

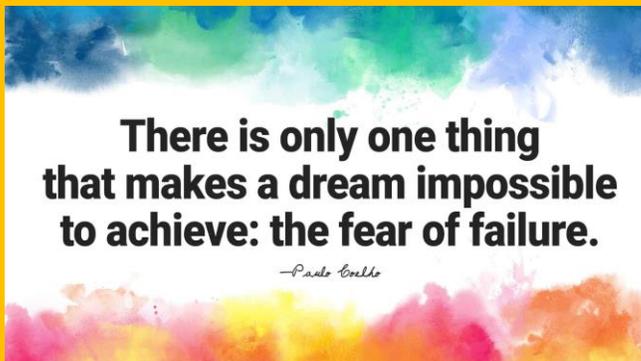


Stout Middle School

Student Newsletter



Week of November 30th, 2020



AWARENESS

What is awareness and what does it have to do with changing your behaviors, habits and emotions? A good part of awareness has to do with perception. People who are aware see things that others don't. They also have a context to put those little bits of information into that help them form a clearer picture. Without the small details and the larger context to make sense of things you can get pretty lost and turned around in the mind. This is what usually happens when people attempt to change a negative thought, or emotional reactions.

Each thought is sourced in a belief, and most beliefs are networked with other beliefs. The victim voice in the mind is often in automatic agreement with the judge voice. The judge voice is echoing the comparison based on the belief in the criteria of what is right or successful. The negative thought, "I shouldn't have done that," is just the common sense conclusion to these other beliefs. It may be the only part you hear, but it doesn't mean that it is the only part to the problem.

Attempting to change the thoughts you can see won't effectively get rid of the beliefs. To effectively change the negative thoughts you will have to change the beliefs that you don't see. That's why awareness is so important. Without awareness you won't be able to see into that invisible world of beliefs where the real issues lie.

If you've attempted to stop or change your negative thoughts and haven't been successful it doesn't mean you are a failure. Your results aren't a measure of your performance, discipline, or personal will power. More likely they have to do with your experience, awareness, and the tools you are using. Developing the awareness to find a belief, and skillfully remove it is a bit more involved than pushing aside a negative thought.

It's a lot like being up against a company or battalion. It doesn't mean that you are beat, it just means you had better gain a greater awareness of what you are up against. Then get the training and reinforcements to do the job of changing your core beliefs instead of being distracted by the negative thoughts.

The process begins with self awareness. Developing awareness will give you the ability to see more clearly these hidden beliefs. Without that ability of perception you won't be able to see where those negative thoughts are coming from. And it's pretty difficult to stop an enemy that you can't see.



***ALL ATHLETICS WILL
BE SUSPENDED UNTIL
DECEMBER 8***

11/30/2020:

12/1/2020:

12/2/2020:

12/3/2020:

12/4/2020:

GET TO KNOW TEACHERS & STAFF



Hello, my name is Mrs. Monahan!

"We work for others. We learn for ourselves."

I love to fish, read, and craft. I have a Shih Tzu named Toby. I am obsessed with Harry Potter and belong to Ravenclaw. I got my Bachelors of Science in Mathematics from Grand Valley State University in 2009.

You can find me here:
zoratta@dearbornschools.org.
[Room D1](#)

SOCIAL EMOTIONAL *learning* RESOURCES

Self-awareness is the biggest asset that you can have if you want to be successful in life. It is what you need in order to choose the right career, the right relationship and the right social circle.

In this video, we are going to be discussing 4 major tips on developing self-awareness.

[Click here to watch the video:](#)

Learning how to be more self-aware is probably going to be the best thing you've ever spent time on. Learning what you're good at and bad at; your strengths and weaknesses is super important to your personal development.

Follow the tips in this video to learn more about yourself, figure out what you want to do and make the most of your skills and traits!

SHARE A SPECIAL
MEMORY YOU HAVE
FROM SCHOOL...

*SEND YOUR THOUGHTS
TO MRS. ALHASSAN
ALHASSA@DEARBORNSCHOOLS.ORG
AND YOU WILL BE FEATURED IN THE STUDENT
SECTION OF THE NEWSLETTER!

DON'T FORGET TO ADD A PICTURE ☺

WEEKLY RIDDLE

What has no body, but has a head and a tail?

- By: Hamid Murshed

Send your answers to alhassa@dearbornschools.org

Last week's riddle answer:

What is 3/7 chicken, 2/3 cat
and 2/4 goat?

-If you guessed CHICAGO,
You are correct!