

Action, Character and Moral Formation for Catholic School Catechesis ^a



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My students?



Can we impact the character of our students?



My students?

Can we impact the
character
of our students?

ethics

is about relationships

ethics

- Being the kind of person other people would choose as a study partner, friend, business partner, lab partner, team mate, companion, confidant, even a life partner.

Ethicists talk

- About actions
- What people should do
- **About people**
- **What people should be like**

moral

There are things you ought to do and ought not to do.

moral

There is a kind of person it is desirable to be
and desirable not to be.

Values

Firmly held dispositions or traits.

Values

What is important to you, what you value.

Core Values

the most important values

Common Values

values a group shares

Common Values

- We may not agree on all values but that doesn't mean we cannot agree on any values
- Human minimums: values no human society can hope to succeed without

Would you oppose?

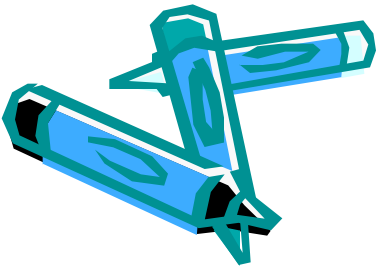
- Responsibility
- Respect
- Self control
- Integrity
- Effort

Character

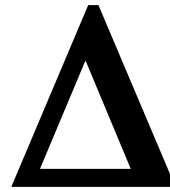
- The sum of my virtues and my vices.
- Who I am today as a result of everything I have become and overcome in my life so far, plus what I become and overcome today.
- The kind of human being that I am.
- Who I am.

Basic Habits

- Show up
- On time
- Start promptly
- Follow directions
- Finish tasks
- Get along with teachers
- Get along with peers
- Good hygiene



CHARACTER FORMATION



VALUES

1. Role Models
2. Legends
3. Stories
4. Reinforcement

THOUGHT

1. Problem Solving
2. Real: Undistorted
3. Reflection
4. Frameworks

SKILLS

1. Coping
2. Cooperation

Values

Role Models



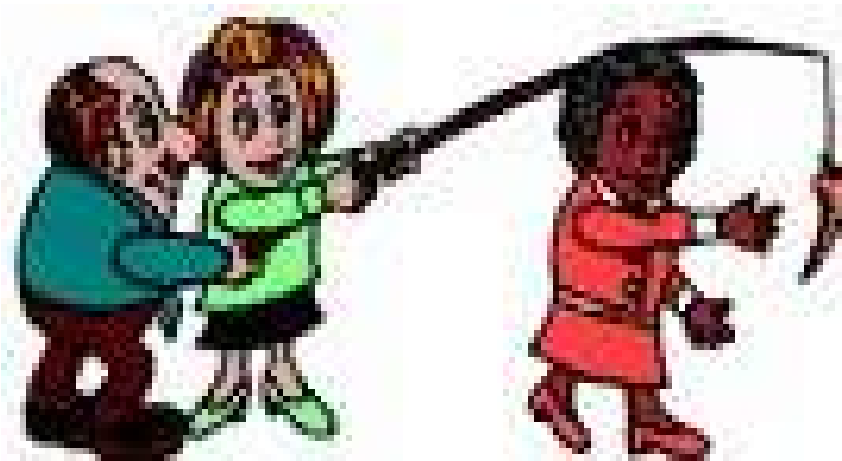
1. **Parents**
2. **Other adults**
3. **Peers**
4. **Mass media**

