



Maryland
Association for
Adult, Community
and Continuing
Education

The Five
Golden Rules-
for staying
connected to our
students

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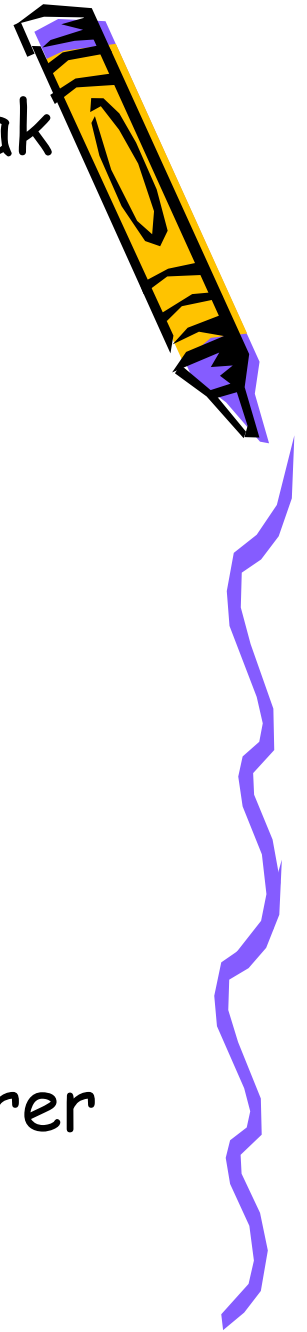
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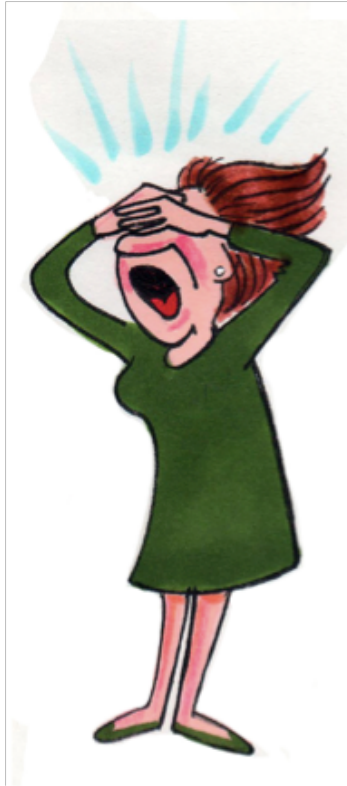
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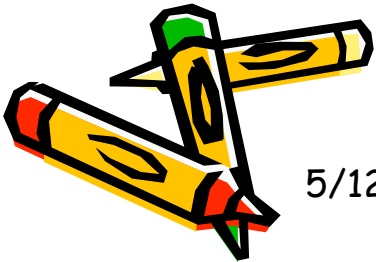


*Self-control is the quality
that distinguishes the fittest to survive.
George Bernard Shaw*



