

# Connectedness

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Session One

**National  
School  
Redesign  
Showcase:  
You are  
Invited to  
Co-create  
with Us**

# How might our schools allow and promote joy?



## Agency

the ability to take action and/or choose what action to take.



## Belonging

being accepted as you truly are and as an equal participant in how things are created.



## Connectedness

engaging in meaningful activities with supportive adults & peers where you are seen, heard, and valued.

# Recap of our Community Timeframe

Form a team consisting of students, teachers, leaders, family and other community members.

**Designate a contact person.**

Commit to engage in this and two additional virtual design sessions

Share your experience with other schools involved in this design opportunity in February 2024.

Selected teams will travel to Washington, DC in May 2024 for an all-day session with other design teams and congressional, US Department of Education and White House Domestic Policy Council staff.





# Who is in this session?

Each school team will have 7 minutes in a breakout room to decide what they would like to share about why they are joining this design team opportunity?

When we return to the main room, we would like to hear your reason and for each of you to introduce yourselves.

# Why are we hardwired to connect?



**What  
makes each  
of us  
unique?**



**What do we  
all share in  
common?**

**When do you notice  
your desire to  
connect with  
others?**

**What's happening  
for you when it is  
absent?**





**How might we identify spaces in our school community where connectedness naturally occurs?**

# Capacities that promote Connectedness

A willingness to allow and accept that is based on our knowing there is enough.