Legends and Heroes



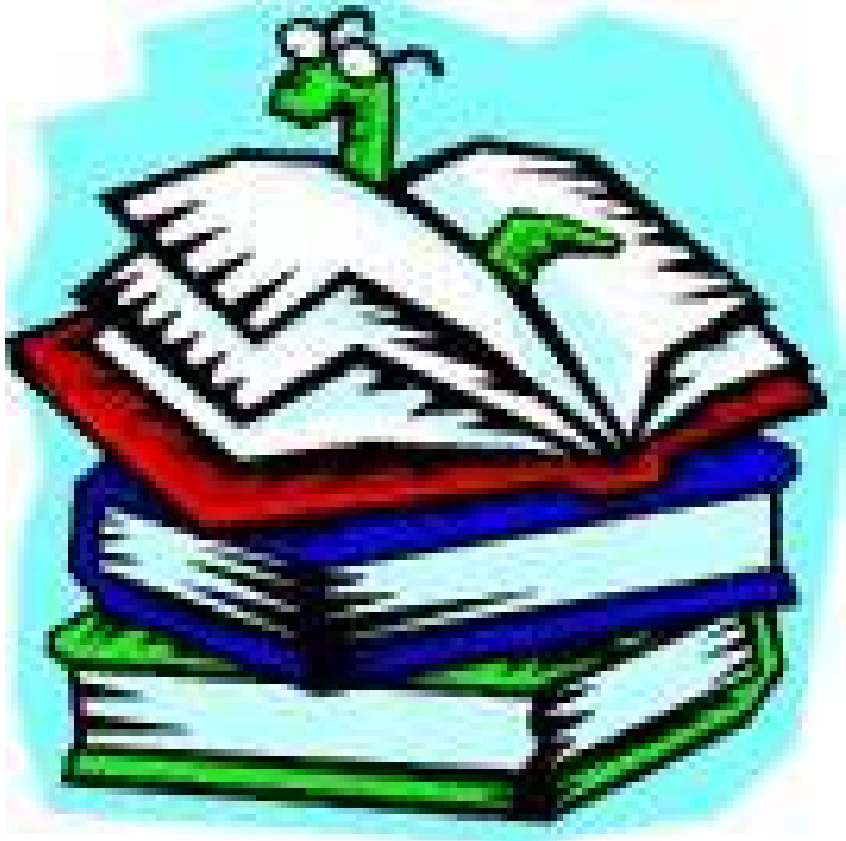
1. Media, entertainment, sports
2. People you know and can learn from
3. Unknown effects