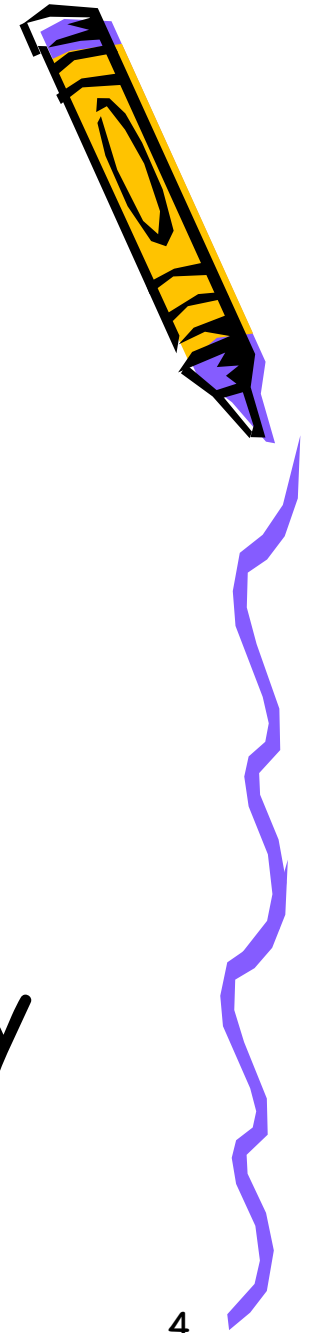
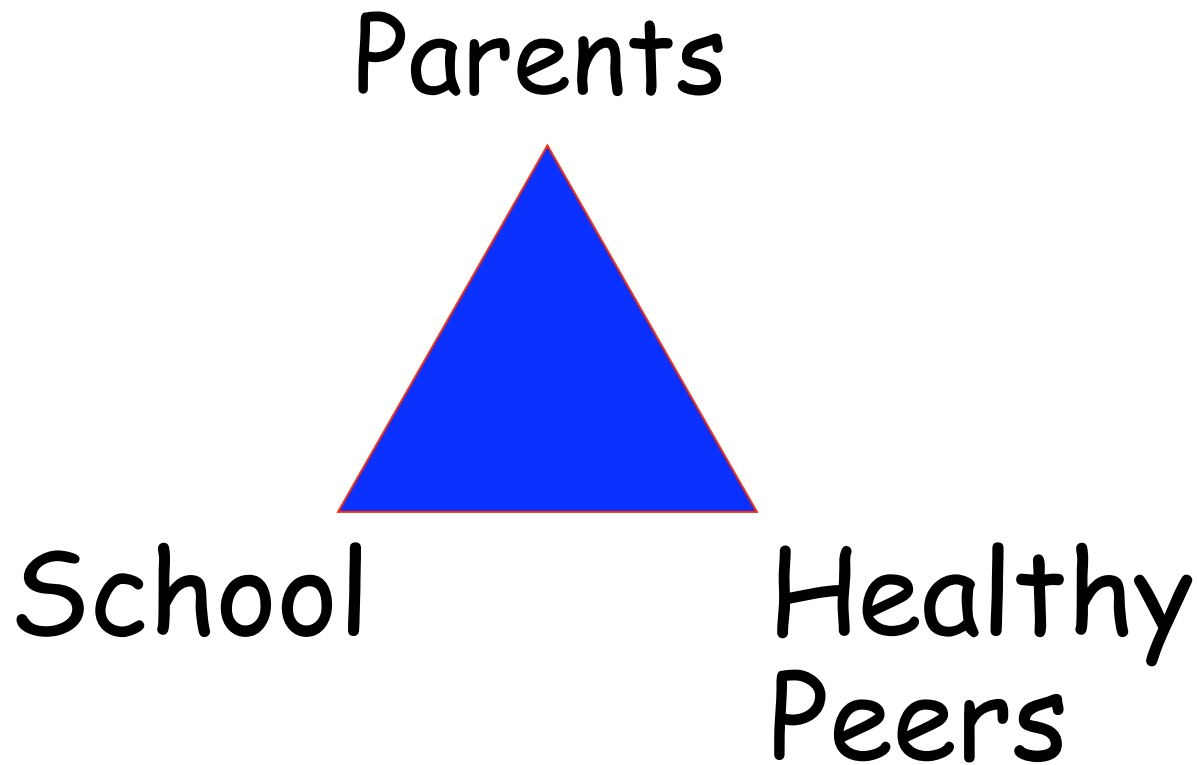
The 4 Major Qualities found in Well-Adjusted People

1. Personal/Impulse Control
2. Problem Solving (Internal)
3. Conscience/Empathy
4. Social Understanding



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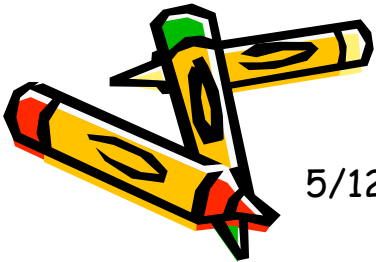
Triangle of Healthy Connections



