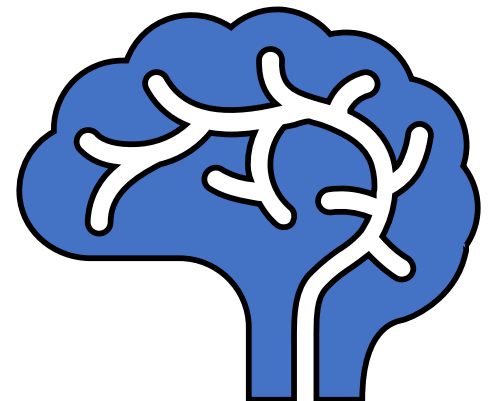
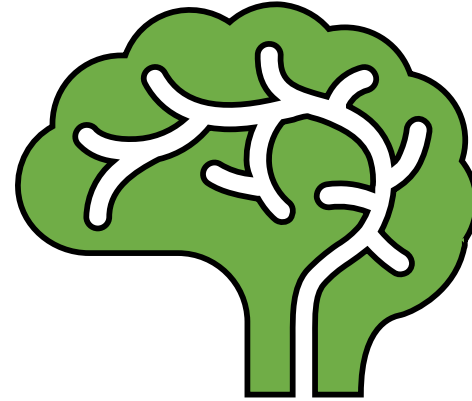
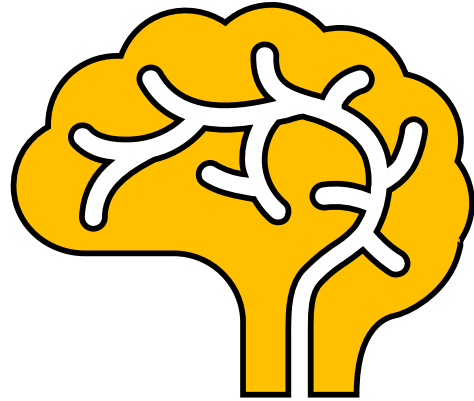




SCAN ME



3 States of Mind

Presented by Connie Hamilton

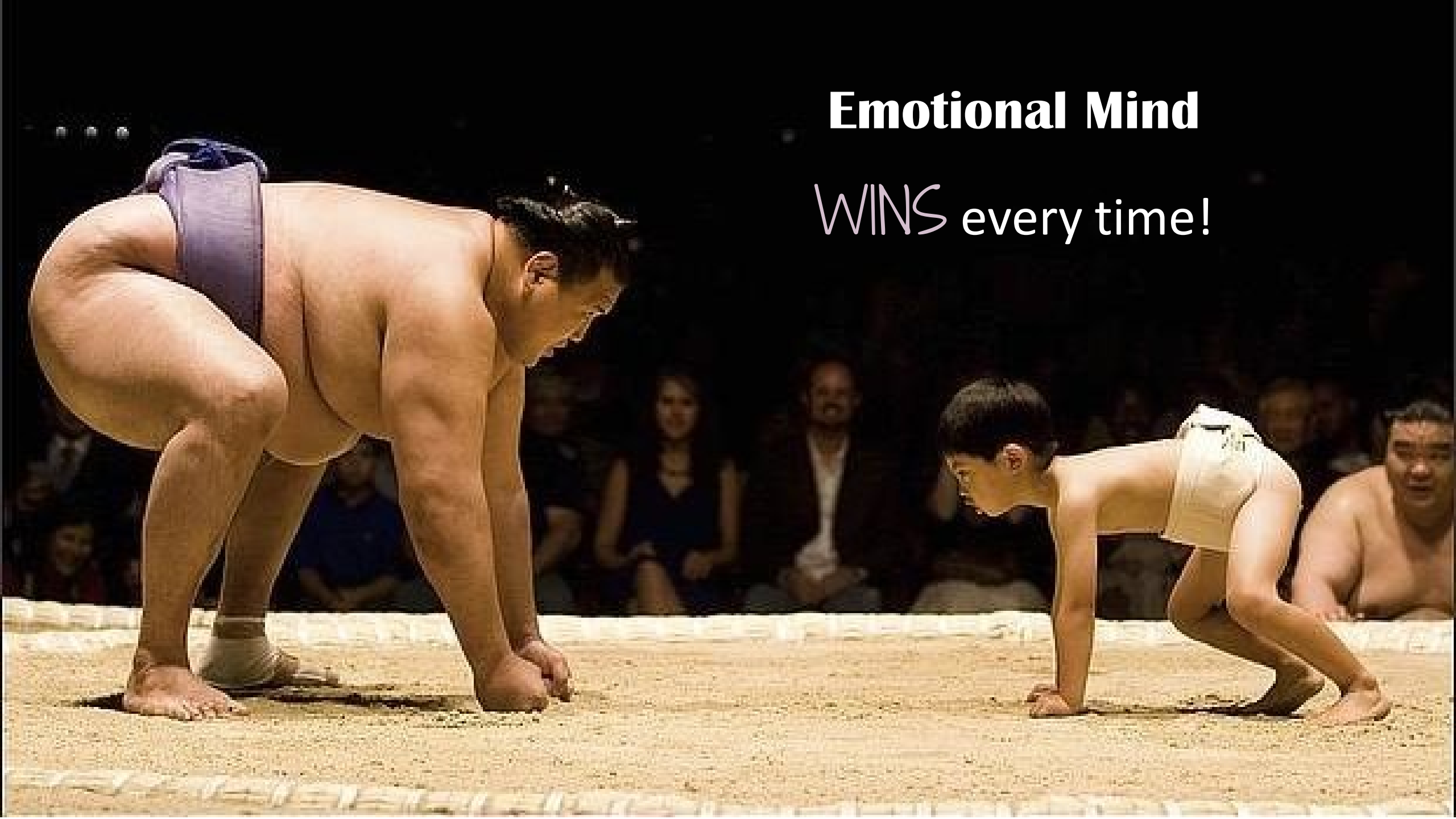
HOW WOULD YOU RESPOND?

1. I'm never going to support that.
2. You better do something about this.
3. She should be fired.
4. There's no way I can work with him.
5. It's not fair.
6. The problem is still not fixed.
7. I shouldn't have to do this.
8. This isn't my fault.
9. That is the worst decision you could make.
10. Nobody ever wants to help me.



SCAN ME

Emotional Mind
WINS every time!



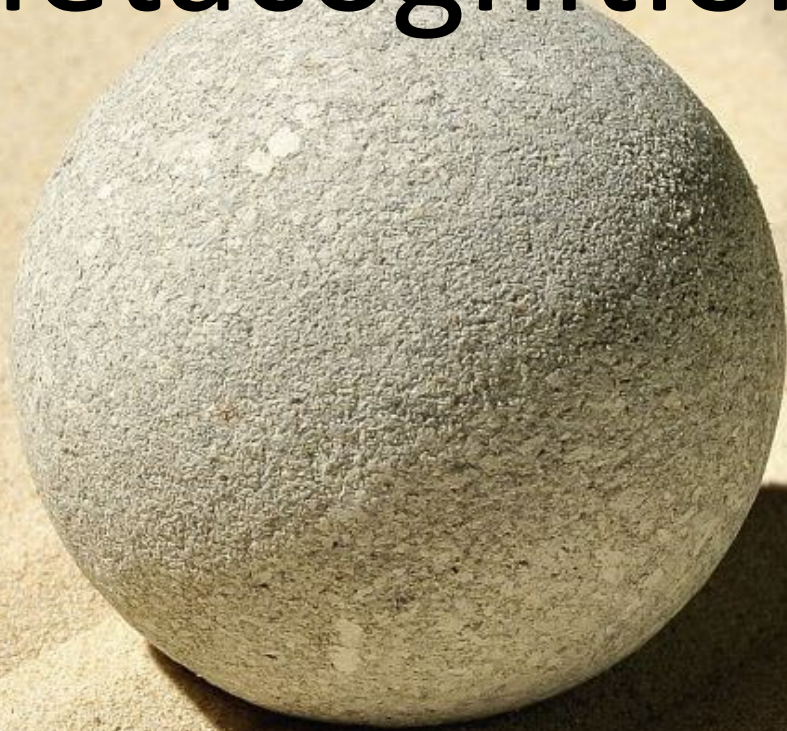


How would you rate
your ability to focus
your attention?

A close-up, slightly blurred photograph of a spiral-bound notebook. The notebook is open to a page with horizontal lines. A white pen with a silver tip is resting on the page. The spiral binding is visible on the left side. The background is a soft, out-of-focus white.

We **focus**
on what's in front of
us **only 53%**
of the time.

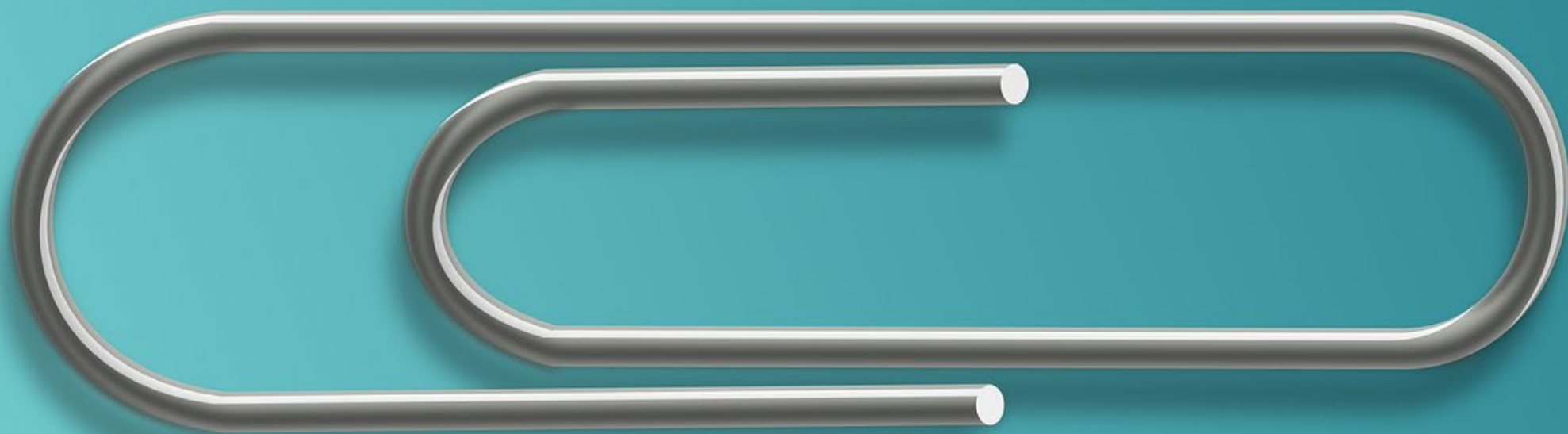
- Meditation
- Mindfulness
- Metacognition





The latest research suggests:

- Mental Control
 - Focus for longer
 - Wanders less
 - Gets on track faster
 - Complex projects become easier
- Working memory capacity increases by more than 30%.
- Makes your mind less stimulated.



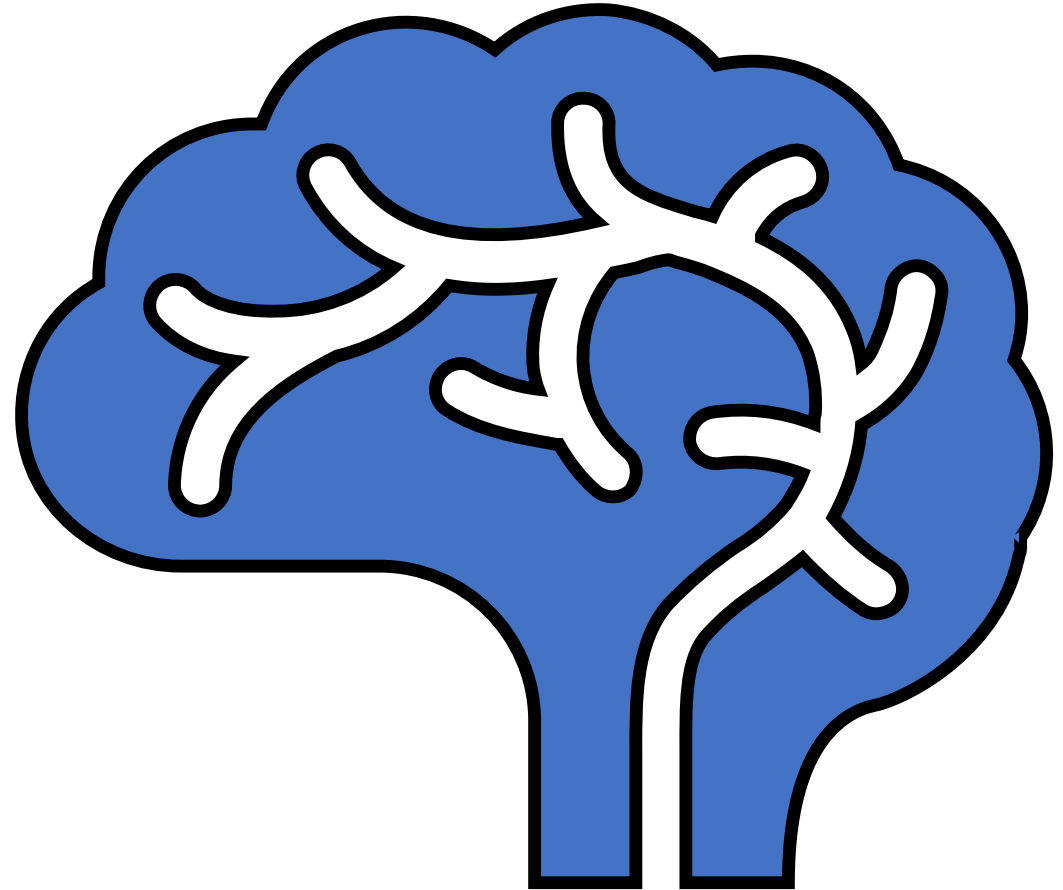
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Three States of Mind