Reinforcement



- People value what they desire to get and avoid getting

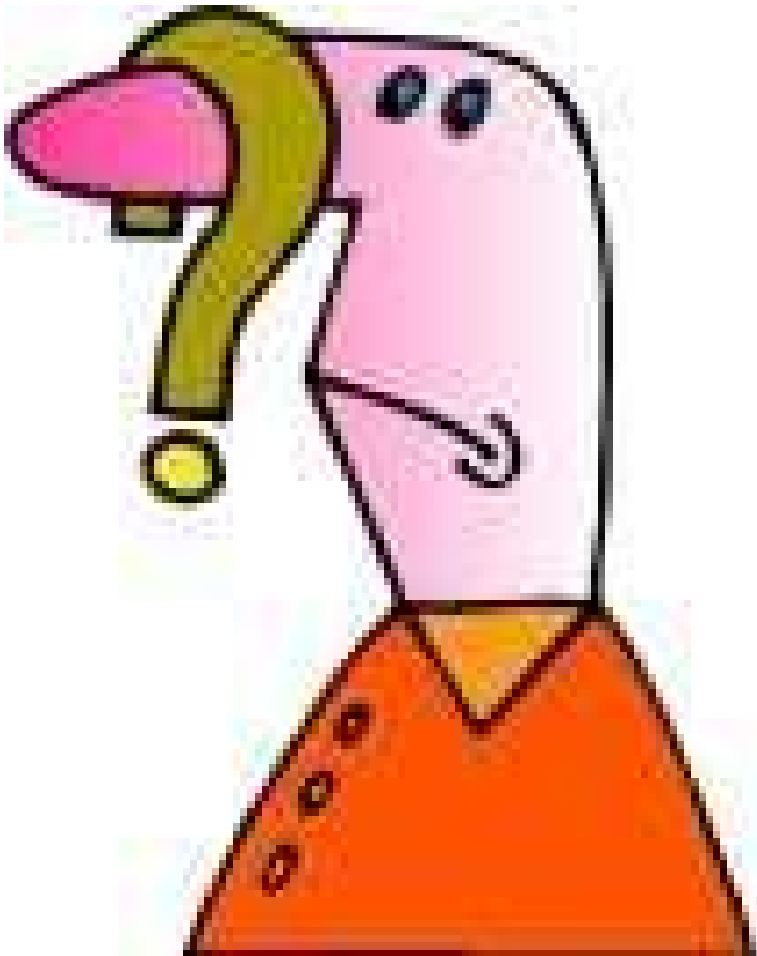
Narrative: Stories



- Family stories
- Bedtime stories
- Novels, poems, plays, biography
- TV, films, videogames
- Peer stories

Thoughts

Problem Solving



1. **Identify problem**
2. **Define**
3. **Brainstorm solutions**
4. **Choose solution**
5. **Implement**
6. **Check solution**

Reflection



- Learning from experience
- Levels of reflection from surface to deep
- Ability to acquire wisdom

Frameworks



- Ability to use formal ethics frameworks when I genuinely don't know what to do

A Simple Framework

If I **do**/**don't do** this:

1. What kind of person do I become?
2. Will I do more good or harm?
3. Will I treat others with dignity and respect?
4. Will I be fair and just?
5. Will the community, as a whole, be better off?

Thinking straight



- **Avoiding cognitive distortions like all or nothing thinking, mollification or entitlement.**

Skills

Coping



- Anger control
- Emotional management
- Impulse restraint

Cooperation



- **Social skills**
- **Language routines**
- **Skills to get along**
- **Success skills**

How can I communicate effectively?

By being available and credible;

- we have to be willing to talk to kids
- when they want to talk,
- about what they want to talk about.



How can I communicate effectively?

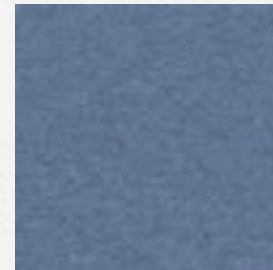
**Don't eyeball:
maintain a triangle
when you want to talk.**



How can I communicate effectively?

Ask questions that can't be answered with

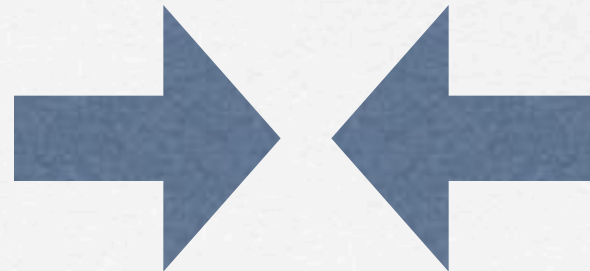
- **yes,**
- **no,**
- **nothing or**
- **I don't know.**



How can I communicate effectively?

Use the right proxemics to show

- **interest**
- **without over doing it.**



How can I communicate effectively?

Listen, share from your experience,

- **summarize but avoid advice unless it is asked for;**
- **don't trivialize or try to top your kid's stories.**
- **And remember you can't walk up hill six miles uphill both ways [and your kids already know this].**



How can I communicate effectively?

Remember you have patience and wisdom on your side:

- use them.

The Bottom Line

You are always the adult,

- you are in control.
- Save the directive mode for when you really need it.



Anger Tool One

Don't go there.

Anger Tool Two

*Move,
stretch or
breathe.*

Anger Tool Three

- 1. Keep your teeth together, and*
- 2. Stretch your fingers to the ground*

or

palms flat, fingers stretch

Anger Tool Four

1. *Backward count*
2. *Breathe deeply*
3. *Puzzle solve*
4. *Visualize*

Anger Tools

1. Don't go there
2. Move, stretch or breathe
3. Keep your teeth together and stretch your fingers to the ground [palms flat - finger stretch]
4. Anger Reducer
 1. Backward count
 2. Deep breathing
 3. Imagery
 4. Puzzle

Mistakes Parents of Problem Children Make

1. Little one to one communication
2. Don't know where child is often
3. Don't know child's friends
4. Reward when parent is in good mood
5. Harshly punish when parent is in bad mood

What are five key parent behaviors?