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Models for Education that never work

- The Rat Race Model - no pain no gain
 - "One day you'll be happy..."
 - We internalize this model and we never find happiness
- The Drowning Model - happiness is when you get to breathe
 - Suffocate for a while then you are happy when you get to breathe



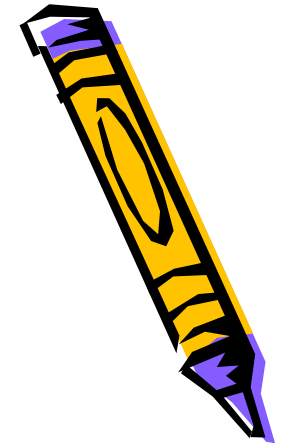
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"Most people would rather be certain they're miserable than risk being happy."

Robert Anthony

5 Golden Rules



For Staying Connected to Students

1. Practice the behavior you would like to see in others.
2. Become a guide not a dictator.
3. Switch from "problem" focus to "solution" focus.
4. Join the "scientists" not the "victimists."
5. Grow to become the person you want to be.



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"Kindness is loving people more than
they deserve"
Joseph Joubert



Have you ever had a boss/ professor/
administrator embarrass you in front of
others?

Have you ever become so angry that you
yelled, screamed, cursed, (or had a witch
fit or a mantrum?)



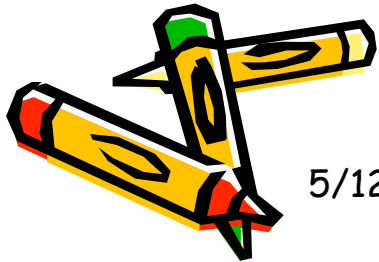
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“Think twice before you speak, because your words and influence will plant the seed of either success or failure in the mind of another.”

Napoleon Hill

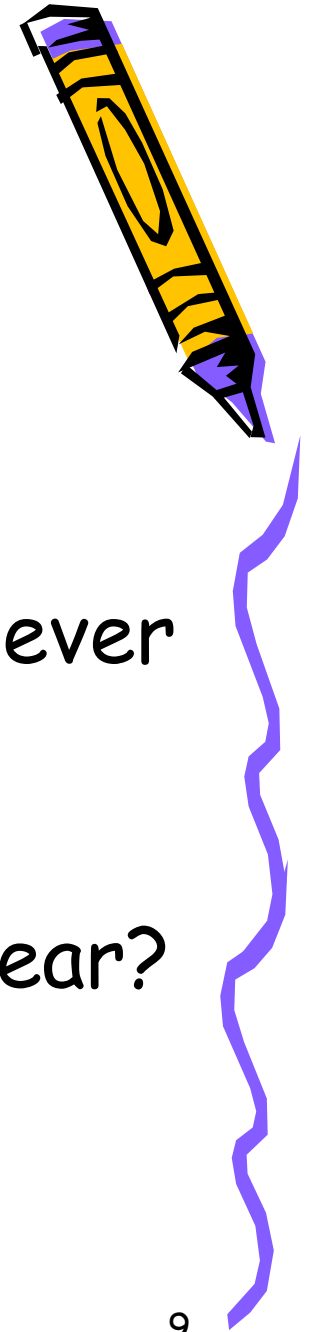
Practice the behavior you would like to see in others

- a. Avoid public humiliation. Take time to meet one-to-one.
- b. Avoid raising your voice-you may need it some day.
- c. Avoid sarcasm and passive-aggressive statements.
- d. Avoid losing your temper. If you want to teach personal control- be a living example.
- e. Creating a productive and warm environment is a community effort. Treat all others in the manner that you wish to be treated.



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"Loving can cost a lot,
but not loving can cost more"
Merle Shain



- Have you ever worked in a job and never felt appreciated?
- Have you ever had a teacher/ boss/ parent who tried to motivate with fear?