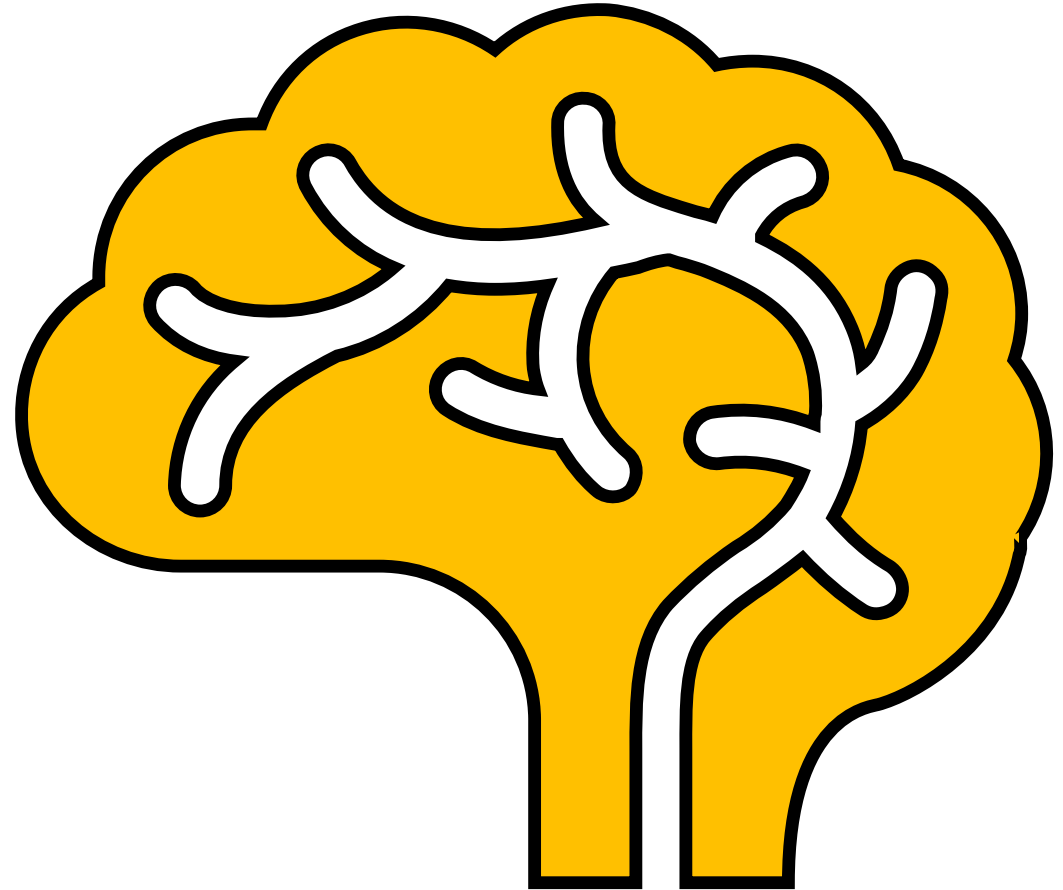
Rational
Mind



Prefrontal Cortex



Emotional Mind

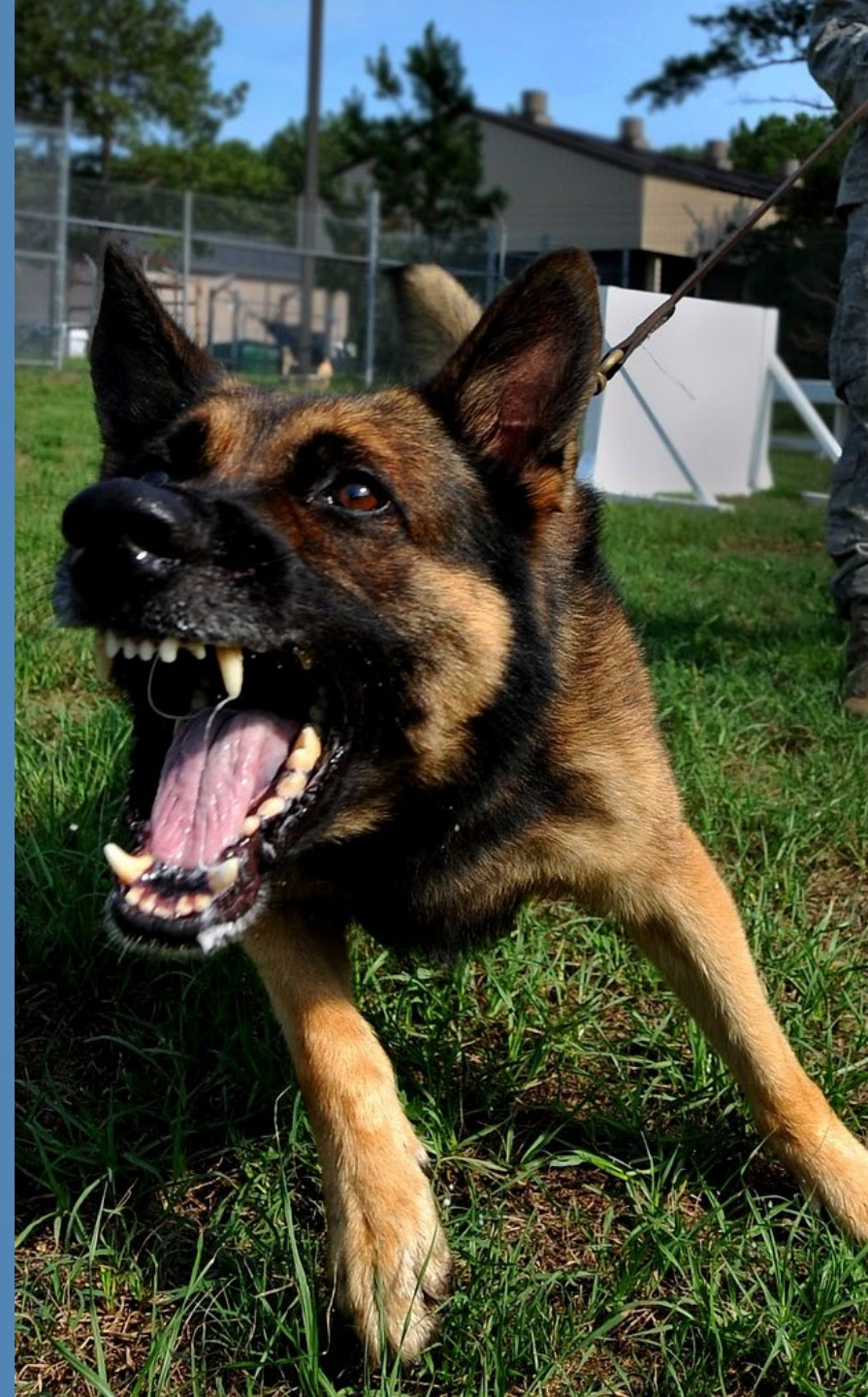




Amygdala







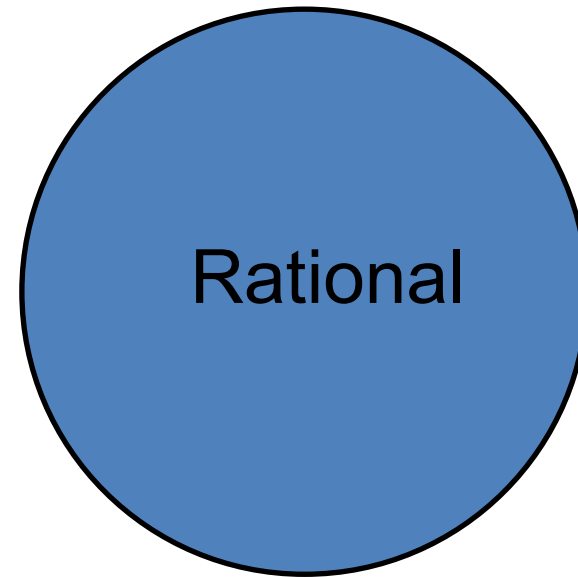
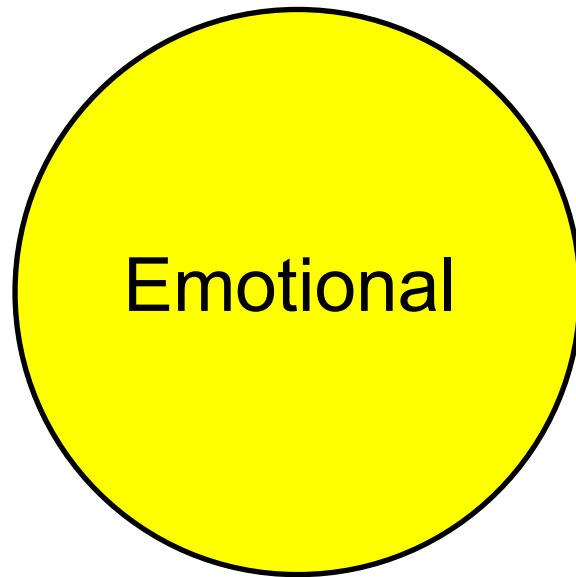
Amygdala



