

## What is an EduGuide?

### Directions:

**Review** how being an EduGuide is about reflecting, growing, and accomplishing goals in a community.  
**Discuss** how EduGuides are those people who are a source of strength in the lives of those they touch.

### **EduGuide Founder's Story**

Not long ago, my mom told me that Char Troy had passed away. She was my high school counselor. I never made the honor society, but Mrs. Troy saw something in me that others didn't. She sat me down in her office to talk about my future. When I got into trouble, she coached me on how to get out of it, without talking down to me the way most adults did. And in my junior year, by some miracle I still don't understand, she sent me to a two-week college access program at Eastern Michigan University, all expenses paid.

She was an EduGuide: a person who is passionate about pursuing their potential and who finds joy in helping others reach theirs too. EduGuides live to share what they're learning and help others discover new ways to succeed — because it's at these times when they know best what they were put on this Earth to do.

This is a story of the many people who helped EduGuide's founder find his way. His EduGuide mentored him, inspired him, and brought out his best.

Imagine if there were more EduGuides in this world.

Imagine if we all worked together to help each person reach their full potential.

## Your EduGuides

- 1. Who has been one of your EduGuides? Who helped to shape the person you are today?**

Focusing on EduGuides in our students' lives helps students become more like them by activating their Mirror Neuron Networks. When we help students think about people who inspire us, learners' brains can start reshaping to become more like those people. Students will share a variety of people in their lives who have formed a web of support. Some will list family or friends, others perhaps a teacher or mentor. There are many EduGuides in their lives. Help students identify a specific EduGuide who has helped them grow to become who they are today. Acknowledge the ways in which different EduGuides may shape us over time or at different stages of growth in our lives. Let students know that just by thinking about what people have done for us, our bodies actually change. It goes into a "Renewal Mode". This state reduces stress, re-energizes us and promotes growth. It can change us.
- 2. What do you admire about your EduGuide? What values do they stand for in your mind?**

Use this website from the VIA Institute on Character as needed to assist students in identifying traits they admire about their EduGuides. If students are not sure what to write, share the list of the character strengths and virtues to activate their thinking.  
<http://www.viacharacter.org/www/Character-Strengths>
- 3. Why do you think that their values are so important?**

Students will mention many aspects from the descriptions given for the character strengths and virtues on the website above. Highlight the connection between what students' values in the characteristics of their heroes and how that reflects on their own values and aspirations for personal growth and development too.
- 4. In what ways do you still hear their voice in your life? What might they be saying to you?**

Most often people talk about sources of their social and emotional strengths. Things that give them hope, purpose and persistence in their day to day life. It is because these social and emotional strengths underlie everything else we learn. They apply to our whole life. Education is much more than about downloading data. All of our learning happens through relationships we have built. When those relationships are stronger, the learning is stronger.
- 5. What things did they do differently than others in your life, that they had such an influence on you?**

Students might share some of their own personal accomplishments or ways their EduGuides helped them meet new challenges to achieve their goals. Others could retell stories about ways in which their EduGuides behaved differently than others they have encountered in their lives. Some of the differences might be connected to how they boosted their confidence. They might have helped students understand their potential or provided effective encouragement to keep striving for goals. Through their help students might have overcome obstacles or learned from failure. Students will share ways in which this person made time for them, and how they showed them through their actions and words how much they cared about them.
- 6. Who would you like to be an EduGuide for?**

After reflecting on ways in which others have touched our lives, students will be ready to help others and start acting as an EduGuide for other people in their lives. Depending on each student's circumstances and situations, they will share family or friends who they feel they can help too. Notice the variety of people students have the capacity to help. Acknowledge ways in which taking a guiding role in helping others can make our community stronger.
- 7. What do you want to say in their lives?**

We grow by helping others grow. This structured reflection is designed to point out ways in which students can be first responders for one another. Help students see ways in which they can become leaders themselves. Explore how this could change student interactions. Ask students to think about what that would look like. Find out what some of the first actions would be for creating a student led support system within the classroom that could then help build a community of purpose for everyone at the school.

## What is an EduGuide?

EduGuides are people who are a source of strength in the lives of those they touch.

Being an EduGuide involves reflection.

EduGuides think about ways to grow and accomplish goals.

Then, they pass those strengths on to others around them.

That's what an EduGuide is.

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## Your EduGuides

EduGuides are people who guide our growth in life.

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