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"Mean spirited people will always have an excuse for rudeness and cruelty, just as the alcoholic will always have a reason to drink. Neither one can practice the skills to heal themselves."



Become a guide-not a dictator

- a. The quickest way to create insanity is to mix rewards with punishments.
- b. Never take away, or threaten a student with a reward they have earned.
- c. Guide others through their mistakes - don't oppress them with fear.
- d. Avoid covert rules, or rules that are dictated by "today's mood." Consistency in rules and approaches provide the greatest sanctuary in an insane world.
- e. Never punish students with the things we want them to love.



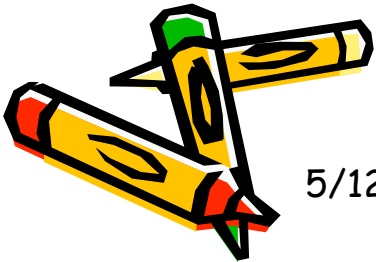
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want them to love. 10

If things are not working ask yourself,
In what way am I creating this? In what
way can I change this? What is the
lesson?"

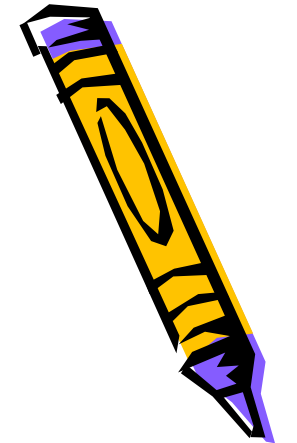
Wayne Dyer

- When someone is lecturing you over a mistake you made, at what point do you start to roll your eyes?
- Have you ever been given a rule that didn't make sense?



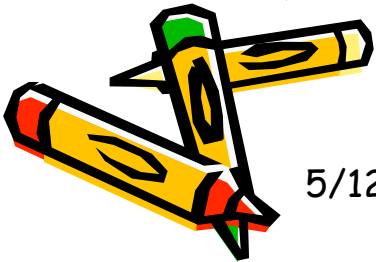
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“Egotism is the anesthetic that dulls the pain of stupidity.”
Frank Leahy



Switch from “problem” focus
to “solution” focus.

- a. When a student misbehaves, focus on the appropriate behavior.
- b. Avoid lists of “Thou shalt not’s” - it’s only natural to find an angle.
- c. Utilize the two essential ingredients for giving feedback - A conducive environment & a positive asset search
- d. Use the sandwich technique
Positive/Critical/Positive

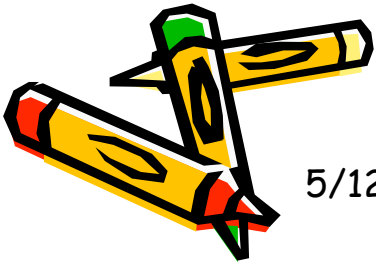


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"Our patience will achieve more
than our force."
Edmund Burke



- Have you ever had a boss/
administrator/ professor who seemed to
have it "out for you" ?
- Have you ever worked with someone who
needed to win every disagreement?



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*"When they have a tantrum,
Don't have one of your own."
Dr. Judith Kuriansky*

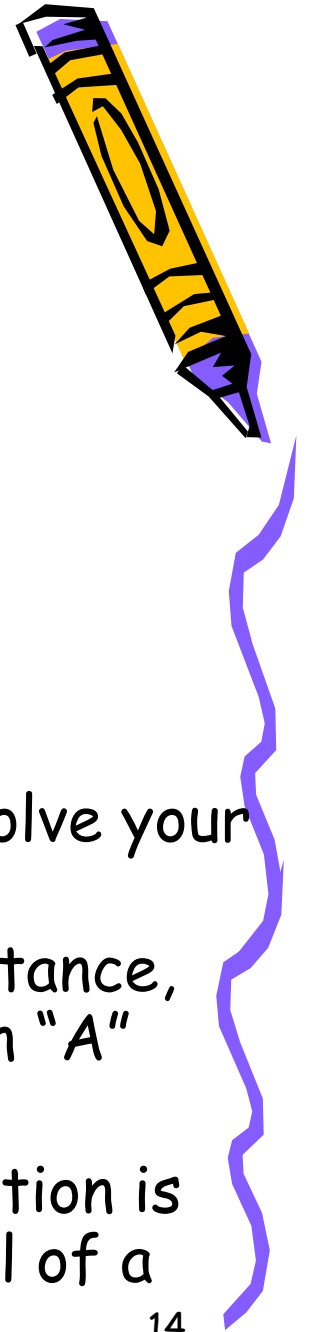
Join the "scientists" not the "victimists."