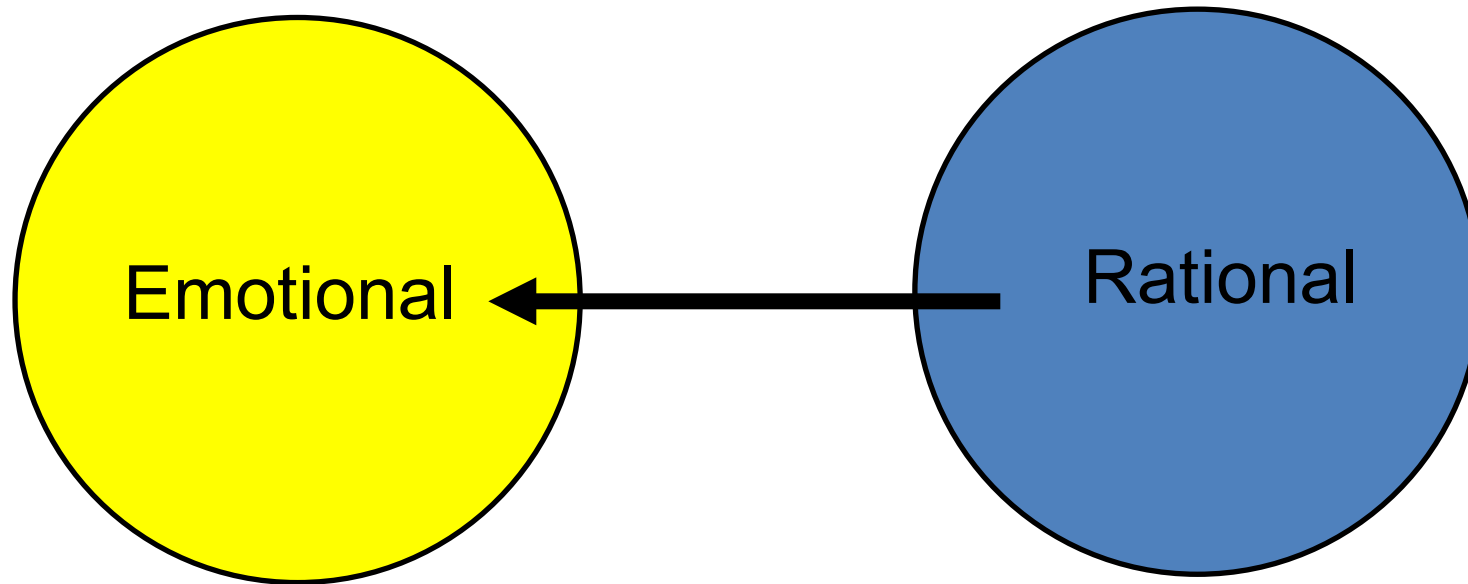


Fight
Flight
Freeze
Fawn

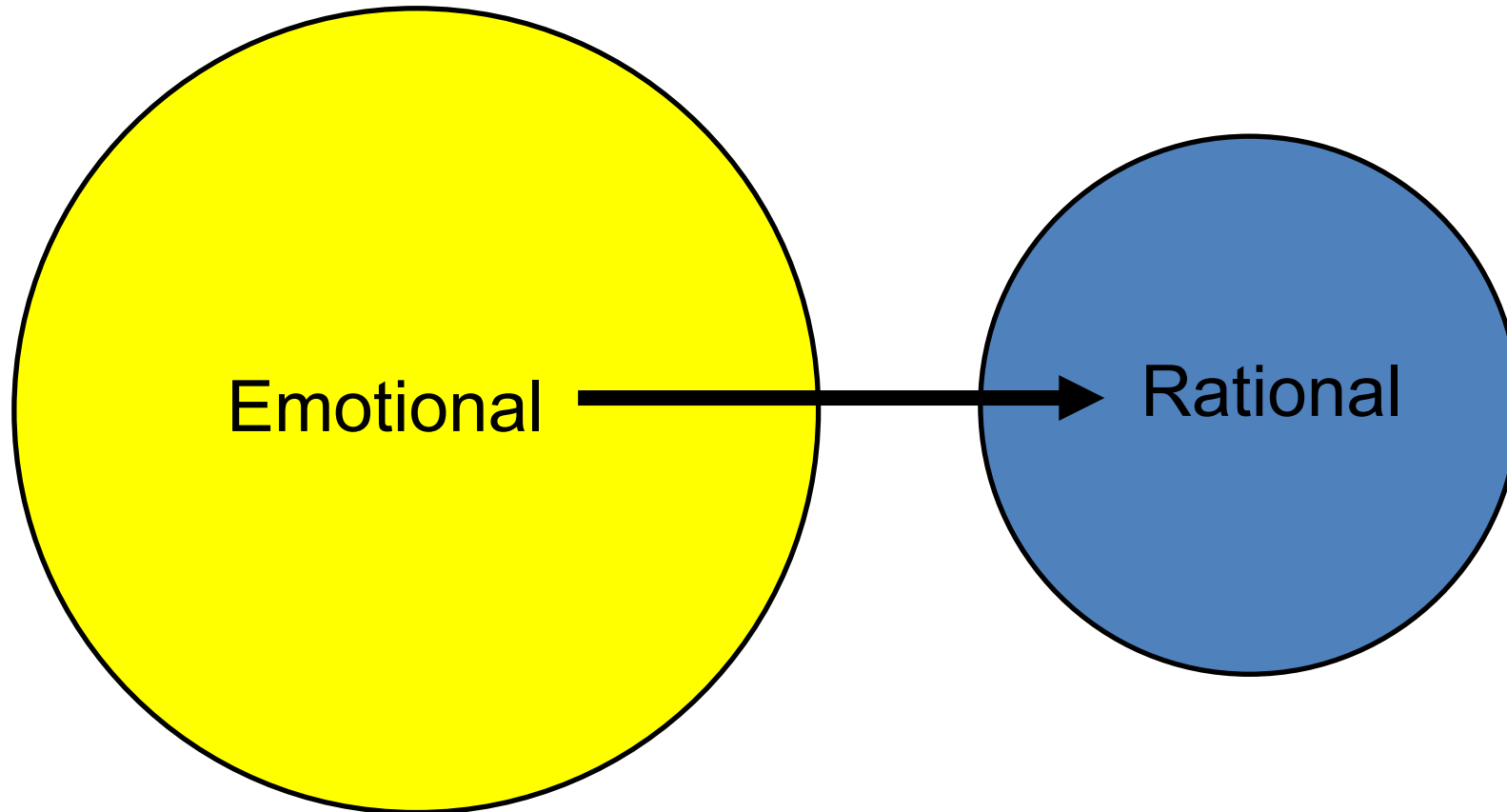
States of Mind



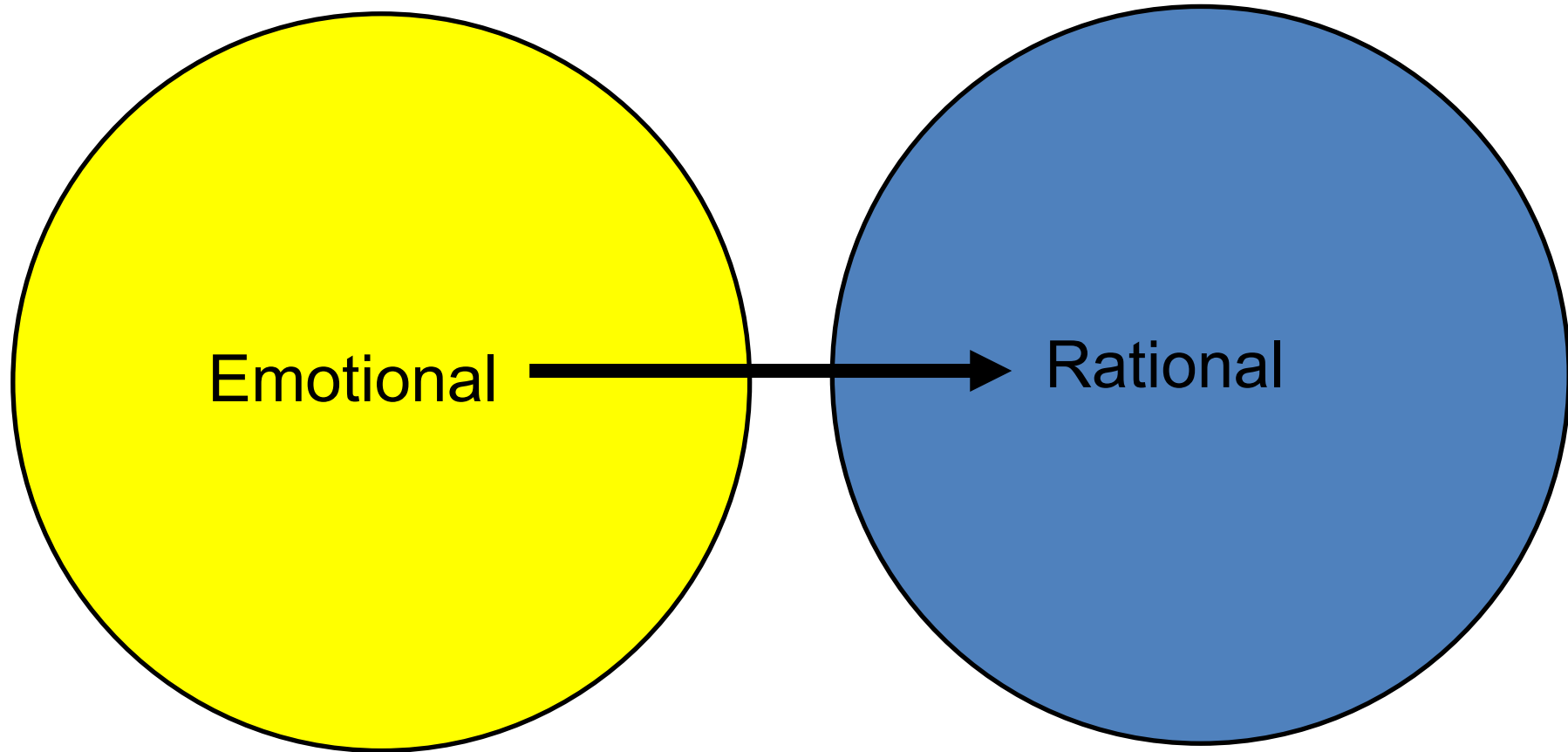
States of Mind



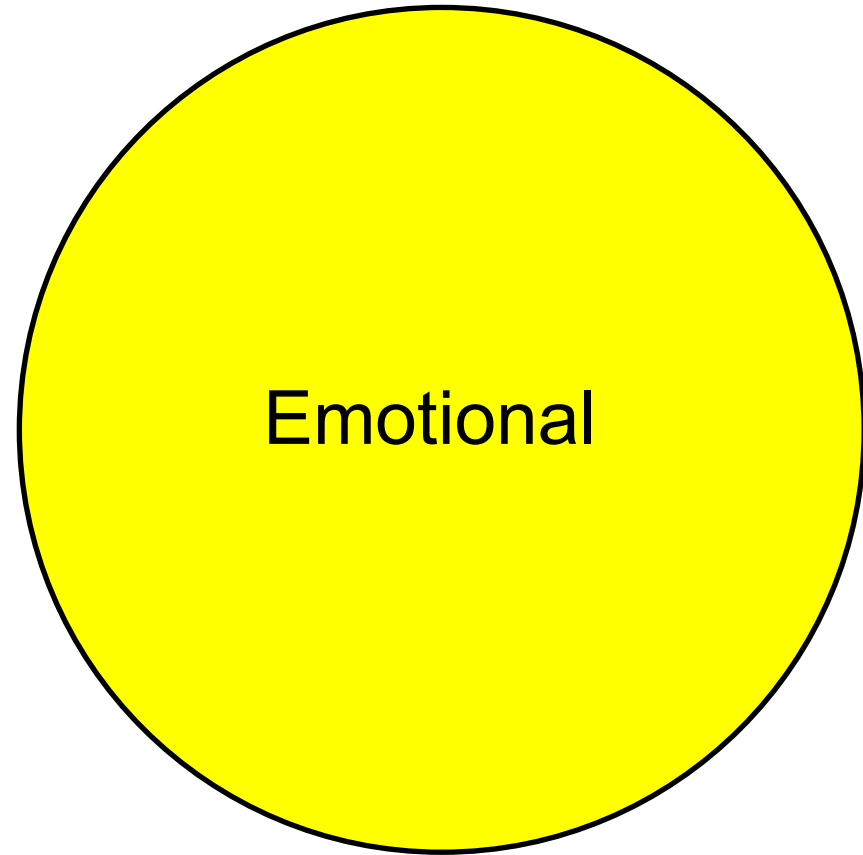
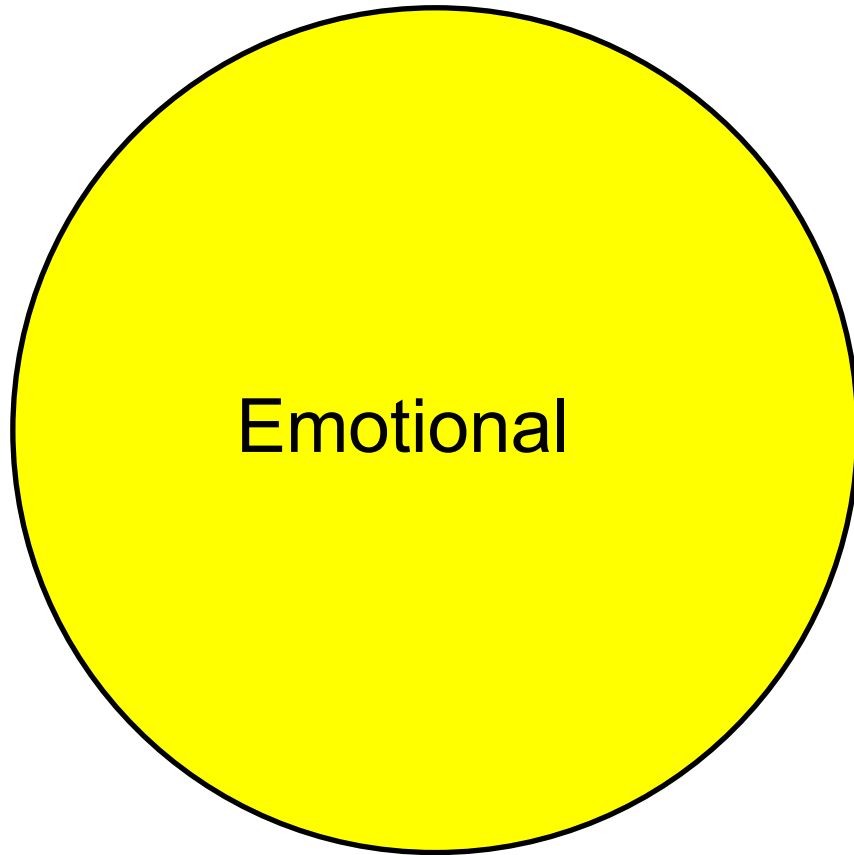
States of Mind