Abundance



Compassion



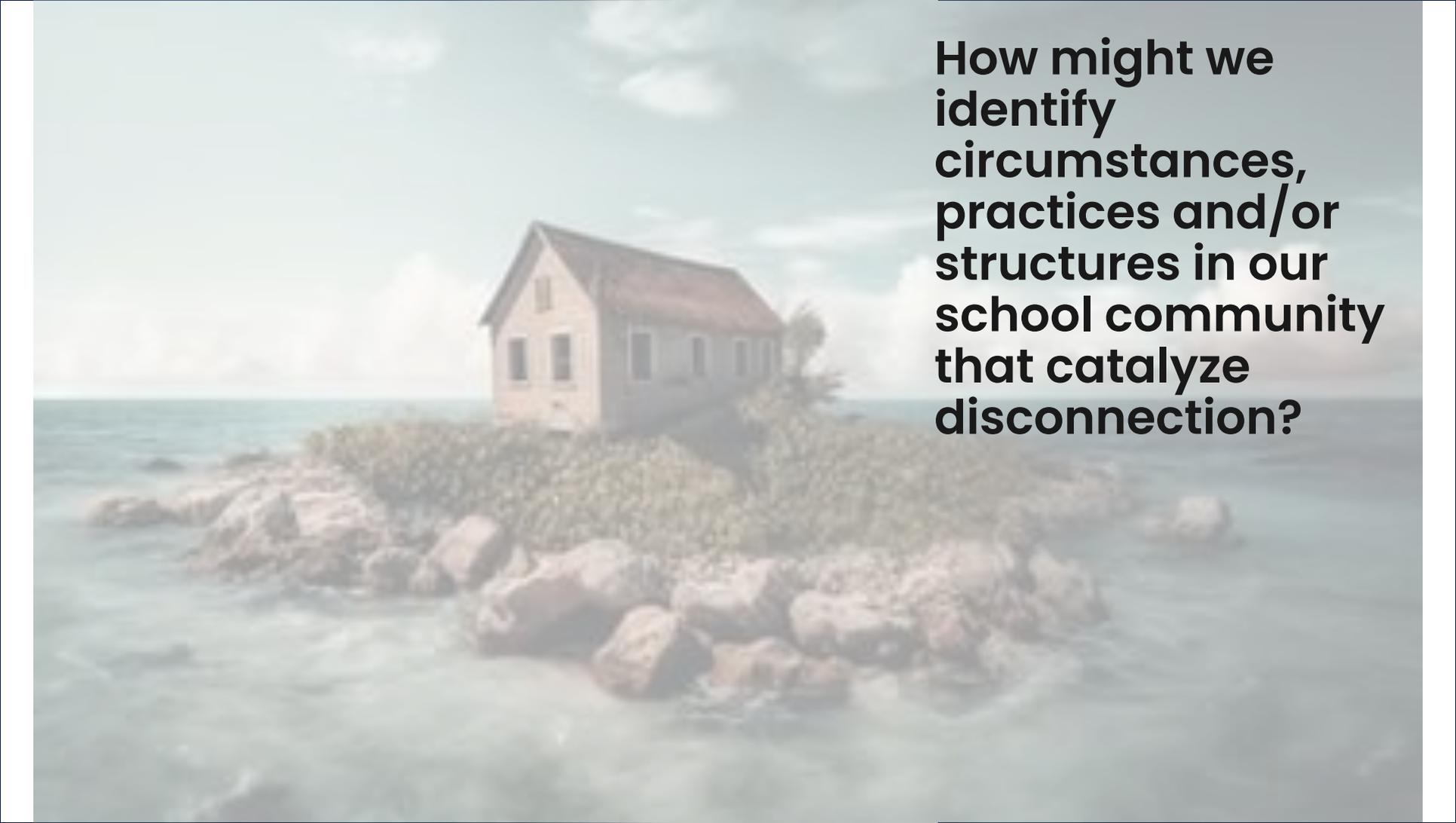
Recognition of Interdependence



Generosity



Patience

A small, weathered, two-story house with a gabled roof sits on a rocky island in the middle of the ocean. The house is light-colored with dark trim around the windows. The island is surrounded by large, dark rocks and some sparse vegetation. The ocean is a deep blue, and the sky is a pale, overcast blue with soft white clouds. The overall mood is quiet and isolated.

**How might we identify circumstances, practices and/or structures in our school community that catalyze disconnection?**

# Catalysts of Disconnection

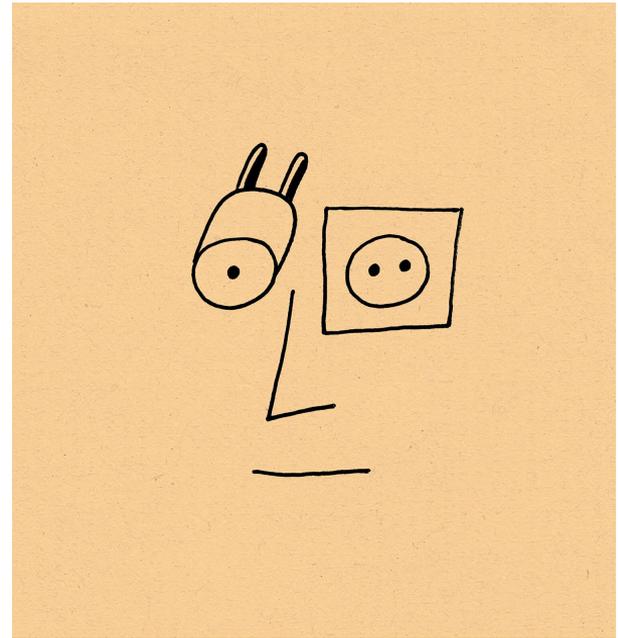
Stress

Comparison/Judgment

Power Imbalances

Unrealistic expectations

Scarcity mindset



## Begin by Allowing and Accepting What IS

Many members of our  
school communities  
have not yet had  
experiences that lead to  
default mindsets of:

Abundance  
Compassion  
Generosity  
Patience



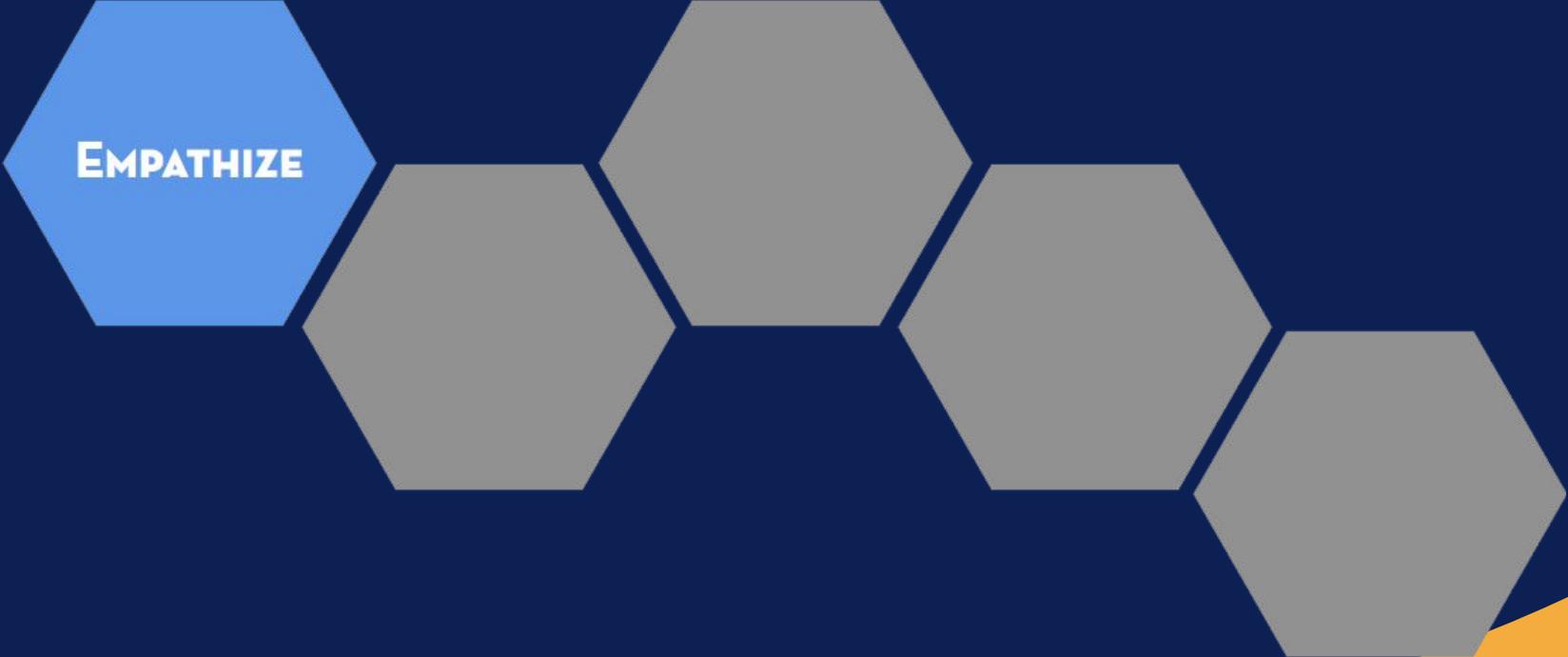
**EMPATHIZE**

**DEFINE**

**IDEATE**

**PROTOTYPE**

**TEST**



**EMPATHIZE**

The image features a horizontal sequence of five hexagons. The first hexagon on the left is a vibrant blue and contains the word "EMPATHIZE" in white, bold, uppercase letters. The remaining four hexagons are a light gray color and are empty. The hexagons are arranged in a slightly overlapping, staggered pattern. The background is a dark blue gradient, and a bright yellow curved shape is visible at the bottom of the frame.

A group of diverse students walking on a university campus. In the foreground, a young woman with dark hair, wearing a plaid shirt and blue jeans, is smiling and holding a blue book. To her left, a young woman with blonde hair, wearing a light blue sweater and pants, is also smiling and holding a brown bag. In the background, several other students are walking on a set of stone steps, some carrying bags and books. The scene is set in front of a large, classical-style building with columns and a balcony. The overall atmosphere is bright and positive.

**We can  
explore how  
students  
experience our  
campus**

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**We can  
explore how  
adults  
experience  
our campus**

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**We can  
explore how  
our  
community  
sees our  
campus**

## empathize: **how?**

without judgment  
with a beginner's e  
with curiosity  
optimistically  
respectfully



**immerse**

**observe**

**engage**



AMUNDSON  
HIGH SCHOOL

# SCHOOL TOURS & SHADOW DAYS



We invite you to  
tour our school, learn  
about our academic programs,  
and ask your questions!

Tours Offered: 1st Friday & 2nd Thursday

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### 8th Grade Shadow Day Experience

Upcoming Dates:

10/6/2016	2/23/2017
11/3/2016	3/23/2017
12/1/2016	4/20/17

**immerse** yourself in the situations  
and experiences of all the members of  
your school community



**observe** what your individual (s) is doing, how s/he is doing it, what prompted the behavior

**what** is this person (or persons) doing?

Notice what is happening both with the person and the context he/she is functioning within.

