Promoting Home-School Partnership for:

Discovering and Helping Selfie
Live in and for Community

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Where am I coming from:

- Academic professor
- Homemaker
- Clinical psychologist

Home-School Partnership – a dynamic synergy to promote students’ academic performance and wholistic development and wellbeing
How do we help build happy and healthy children, youth, and young adults?

- How do we help raise confident, competent, and empathizing children?
To develop confidence, competence, and empathy

can we help our young people

1. discover selfie – in community?

2. live selfie – for community?
• sense of identity - a fundamental question
• What makes the question so important?
  – a reference point
  – a prerequisite to being with an other/s
  – a channel of art and discoveries in science
  – for having purpose
  – for celebrating a gift of life
Finding the Light

are you?

A. a human being having a spiritual experience

B. a spiritual being having a human experience
1. Psychodynamic/Freudian view: *it is mostly in your unconscious*

The depths of the psyche is not measured by what happens on the surface.
What primarily motivates personality according to psychoanalysts?

- Sigmund Freud – pleasure
- Alfred Adler – power
- Viktor Frankl - meaning
2. Behavioral/Skinnerian view: it is in your programming
3. Humanistic/Phenomenological view:

- *it is from your subjective experience*
4. Cognitive View:

*It is from your chosen mental ideas*
5. Social Psychology

Personality is shown in the roles you assume:

- **Familial**: parent, child, son, daughter, grandchild, nephew, niece, etc.
- **Academic**: student, teacher, administrator
- **Work**: boss, employee, professional, clerical
- **Social** – friends, acquaintance, significant other, partner, soul mate, ex-bff
- **Others** – guide, critic, admirer, terrorist, muse
6. Transpersonal Psychology: there is a spiritual dimension to the human being

Psychology - study of the psyche(soul)
Carl Jung – from personal unconscious to a collective unconscious
Abraham Maslow - from self-actualization to self-transcendence
Jaime Bulatao, sj – it is about relationships
The Yin-Yang Symbol of Wholeness

Ako/Ikaw (I/You)

Tayo (Us)
Who is “selfie” now?

Some observations of children and young adult students then (10 years ago) and now:

• Shorter attention span
• Intellectually advanced but undeveloped socio-emotionally
• Speaks out for the self and its needs
• Less tolerance for ambiguity and uncertainty
• More affected by failures and disappointments
• Prone to anxiety, depression, and suicidal ideas
Factors that led to the observed characteristics of “selfie”

- **misguided parenting** (too protective or absentee, indifferent; guilt that indulges; nino bonito)
- **ineffective teaching** (felt irrelevance of subjects, education as coercive rather than transformative)
- **Society, media, technology, and culture** (consumerism, materialism, power, narcissism)
- **Diminishing interest in organized religion** (superstition, preference for science)
Some unfulfilled needs

- Needs to be safely known (mirroring)
- Needs to belong and feel accepted
- Need for autonomy (sense of mastery)
- Need to share a basic sameness with others (twinship)
Unfulfilled Needs

• Need to admire/have a desirable model (idealizing)
• Need for friendships and intimacy
• Need to give in work and in love
The Jonah Complex

Abraham Maslow – it is “an evasion of growth and fulfilling one’s best talents. It is a “fear of one’s greatness.”
How do we go help the young go beyond habitual ego to the bigger truth of authentic being?

*How do we awaken selfie into more awareness of and love for community?*
INNER BLOSSOMING APPROACH TO WHOLENESS
Helping selfie develop confidence, competence, and empathy

• *By inviting* our young to learn, heal and grow through Inner Blossoming:

  - Attunement
  - Acceptance
  - Awakening
What does one awaken to?

- The unfolding mystery of one’s Self – one’s being, one’s being with others, in a world that is part of a larger universe
Home- School Partnership

- “The meeting of two personalities is like the contact between two chemical substances: if there is any reaction, both are transformed.” - Dr. Carl Jung

- Ex. the three stage Parent-Students Growth session
Home – School Partnership

• Developing a **positive well-defined relationship** with mutual respect, trust, and collaboration

• Cultivating **cohesiveness** through team-building to know each other professionally and personally

• Commitment to a **shared vision and goals**
  – based on felt needs, interests, and empirical evidence
  – Identifying and addressing priority concerns
Home-School Partnership

Cultivating life-giving values and opportunities for their learning and practice

Teaching the young to be in touch with their humanity; see themselves in others’ eyes and to feel others as a part of themselves
Efren Penaflorida: 2009 CNN Hero of the Year: “pushcart educator”

The power of prayer and dialogue

The 1986 Filipino People Power with Cory: Courage and non-violence
The power of a gift of service

• Recall acts of kindness, love, forgiveness, and compassion that you received and was touched by
• How it helped you heal and or grow!
• Remember how it was given: through action, words or even silence

– “I did not understand the words you said, but I heard the Love.”

10/3/13
Unveiling Beams of Love in the Young

“Perhaps all the dragons in our lives are princesses who are only waiting to see us act just once with beauty and courage. Perhaps, everything that frightens us, in its deepest essence, is something helpless that needs our love.”

- Rainier Maria Rilke
May we teach our young / selfie:

• That our primary task is to recognize our deeper self in every stranger; and *to love our neighbor as ourselves.*

• That acts of service promote psychological health ("*If you want to be free from your depression, do something good for another everyday.*" – Alfred Adler)
Who benefits from a gift of service?

- “A human being is part of a whole, called by us universe, a part limited in time and space. He experiences himself, his thoughts and feelings as something separated from the rest…a kind of optical delusion of his consciousness. This delusion is a kind of prison for us, restricting us…our task must be to free ourselves from this prison widening our circle of compassion to embrace all.” - Einstein
Can we show the young ---

• that acts of service done with commitment increases one’s spiritual maturity
• Acts of service engenders PEACE within and without
Programs for celebrating student and community well-being:

*Teaching our young to partner with Mother Nature for a drug-free therapy*

“Silence is a source of great strength.”
-Lao Tzu
Teaching our young the joy of gratitude and appreciation
Promoting Life Skills: Communication, Openness, Being Resilient

Ability to manifest positive adaptation in the face of risk and or adversity
openness to reality and the bigger picture
Life is not the enemy; The paradox of trust and surrender
Teaching our young to face and to engage life

- *Education as transformation, an ongoing inner journey rather than a race to a destination*

May we help them learn *to Dance with Forever*”
Finding the Light

are you?

A. a **human being**
   having a **spiritual**
   experience

B. a **spiritual being**
   having a **human**
   experience
Here is a Scientific Answer!

"We are not human beings having a spiritual experience; we are spiritual beings having a human experience"

- Fr. Pierre Teilhard de Chardin
  Jesuit Scientist (Paleontologist) & Philosopher
And God bless you, Maria