States of Mind



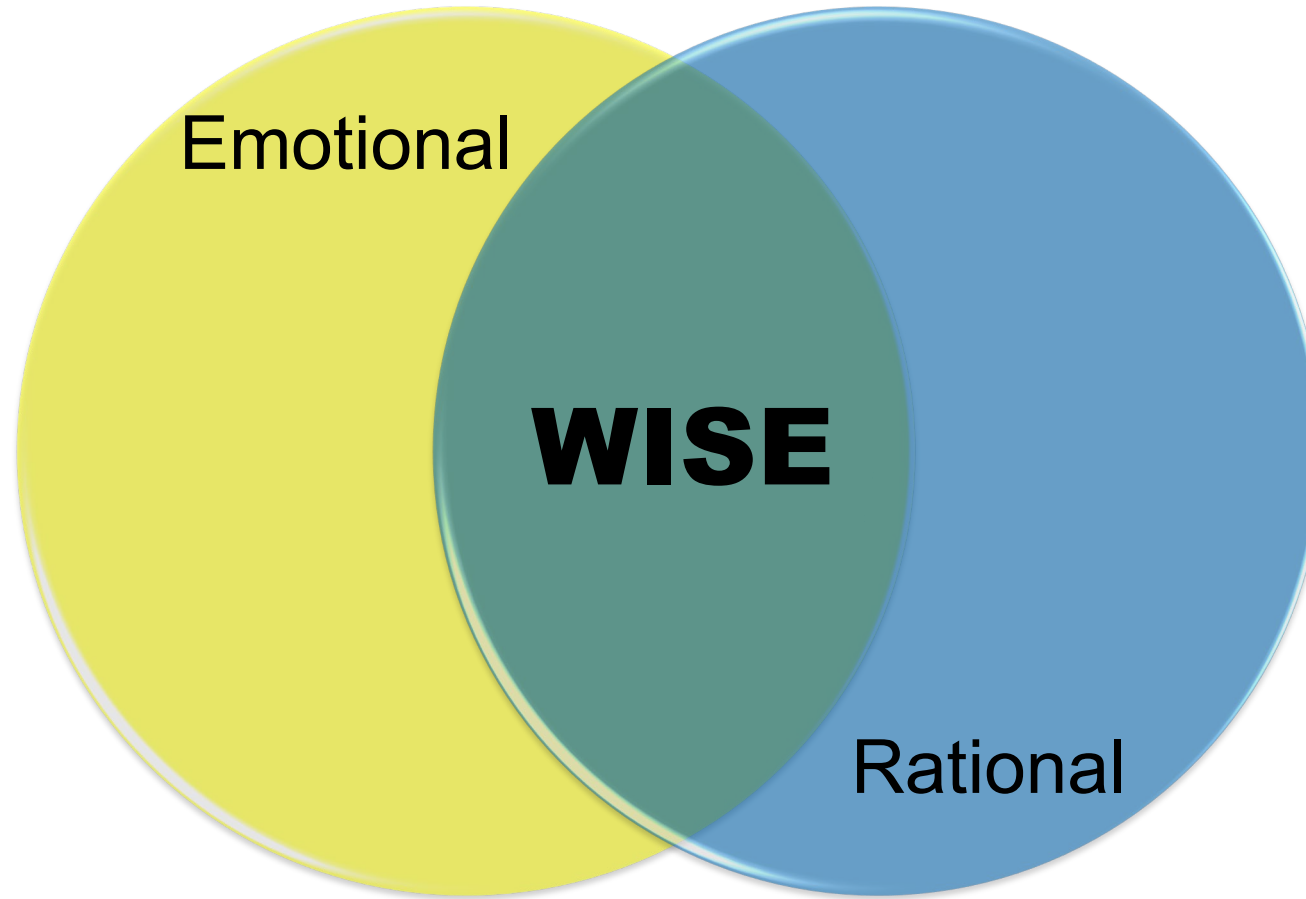
States of Mind





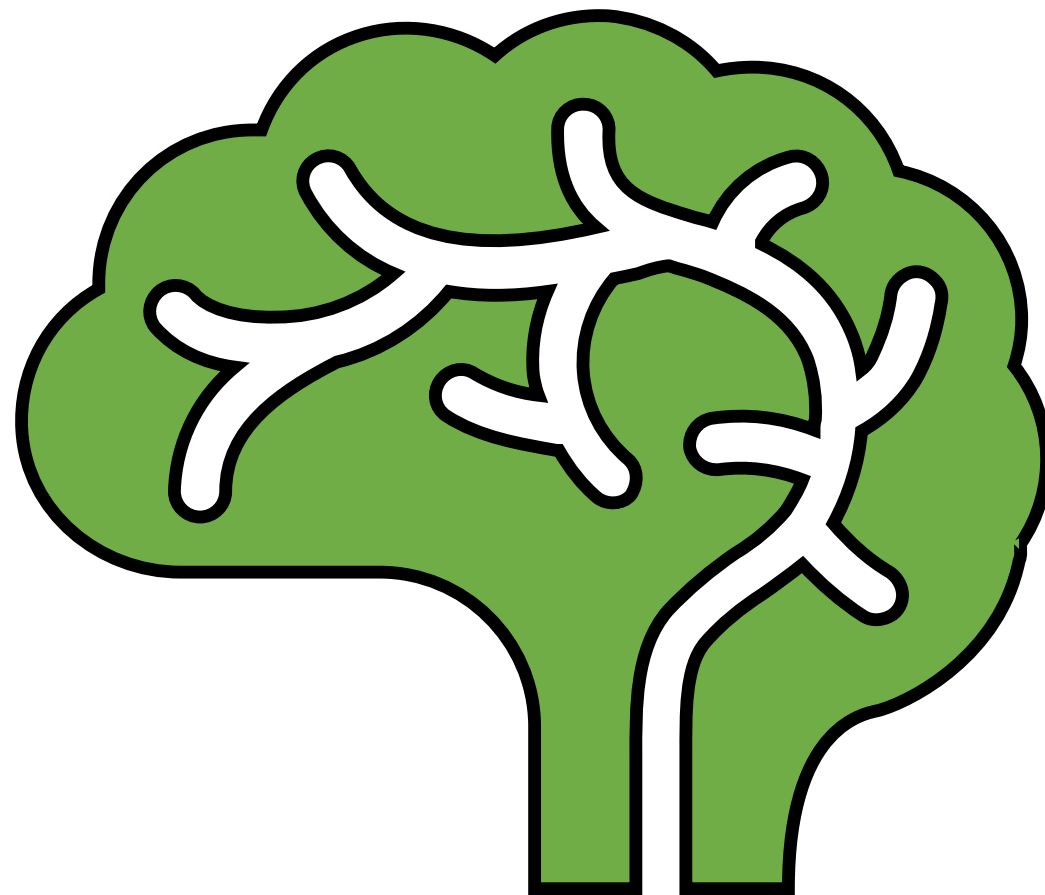


States of Mind



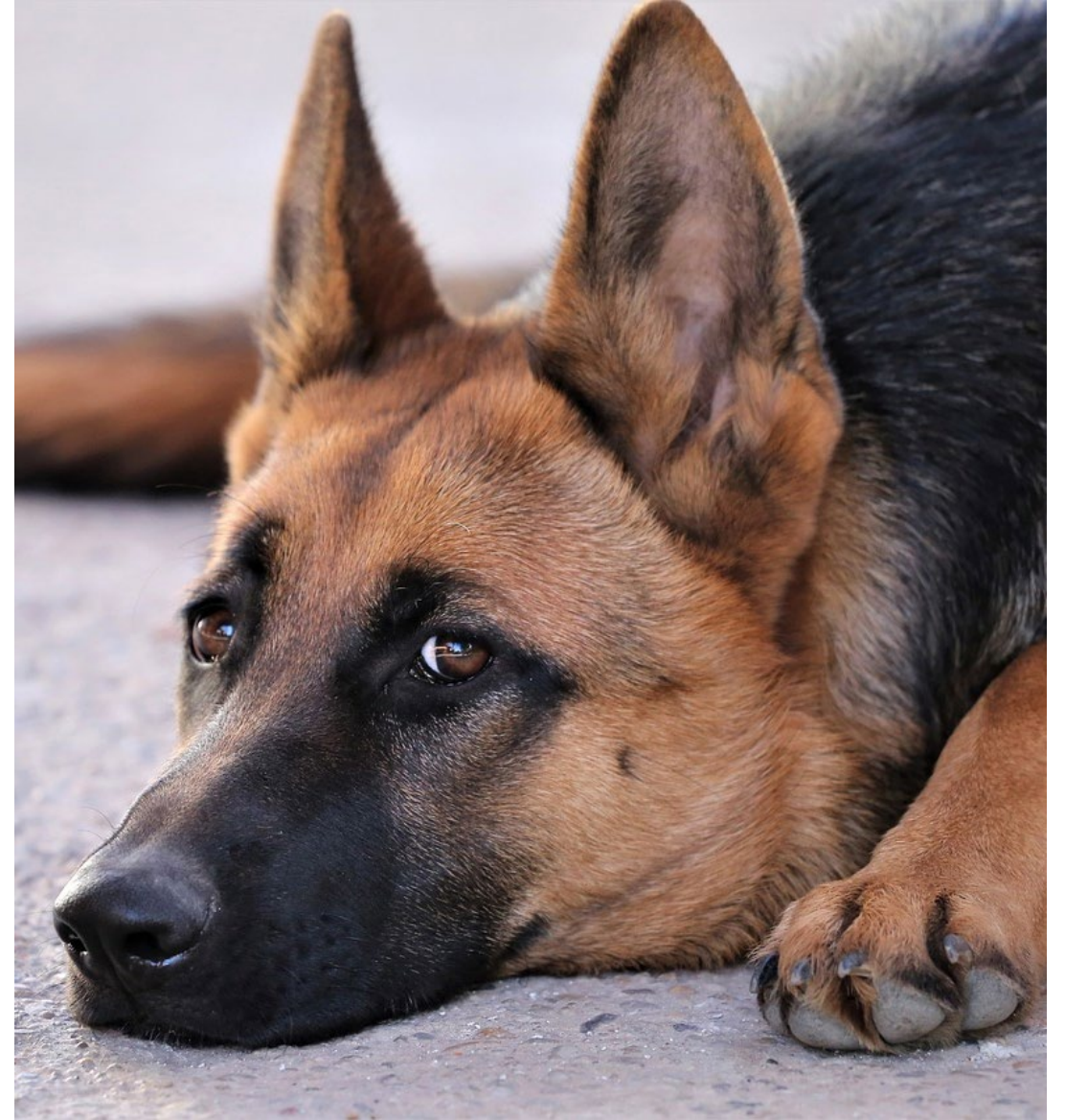
That sounds really hard.