- a. Avoid personalizing a student's behavior.
- b. Focus on group behaviors and celebrate group achievements but don't use mob mentality to solve your problems.
- c. Don't let the late-day meltdown, or the one instance, ruin the entire day. Remember: a 90% day in an "A" day.
- d. Avoid battles. The goal of communication is to create understanding. The goal of a battle is to win.

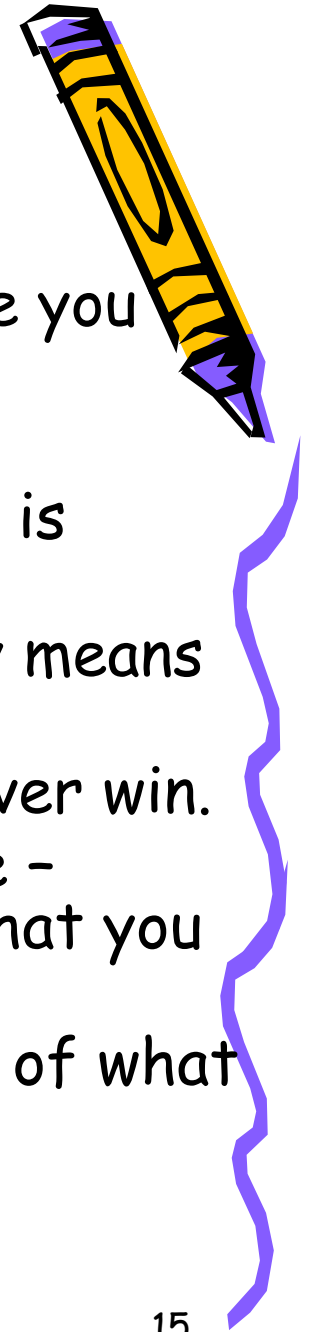


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Grow to become the person you want to be.



- a. Laugh at life's imperfections. Children will give you brain damage - you may as well enjoy it.
- b. Forgive others and forgive yourself .
- c. Strive for progress not perfection- a 90% day is successful.
- d. Drop the ego, winning power over someone only means you've taken power away.
- e. Don't try to get even with the world - you'll never win.
- f. If the world appears rotten, angry, and hostile - remember: life can only reflect back to you, what you give to it.
- g. Remember: What you "do" is the only evidence of what you are.



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It's not a crisis, it's an inconvenience!

"There are two primary choices in life, to accept conditions as they exist, or accept the responsibility for changing them." Denis Waitley



In all that you do - you are a force for health or psychopathology.



"Let people realize that every time they threaten someone, or humiliate, or hurt unnecessarily, or dominate, they become forces for psychopathology, even if these be small forces.

Let them recognize that everyone who is kind, helpful, decent, psychologically democratic, affectionate, and warm, is a psychotherapeutic force, even though a small one."



5/12/13 Abraham Maslow - 1970



5 Daily reminders to stay resilient.

I'm so grateful
you are in my
life!



Be kind, *it's easy to be cruel.*

See the best in yourself,
so you can see the best in others.

Be grateful, *every day of life is a
miracle.*

Be tenacious. *Stick with your dream.
It's the one thing no one can ever take from
you.*

Define your own success.
*Give away all the things you can create from
nothing.*



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