

# Our Language

**1. BID-** An acronym for “Breaking It Down” a strategy for students to take larger assignments or projects and divide them into smaller, more manageable next action steps.

**2. Executive Functioning Skills-** “brain based skills required for humans to effectively execute, or perform tasks and solve problems.<sup>1</sup>” (See the list of most common examples on following pages)

**3. Growth-** Although not a word requiring definition, the language of growth is intractably linked with the AC program. We believe that every student, regardless of academic or ability level should engage in a continual process of growth. Especially seen within the goal setting sessions, the awareness and actualization of student *growth* is a foundational goal of the AC program.

**4. Hishtalmut-** The active/dynamic process of becoming “whole.” Developed by the Jewish Philosopher Rabbi Avraham Kook, the concept of *hishtalmut* applies both on an individual, group, and national level. It is in part defined as becoming aware of and returning to one’s true inner self, the natural good, holy soul that G-d implanted within each and every person.

**5. Mindsets: Growth vs. Fixed-** See diagrams on following pages

**6. Positive Psychology-** The psychological research and practice that focuses on what is right and positive within human beings, as opposed to what is wrong with the goal of helping people thrive. Examples of human strengths that the field of positive psychology has researched includes: gratitude, grit, flow, purpose, self control, and resilience.

**7. RTI-** Response to Intervention. An intervention structure to better identify and support students with learning and behavior needs. The RTI structure is usually defined as a 3-tiered approach:

**a. Tier 1-** “Intervention” that all students receive. This includes all formal curricula, classroom instruction, programming and natural support that all students in the school receive. 80% of students should have their needs met by the Tier 1 program in play. In the AC program- most of your students will be “Tier 1” and will meet with you once a month

**b. Tier 2-** For those students whose needs are not met by Tier 1. This group receives targeted support to address their learning or behavioral needs. This can include

---

<sup>1</sup> Guare, Dawson & Guare (2013). Smart but Scattered Teens.

mandated tutoring or homework clubs. An additional 15% of students should have their needs met with these Tier 2 interventions in play. In the AC program 1-2 of your students will be Tier 2 and will meet with you twice a month

**8. Self-Actualization-** Although introduced by earlier thinkers, the concept was brought to prominence by the psychologist Dr. Abraham Maslow. Self actualization is the pinnacle of the human “hierarchy of needs” a model of human motivation that showcases human needs from most basic to advanced. Self-Actualization is defined as “the desire for self-fulfillment, namely the tendency to become actualized in what he is potentially. This tendency might be phrased as the desire to become more and more what one is, to become everything that one is capable of becoming.”<sup>2</sup> This aligns with one of the underlying hopes of the AC program- to help our students fully become themselves by bringing their unlimited potential to tangible reality.

**9. Smallify-** Coined by Dr. Dennis Littky, the founder of \_\_\_\_\_. The idea being that schools- even small ones- have a responsibility to “smallify” as much as possible, to create more individualized, personal learning experiences for students and connect each one with a caring, adult mentor in the building..

**10. SMART goals-** See below. An Acronym for effective goal setting. Goals should be Specific, Measurable, Attainable, Realistic, and Time Bound.

**11. WAIT- Why Am I Talking?** A question/tool that all of us- teachers and students alike- should reflect on from time to time ☺

**12. WOOP-** See program below. WOOP is a goal setting strategy developed by Dr. Gabrielle Oettingen at NYU. Originally Mental Contrasting, the WOOP process asks individuals to deeply consider their **W**ish (goal), **O**utcome, **O**bstacles, and **P**lan of acting to address them.

---

<sup>2</sup> Maslow (2000). A Theory of Human Motivation.