Wise Mind

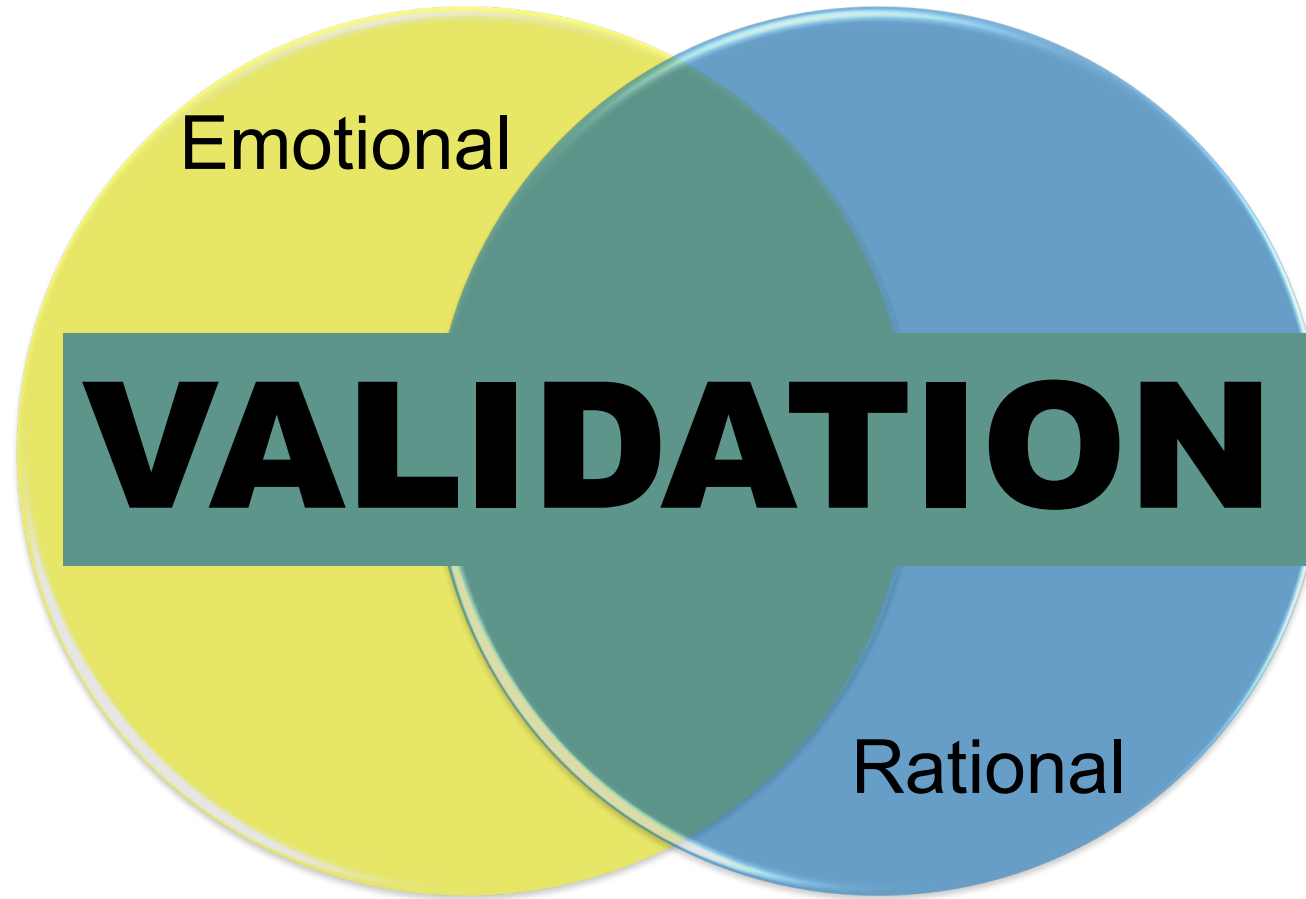






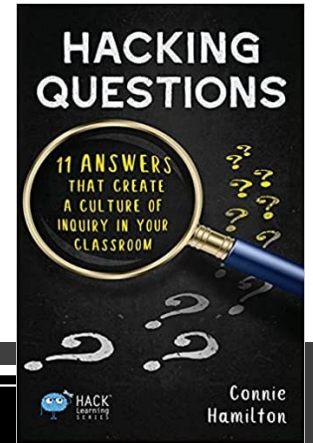


States of Mind



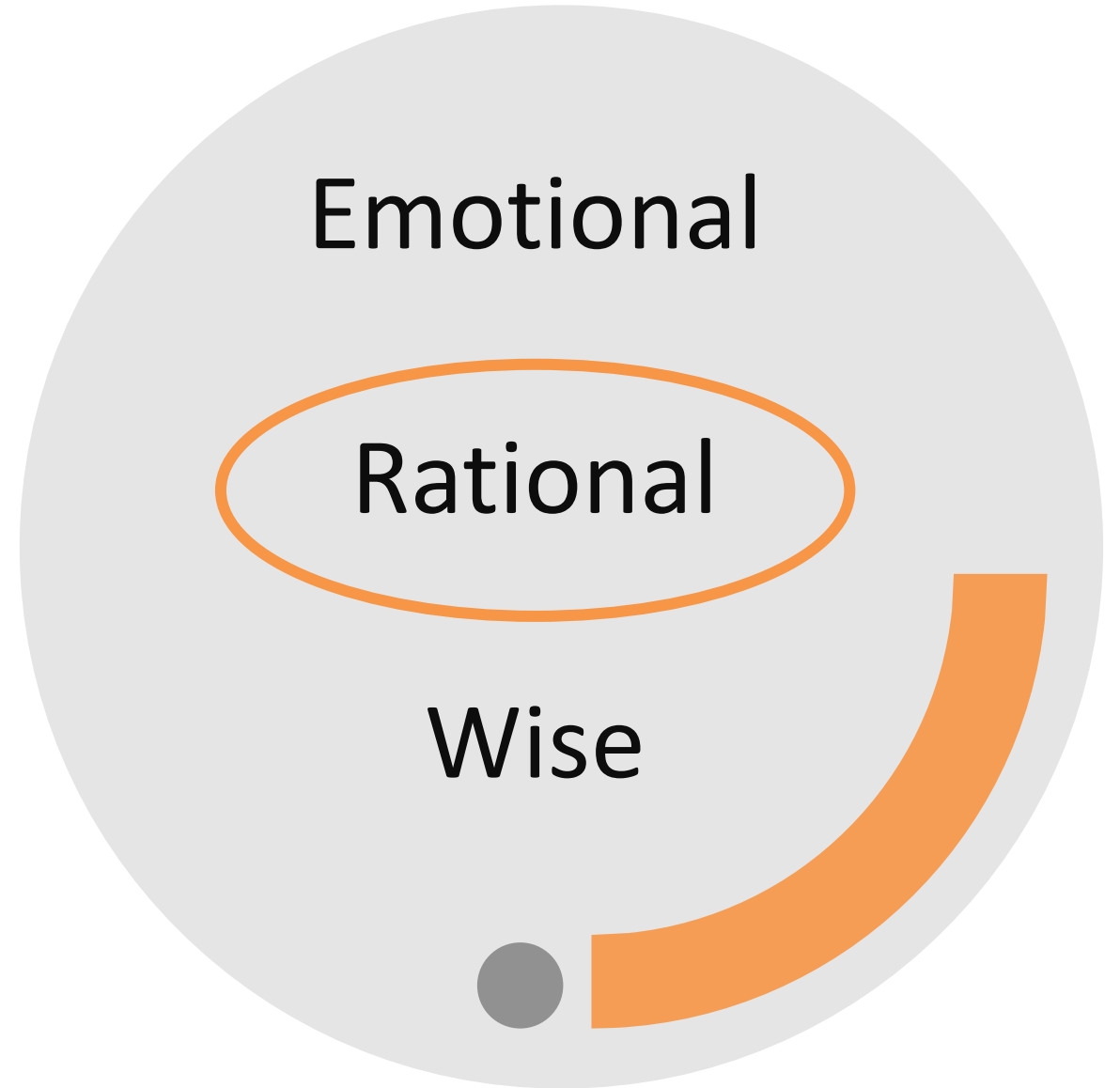
Rational vs. Validating Responses

Page 234

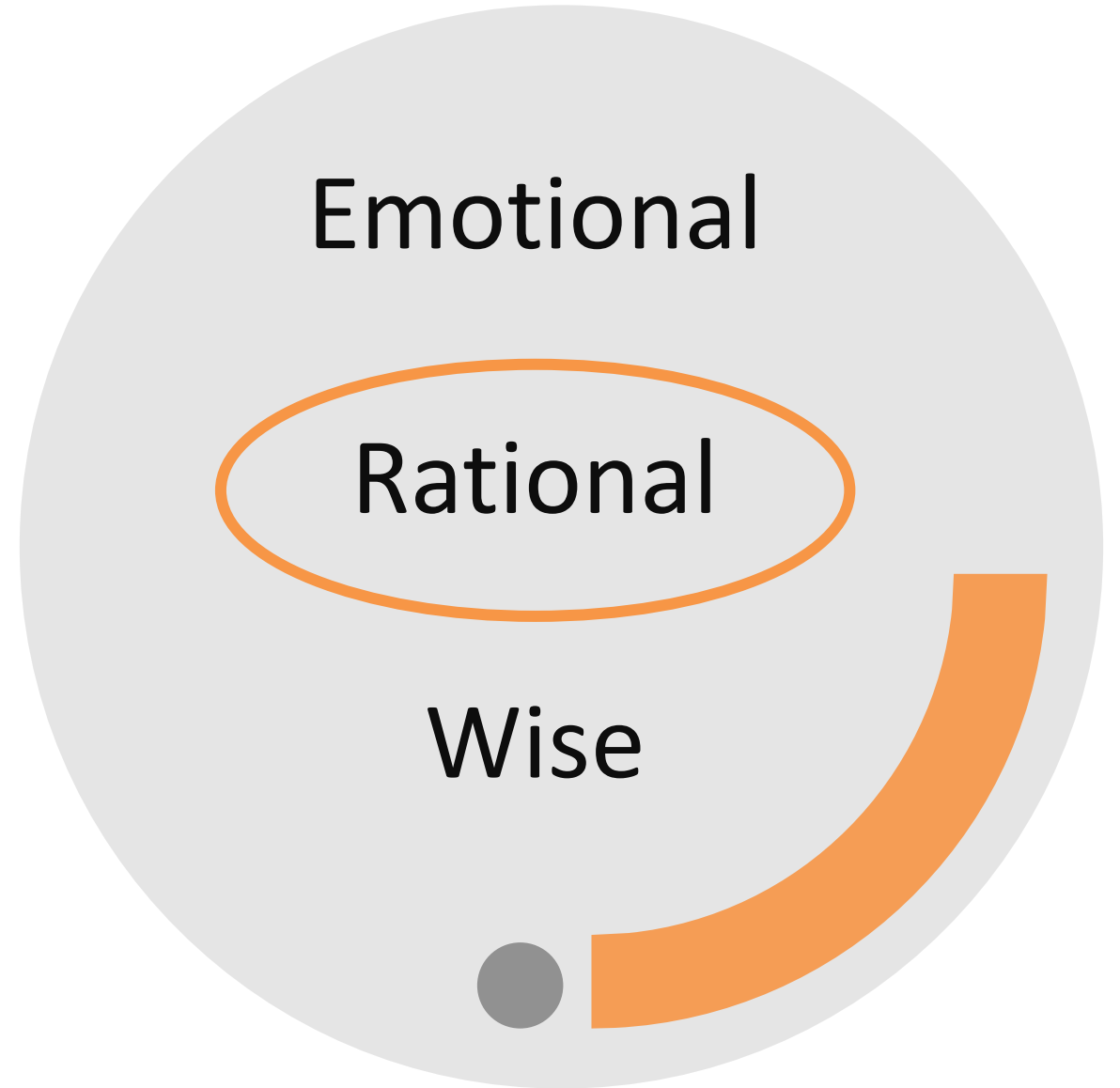


Emotional Statement	Rational Response	Validation
She's talking behind my back!	So? It's not hurting you.	You are really worried about what she is saying.
He won't let me play!	Find someone else to hang out with.	It feels really crummy to be left out.
You're always picking on me!	Always, huh? What about yesterday when....	Sounds like you feel targeted today.
I always have to do all the work!	If you would have just...	I'm guessing you're frustrated with your group's productivity.
I don't know what to do about this situation!	What if you...	It's hard when you're not sure what decision to make.
I'll never get this done!	Then I guess you better get started now.	It can be stressful when you are short on time.

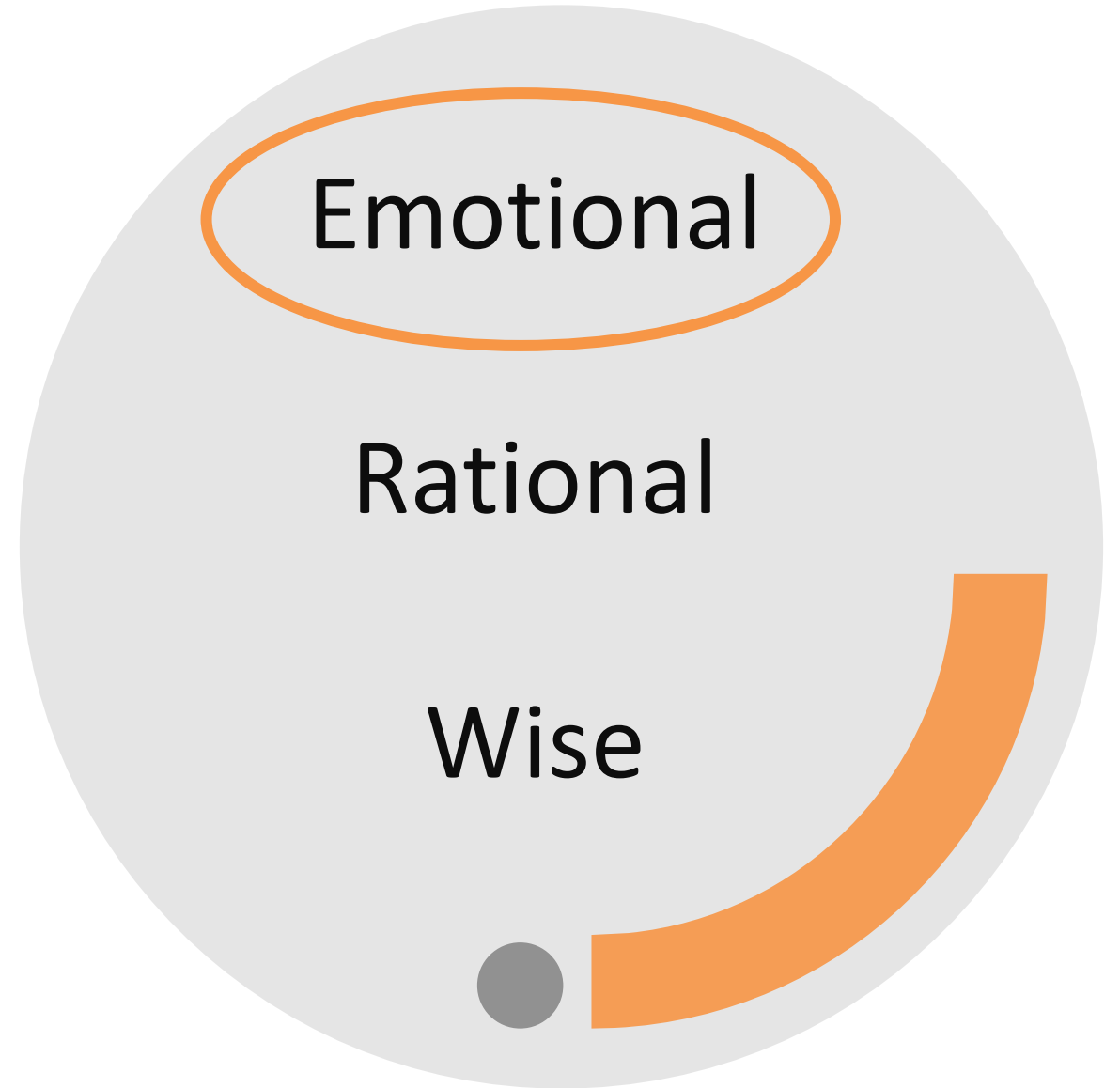
Don't worry
about it.



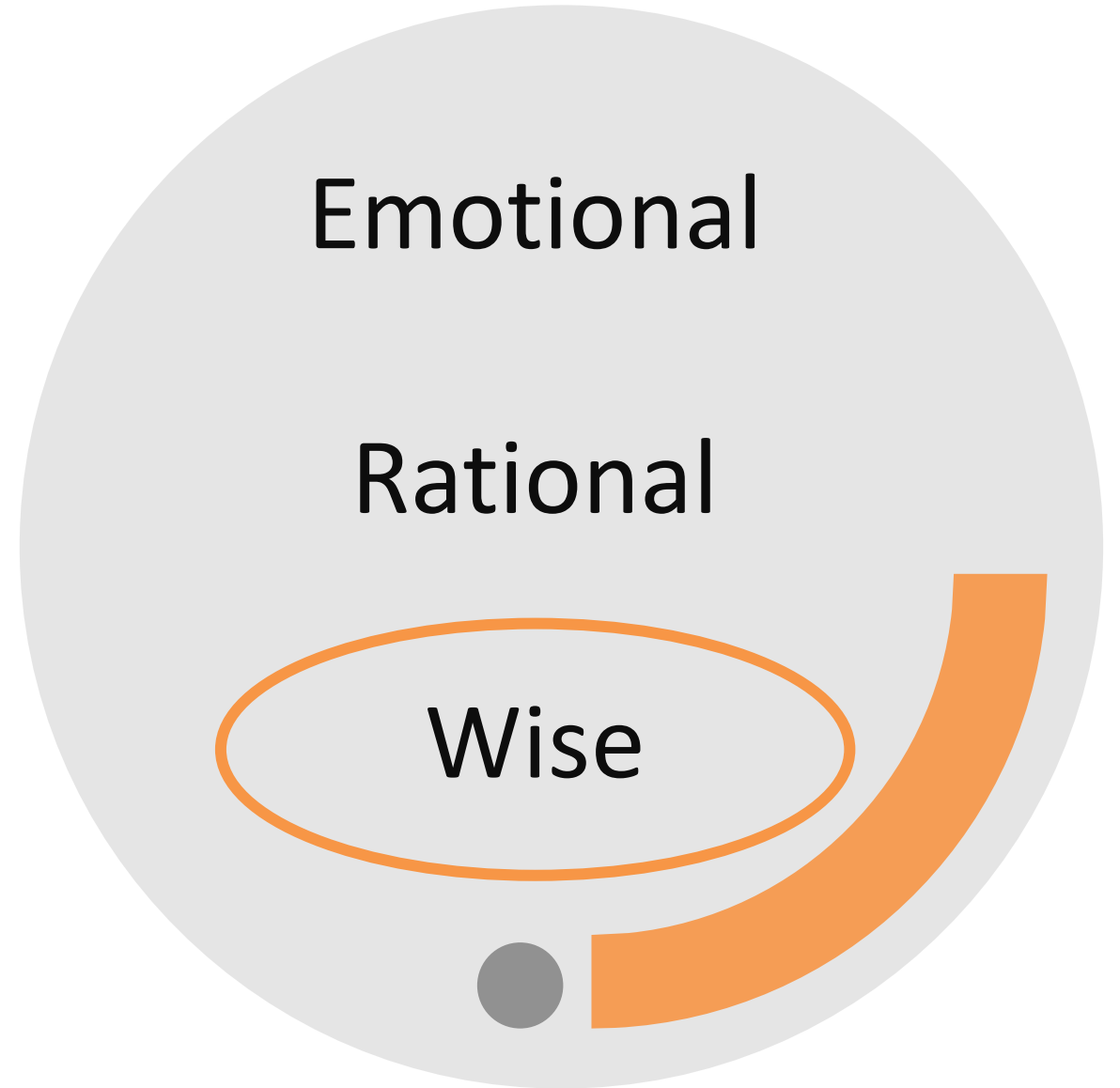
Getting angry
isn't going to
help.