1. Daily conversation with your child.
2. Always know where your child is.
3. Know your child's friends.
4. Reinforce desired behaviors consistently.
5. Be firm, fair and consistent with problem behavior.

What are the five key parent behaviors?



Daily conversation with your child.

#1

It is about being in the loop.

Be one of the people
your child consults
because the opportunity
to do so exists each day.

What are the five key parent behaviors?



Always know

where your child is.

#2

Monitor and check
in a way that is age appropriate,
but puts you there,
where the child is,
even when you are not.

What are the five key parent behaviors?

#3

Know your child's friends.



Become an adult participant in their relationships.

utilize peers as an enormous source of influence.

What are the five key parent behaviors?

#4

Reinforce desired behaviors consistently.



Make sure the kid sees the connection.

Avoid rewarding because you're in a rewarding mood

What are the five key parent behaviors?

Be firm, fair and consistent with problem behavior.



#5


Don't go punitive just because you're in a bad mood.

*Community:
to act, respond, change
for and with others*

not just finding others
who make you feel good



Community

A large green highway sign with a white border, mounted on a metal structure. The sign is set against a blue sky with light clouds. The text on the sign is centered and reads: "To choose to be for, with, to others".

To choose to be
for, with, to
others

A large green highway sign with a white border, mounted on a metal post. The sign is set against a blue sky with light clouds. The text on the sign is white and reads: "To be responsible and able to respond".

To be responsible
and able to
respond

I am responsible for my actions

An explanation
is not an excuse.

A green highway sign with a white border and white text, mounted on a metal post against a blue sky with light clouds. The sign is rectangular with rounded corners and is held in place by several screws. The text is centered and reads: "I am responsible for my actions", "An explanation may", "help me understand", "my actions, grow from", "them, and not repeat", "my mistakes.".

I am responsible for my actions

An explanation may
help me understand
my actions, grow from
them, and not repeat
my mistakes.

A large green highway sign with a white border, mounted on a metal post. The sign is set against a clear blue sky with some light clouds. The sign contains two lines of white text.

I am responsible for my actions

I am responsible for
the decisions I make,
or don't.

A large green highway sign with a white border and white text. The sign is mounted on a metal post and is set against a clear blue sky. The text on the sign is arranged in two lines.

I am responsible for my actions

I am responsible for
the actions I take,
or don't.

I am responsible for my actions

Responsibility may be lessened only to the extent my actual freedom or knowledge was actually and unavoidably limited.

I am responsible for my actions

Responsibility
Requires
Action

I am responsible for my actions

Responsibility
is doing what
I should do.

A green highway sign with a white border, mounted on a metal post. The sign is set against a blue sky with light clouds. The text on the sign is white and reads: "I am responsible for my actions", "Responsibility", "is doing what", and "I say I will do." in a sans-serif font.

I am responsible for my actions

Responsibility
is doing what
I say I will do.

I am responsible for my actions

Responsibility
is doing what
is best for
everybody.

A green highway sign with a white border and white text. The sign is mounted on a metal post. The background is a clear blue sky with some light clouds. The sign is the central focus of the image.

I am responsible for my actions

Responsibility is
doing the one
thing I should be
doing right now.

I am responsible for my actions

Responsibility
Requires
Action

*Community:
to act, respond, change
for and with others*

not just finding others
who make you feel good



Change Requires

Effort





Change is possible.





*Change requires 3
things.*



A Vision.



A Plan.




and Effort.






*It requires changing bad
habits to good habits.*





It requires effort even
when I don't feel like
working.





*It requires taking one
step at a time.*



*Community:
to act, respond, change
for and with others*

not just finding others
who make you feel good