**how** are they doing it?

pretend you are describing the picture to someone not looking at it.

**why** are they doing it this way?

take a guess. start to form a story. then ask.



# empathize: how? - engage interviews

seek stories

talk about feelings

ask “why”



# Questions that reflect curiosity!

“Will you tell me about the last time you...”

“What was the best...” “What was the worst...”

“And why is that?” “Can you tell me more about that?”

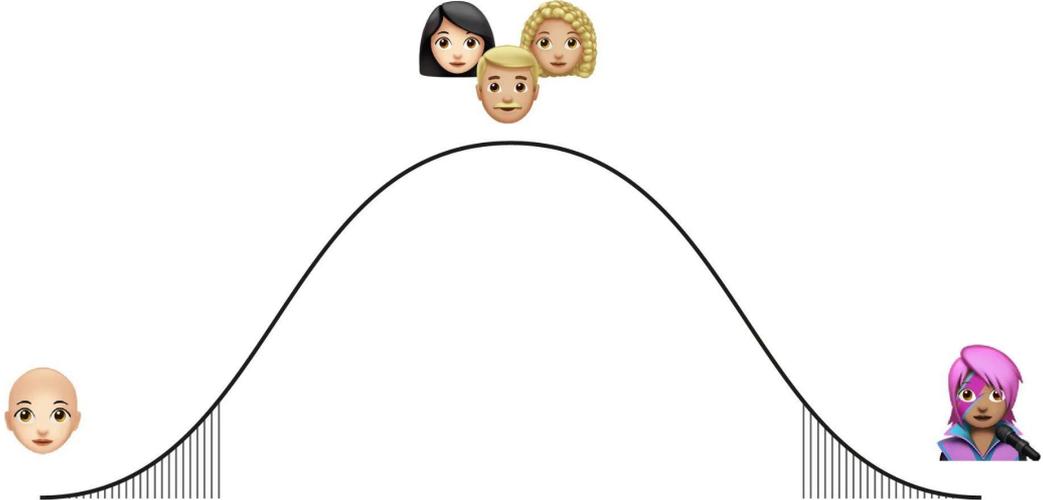


# empathize: how?

1. seek stories
2. talk about feelings
3. ask “why”
- 4. record your findings**



# A Note About Multiple Perspectives and Extremes



# Team Design Time in Breakouts

Thoughts about what we are hearing?

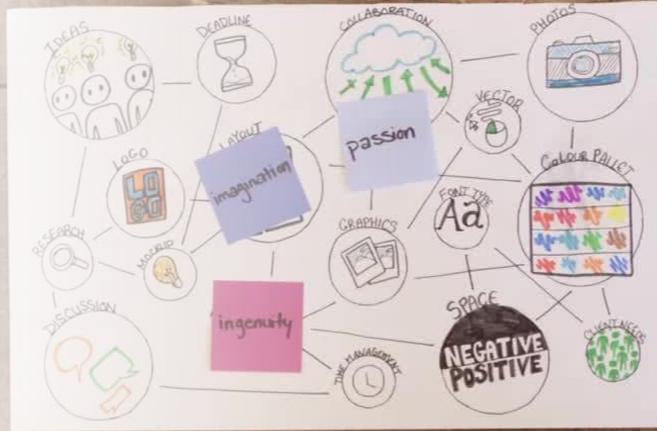
What shadowing experiences might our team want to set up?

Are there areas or events we might want to observe or pay attention to?

Each team member will conduct three interviews.

How will we capture what we see and hear?

What questions might we all want to share?



# Next Steps

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Your team will engage in immerse, observe and engage activities including empathy interviews.

Each team member will spend some time with the questions on the following slide

Sign Up for Session Two

(insert registration stuff here)

Share one word to describe how you are feeling around today's engagement.



“Creating a connected life begins with the decisions we make in our day-to-day lives. Do we choose to make time for people? Do we show up as our true selves? Do we seek out others with kindness, recognizing the power of service to bring us together? This work isn’t always easy. It requires courage, the courage to be vulnerable, to take a chance on others, to believe in ourselves. But as we build connected lives, we make it possible to build a connected world.”<sup>38</sup>

Vivek Murthy, physician and Surgeon General



Trust

Your

Journey

**Onward  
& Be Well!**

# Thanks!

**Do you have any questions?**

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