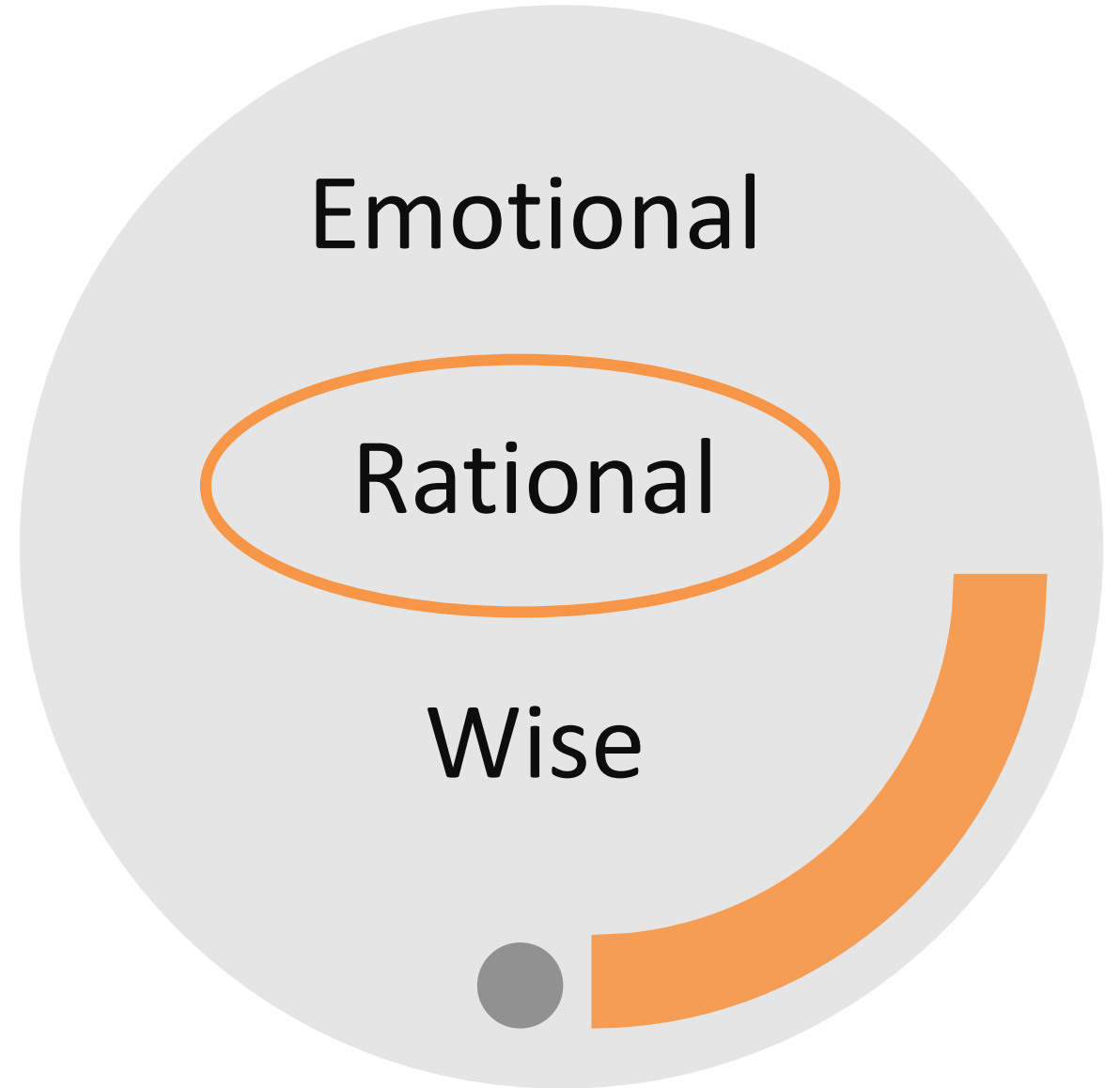
This is literally
the worst day
of my life.



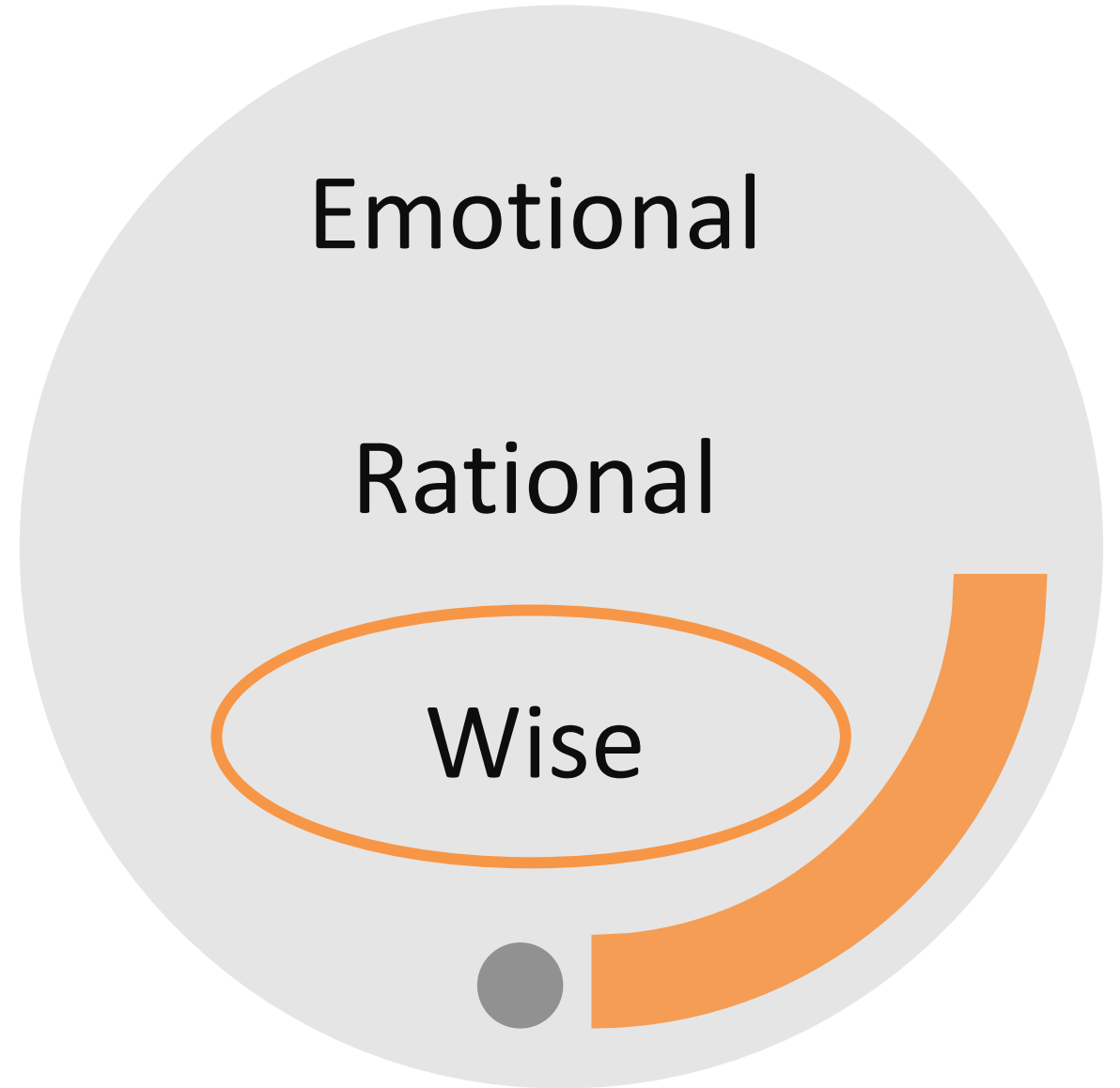
That must be
so hard for
you.



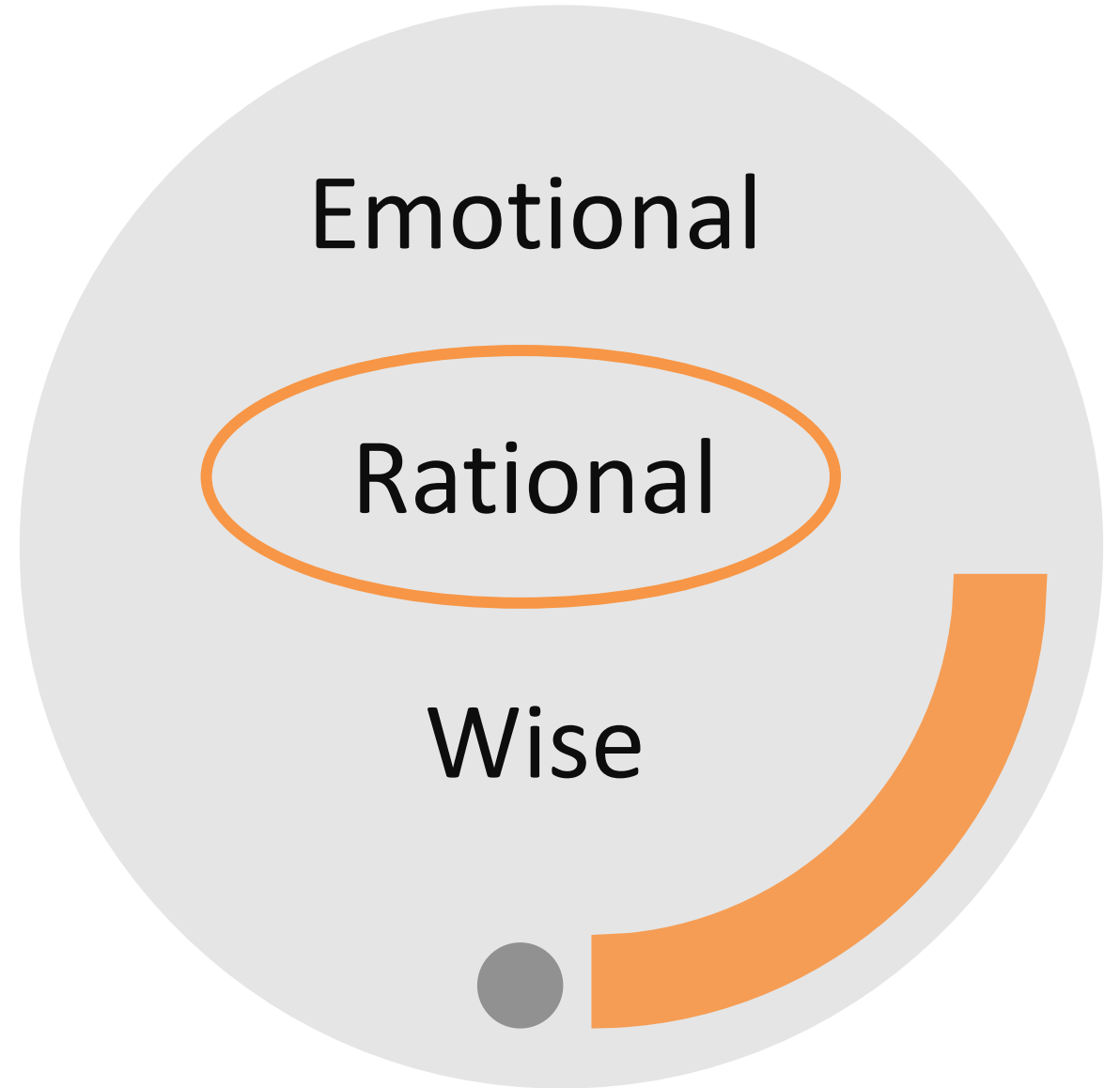
I understand that
you're mad, but
you're only
making it worse.



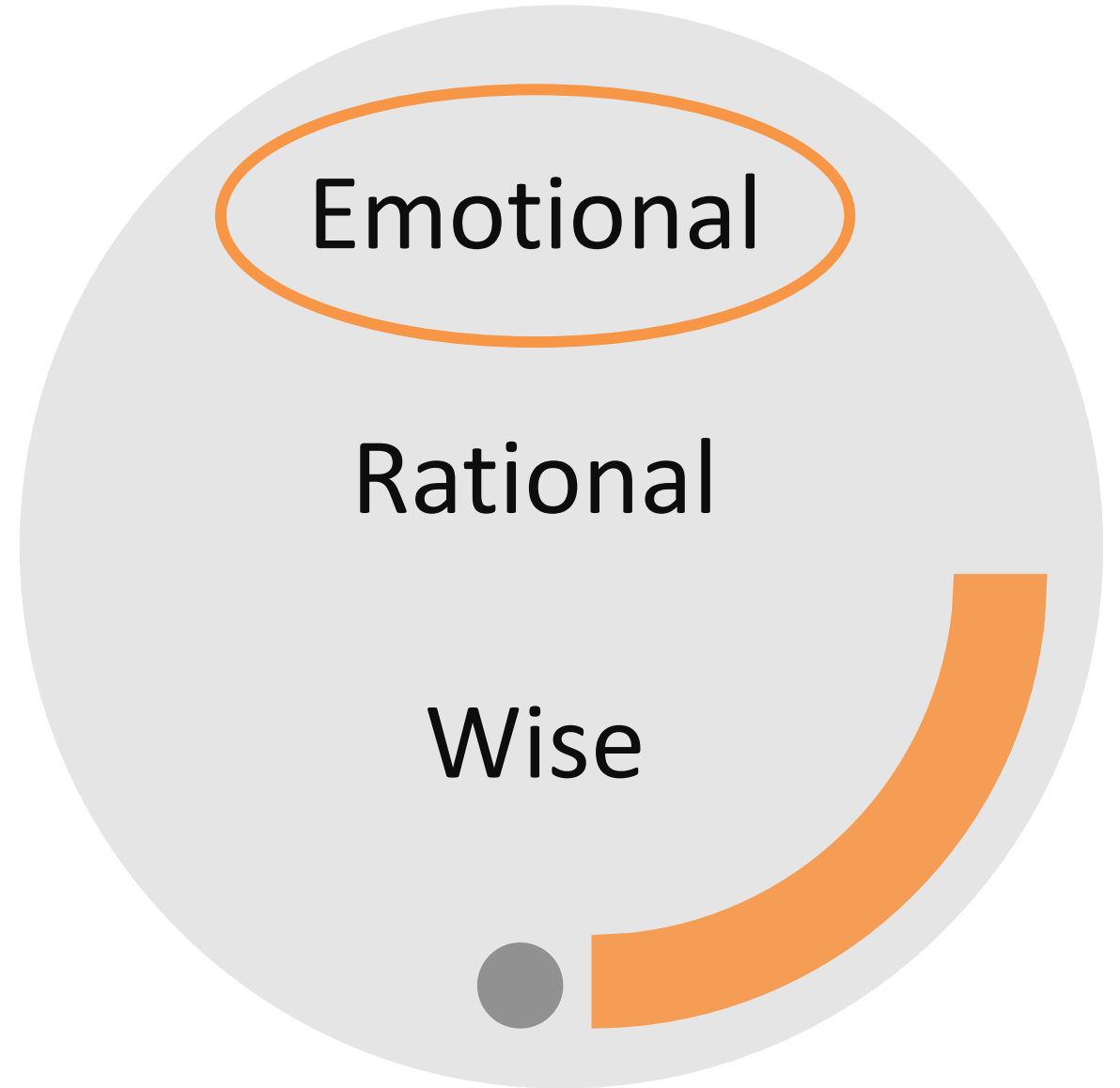
That's a bummer.



