year for schools all across Canada.

To learn more about membership, go to www.casaaleadership.ca/join.html

You can contact us at:
CASAA Publications
268 West Acres Drive
Guelph, ON N1H 7P1
Tel: 1 519 821 0035
Fax: 1 519 821 0035

Canadian Association of Student Activity Advisors

Resources

Be sure to visit the CASAA website for more lesson plans, activity ideas and a complete list of resources.
casaaleadership.ca



CANADIAN ASSOCIATION OF
STUDENT ACTIVITY ADVISORS
EMPOWERING YOUTH TO MAKE A DIFFERENCE



In a *Peanuts* cartoon Lucy asks Charlie Brown, “Why do you think we were put on earth?”

Charlie answers, “To make others happy.”

Lucy replies, “I don’t think I’m making anyone happy,” and then she adds, “but nobody’s making me very happy either. Somebody’s not doing his job!”

People like Lucy are so sure that happiness is a matter of “getting” that they “ask not what they can do for others, but what others can and should do for them.” And they usually feel shortchanged or cheated. They become so preoccupied with what they don’t have that they can’t enjoy what they do have. What’s more, they don’t realize that one of the best ways to be happy is to experience the joy and sense of self-worth that comes from making others happy.

Dennis Prager, in his book, *Happiness Is a Serious Problem*, argues that it’s human nature to want and feel we need “more.” The problem is that, by definition, the quest for “more” is endless because we can always add more to whatever we have. As a result, the Lucys of the world often live in an “if only” world that keeps them one step away from happiness: “If only I could get this raise, make this sale, pay off my debts, or win this game, I’d be happy.”

Abraham Lincoln understood that happiness is essentially a way of looking at one’s life. “A person is generally about as happy as he’s willing to be,” he said. Thus, we’re more likely to experience happiness if we realize that happiness is not just getting what we want. It’s learning to want what we get.

Michael Josephson

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