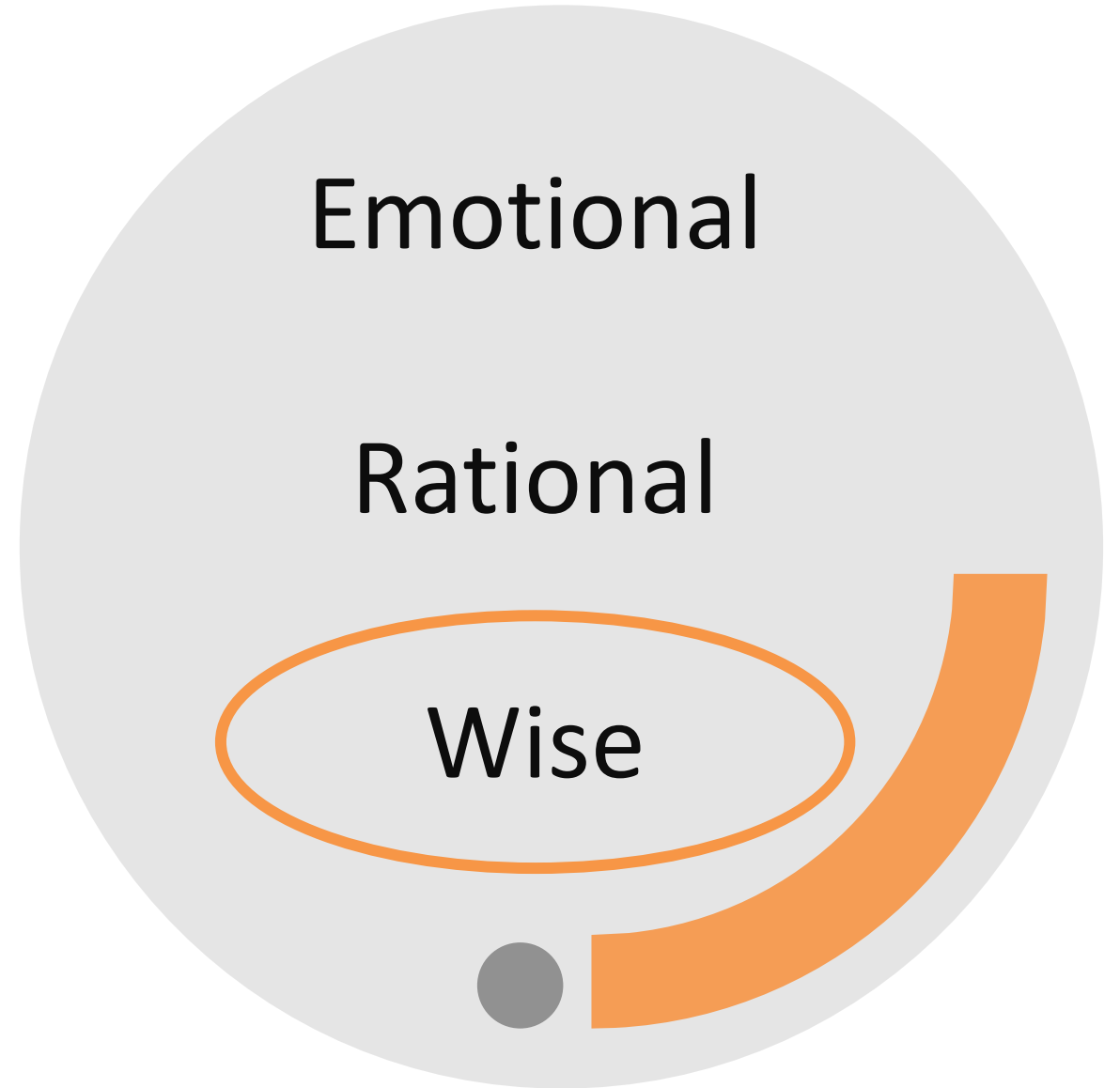
I'm just trying to
help you.



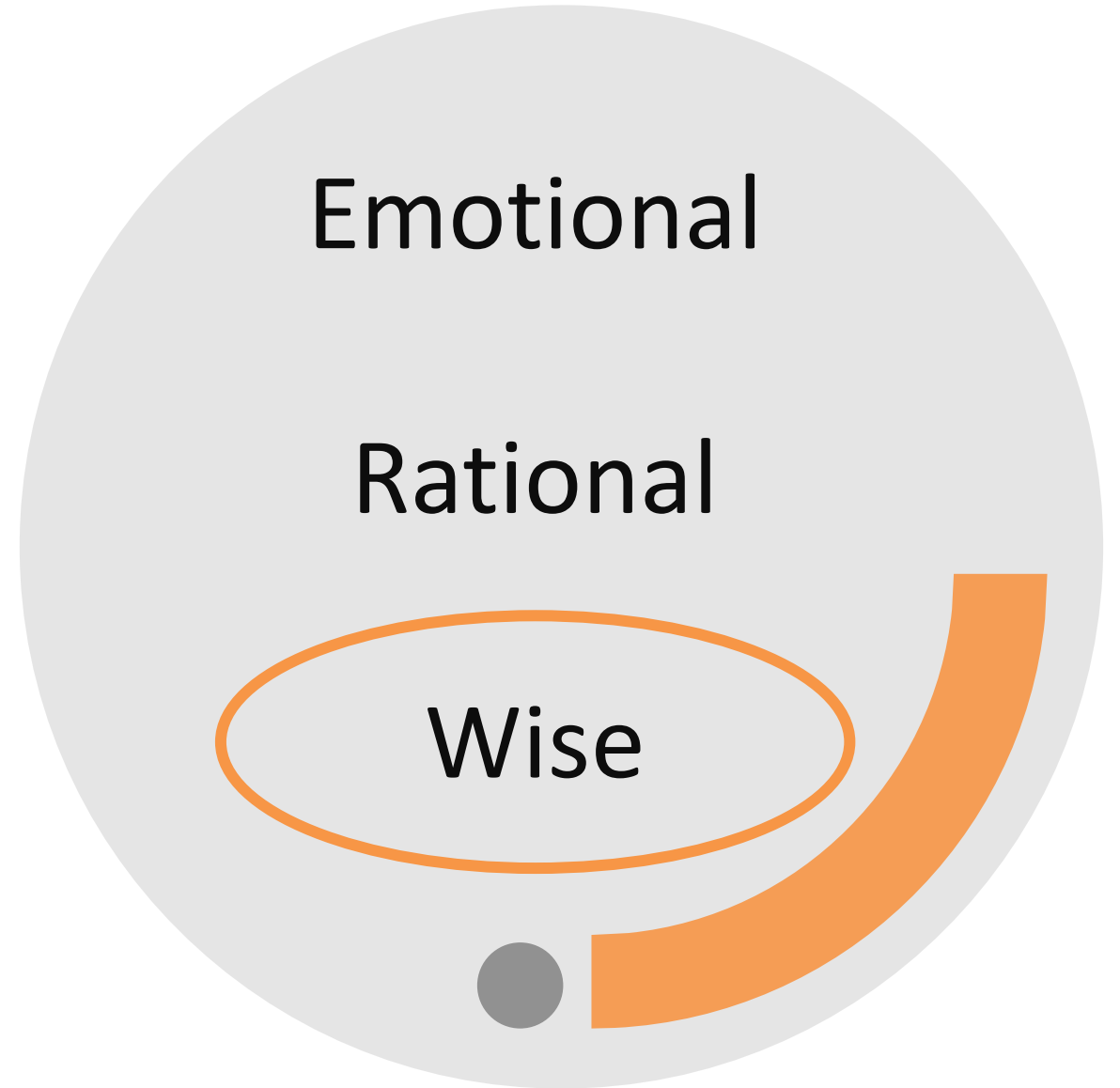
There's nothing
you can do to help
me.



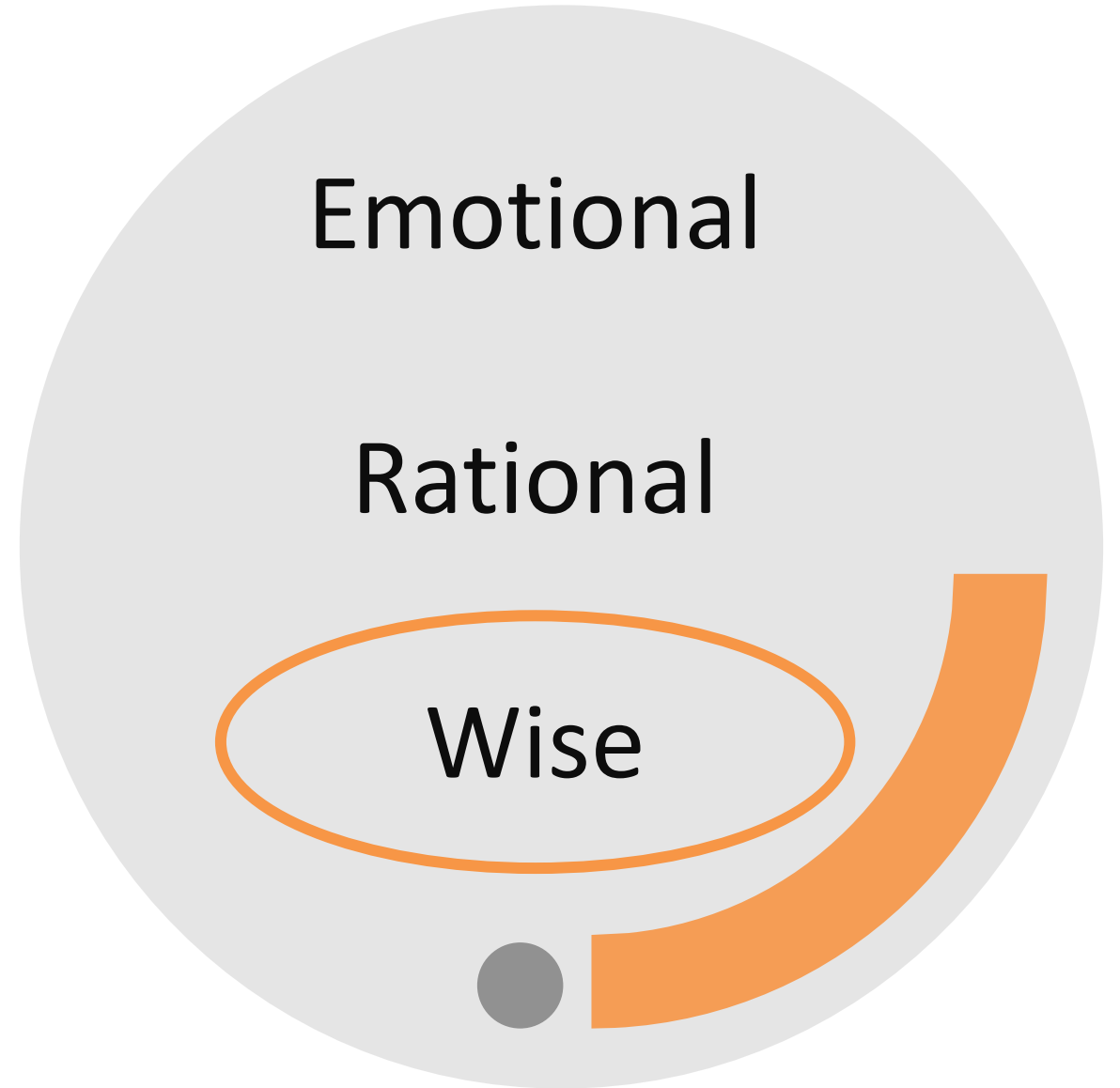
You look like
you're getting
emotional.



You look like
you're getting
annoyed.



You look like
you're getting
frustrated.





Your Turn

Emotional

Rational

Validating

This is the most embarrassing thing ever.

I never want to go back there again.

Don't let it get to you.

Everyone was staring at me.

I know it's hard to be excluded.

You're getting loud, please lower your voice.

Of course, you're bothered by the situation.

You're getting loud. This must be upsetting you.

It's more important to have fun than to win.

You don't understand how awful it is.

It's a bummer you didn't get the position.

You can always try again.

It couldn't be worse.

That's silly to worry about.

It could be worse.

Sort into three categories

- Emotional
- Rational
- Validating



<https://tinyurl.com/sortinto3>

Emotional

Rational

Validating

This is the most embarrassing thing ever.

Everyone was staring at me.

You don't understand how awful it is.

It couldn't be worse.

I never want to go back there again.

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Sort into three categories

- Emotional
- Rational
- Validating



<https://tinyurl.com/sortinto3>

Learning Targets

Define

- **Define the states of mind**
I can provide examples of emotional, rational, and wise states of mind.

Recognize

- **Recognize emotional and rational mind**
I can determine if a statement is emotional or rational.

Respond

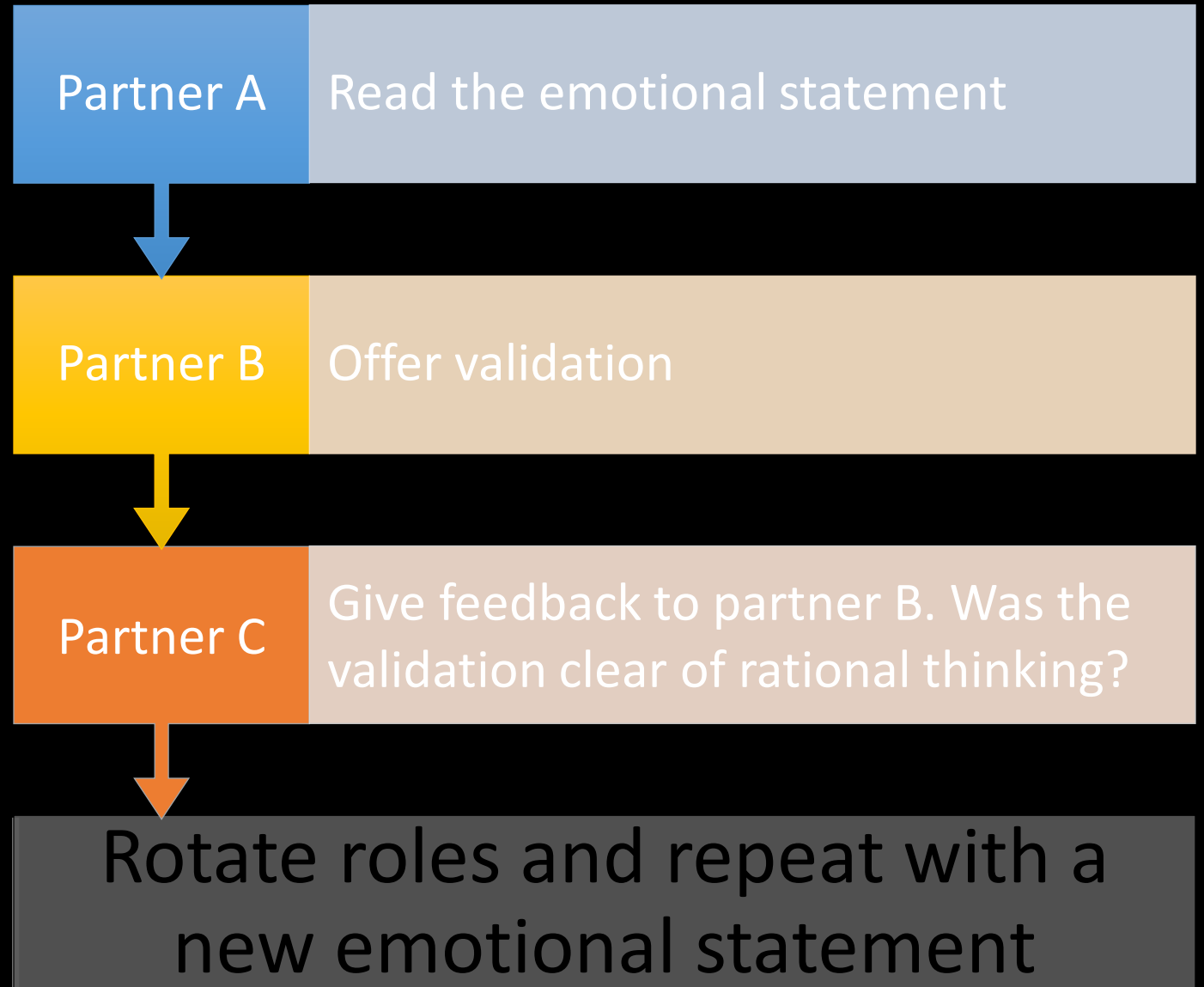
- **Respond to emotional mind with wise mind.**
I can use validation statements to respond to emotional mind.

Two Volunteers, Please



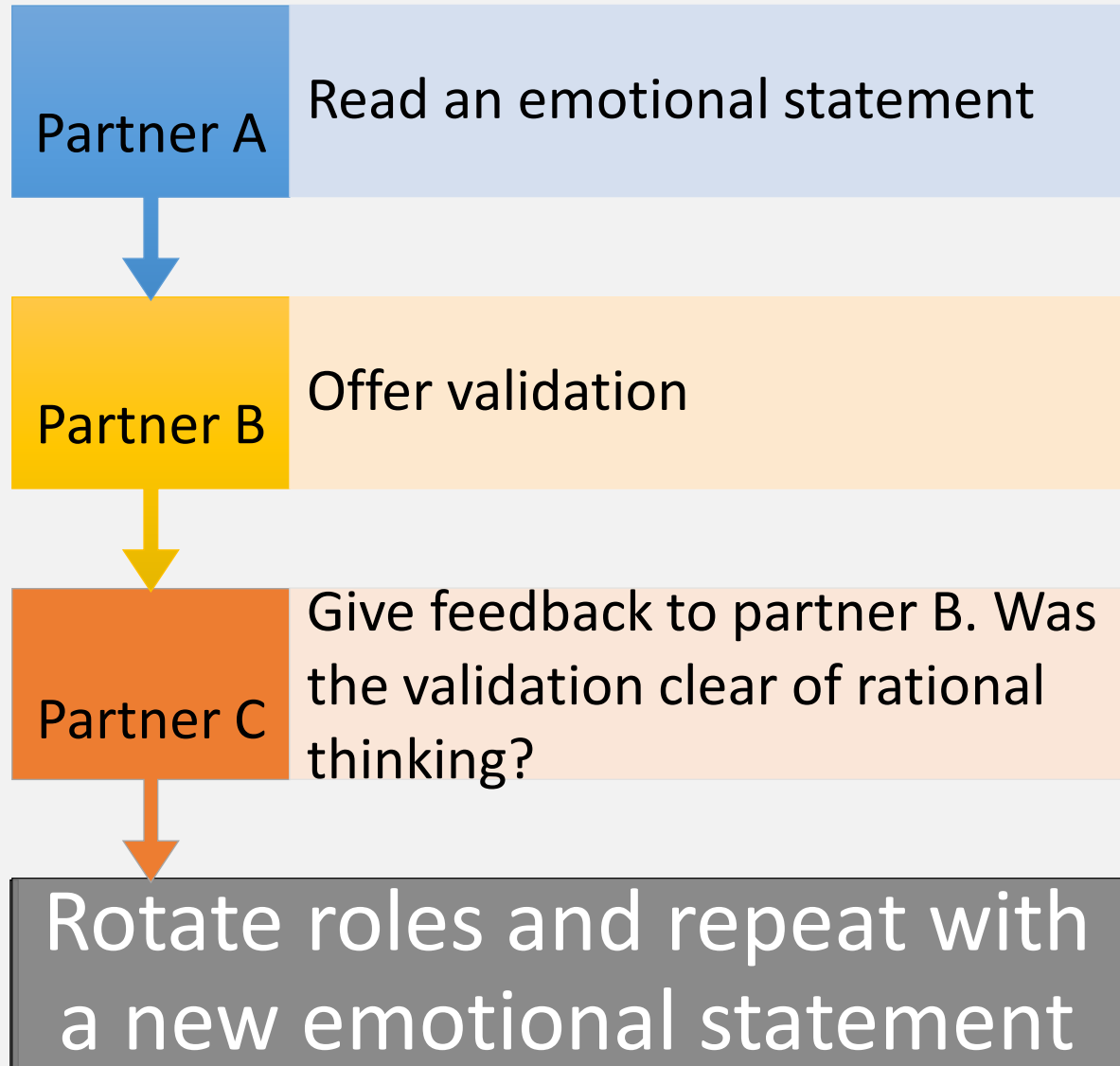
Let's practice validation

“The whole
world is
against me.”



LET'S PRACTICE VALIDATION

1. I'm never going to support that.
2. You better do something about this.
3. She should be fired.
4. There's no way I can work with him.
5. It's not fair.
6. The problem is still not fixed.
7. I shouldn't have to do this.
8. This isn't my fault.
9. That is the worst decision you could make.
10. Nobody ever wants to help me.



**How does
this relate to
*students?***

HACKING GROUP WORK

11 Ways to Build Student
Engagement, Accountability, and
Cooperation with Collaborative Teams



CONNIE
HAMILTON

It's like there was a
forcefield around his
classroom door and only
happy things were
allowed inside.

Page 33

HACKING GROUP WORK

11 Ways to Build Student
Engagement, Accountability, and
Cooperation with Collaborative Teams



CONNIE
HAMILTON

It probably wasn't true,
but if I ever got in a fight, I
think she would have had
my back.

Teachers probably don't
fight though.

Page 33

HACKING GROUP WORK

11 Ways to Build Student
Engagement, Accountability, and
Cooperation with Collaborative Teams



CONNIE
HAMILTON

She told everybody that we were going to work in groups. I froze. Then she gave me a little smile, and I knew she picked good kids for me to work with.

Page 33

HACKING GROUP WORK

11 Ways to Build Student
Engagement, Accountability, and
Cooperation with Collaborative Teams



CONNIE
HAMILTON

I knew he wasn't going
to call on me when he
gave me a quick little
nod.

Page 33

HACKING GROUP WORK

11 Ways to Build Student
Engagement, Accountability, and
Cooperation with Collaborative Teams



CONNIE
HAMILTON

She had a giant stress
ball. It was blue. It
worked.

Page 34

HACKING GROUP WORK

11 Ways to Build Student
Engagement, Accountability, and
Cooperation with Collaborative Teams



CONNIE
HAMILTON

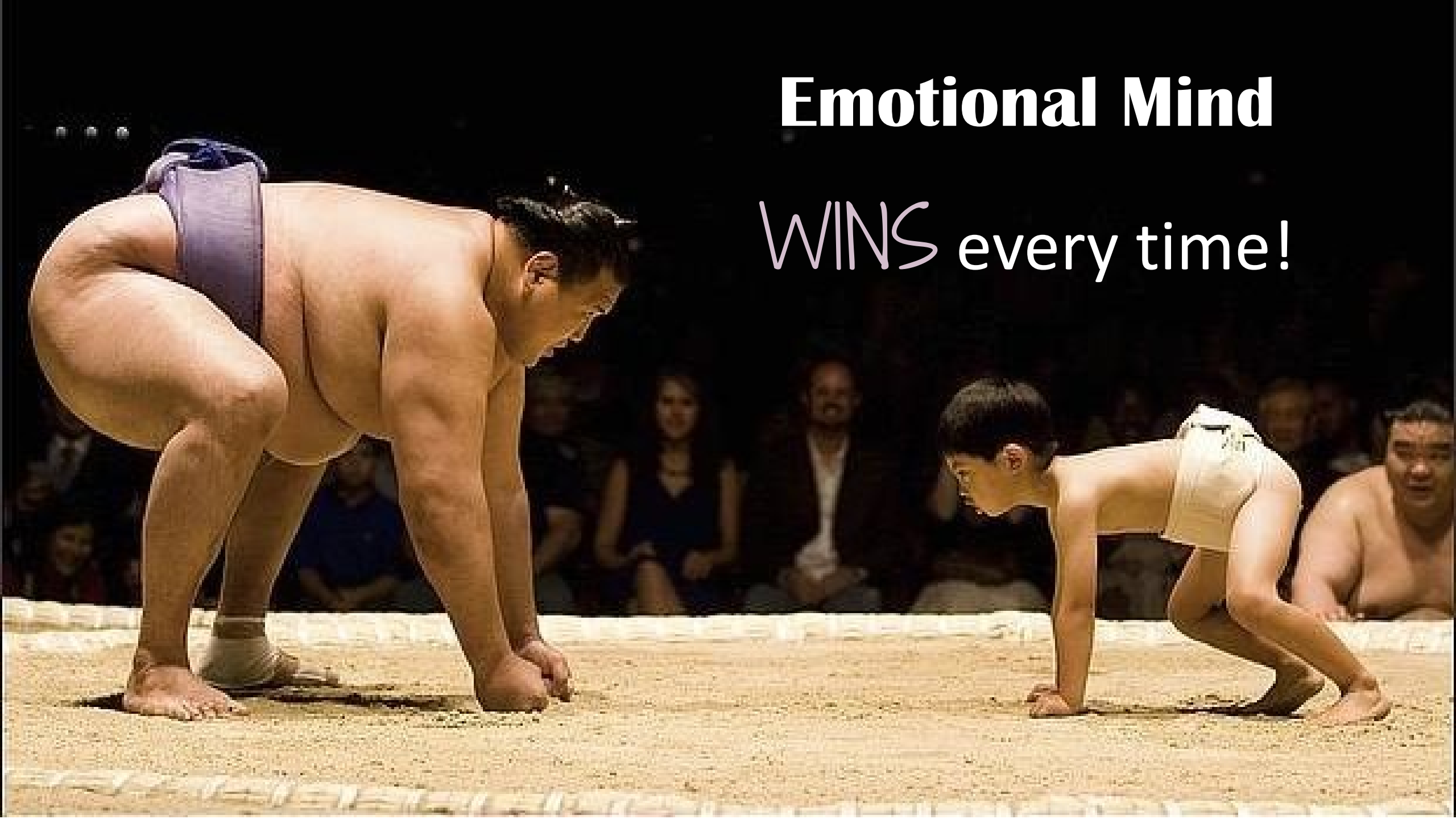
I actually think she saved
my life. I should tell her
that.

No, I can't. I'd probably cry.

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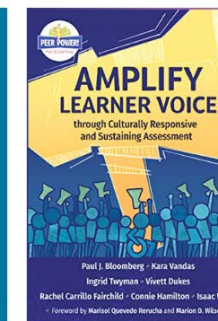
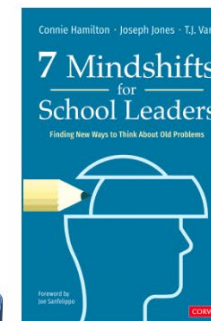
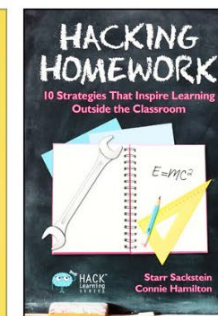
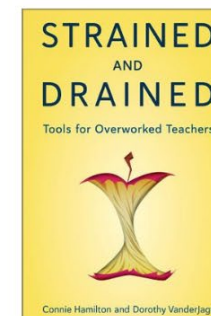
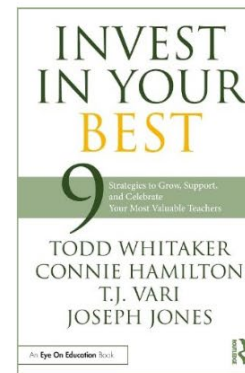
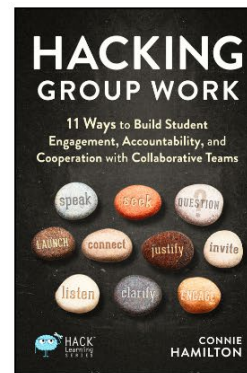
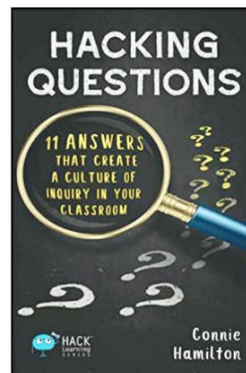
Emotional Mind

WINS every time!





SCAN ME



www.conniehamilton.org