

The Academy of Natural Sciences-

WINS Family February Newsletter



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Dear WINS families,

Hello! Well, Winter is officially over. The snow has stopped falling (mostly) and Spring fever is around the corner. School has been in session for ten months and some of those people who were your instant best friends in September may be starting to get under your skin. Conflicts can easily arise, especially when we reach the comfortable levels of friendship and let some of our less pleasant attributes show. Therefore, this issue deals with **Peaceful Conflict Resolution**.

Please note: all the information contained in the "assets" articles consists of general, simple, helpful ideas for navigating the teen years—not meant at all to be specific instructions for parenting your child. Please accept them as "gentle reminders" of issues that you have probably already considered.

Reminder—If you have things that you want to share via the newsletter, or ideas about topics, please drop it in the mail or give us a call...

Working with you to ensure your daughter's success -

Positive conflict resolution deals with E.Q. (emotional intelligence). When you are sensitive to other's needs and able to phrase things so that a mutual understanding is reached, then you have definitely been using your E.Q.! Remember, words are like magnets; the right words and phrases will draw people to you!



Assets:

Assets are key building blocks that help kids succeed.

*What are assets?
Each newsletter will feature a different asset.*

*This month's:
Peaceful Conflict
Resolution*

Discuss with your daughter:

- What is your initial reaction when you're in a conflict with someone? Why?
- Which conflicts in your past have had outcomes that pleased you?
Why?
- What conflicts and difficulties are you currently dealing with?
What steps can we take together to deal with them?

Quick tip:

When discussing the conflict, use specific examples without placing blame. Try the phrase, "When you do... , I feel..."

College Tour Recap

The college tour went very smoothly. Meagan and Sharon accompanied the WINS II girls to the cold regions of the Northeast. The bus headed out after school on January 31 and drove to Connecticut. It probably took about ten minutes for the entire bus to fall asleep.

The next morning we were off to University of Connecticut. The campus was cold but very nicely laid out. We heard about the basketball team and walked through the stadium. After UConn, we left for Wesleyan University. This is a smaller campus with a heavy focus on the arts. At our information session, we also learned some very appealing things about how Wesleyan deals with tuition and loans. Soon enough, our day came to an end, and we were back on the road, headed to Boston.

The universities in Boston

had a much different feel; being in the middle of a bustling urban area. Simmons University, an all women's liberal arts school, led us on a tour of their laboratories and opened windows of possibilities into the scientific fields. Next was Boston University, which maintains a college-town atmosphere in the midst of the city. We left with our heads swimming with all the opportunities BU had to offer prospective students.

We piled back on the bus and drove to Western Massachusetts as snow began falling. By the time we reached Amherst, there was enough snow for some of the girls to build a WINS snowwoman. Later we rejoiced in Sharon and Sharice's birthdays and everyone had cake. In fact, some people were able to get the much sought-after cake facials that are all the rage!

Our final school was University of Massachusetts at Amherst. Since the ground was snow-covered, we took part of our tour in the underground passages connecting different parts of the campus. By this point, the girls were experts at asking the hard questions in the information sessions and we learned about how college students structure their time, as well as how they find research positions on campus.

Finally, we were headed back, full of optimism about the girls' bright futures beyond high school!



The National Aquarium in Baltimore



WINS I headed down to the Baltimore Aquarium on March 10th, which turned out to be a really nice, bright, even warm-ish day.

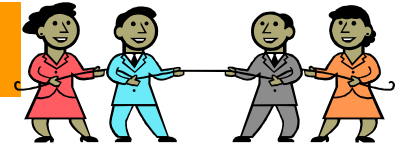
At the aquarium, the girls each had to find various examples of animals, habitats they lived in and the adaptations their species had evolved in order to succeed in the aquatic realm.

The aquarium is several stories tall and has several large tanks contain-

ing rays, sharks, large fish, and the Atlantic reef habitats, in addition to tons of smaller tanks containing all sorts of crustaceans, amphibians, reptiles, and of course, fish..

The National Aquarium also features two walk-through habitats—one, at the very top of the structure, is the rainforest exhibit, The other, just as you walk in, is the new Extreme Australian Adventures (which is where the photo to the left was taken).

7 Steps to Resolving Conflicts Peacefully



“Children who learn how to think about their relationships with other people do better in life in general,” says Myrna B. Shure, Ph.D., a developmental psychologist. Shure created the I Can Problem Solve (ICPS) program, which focuses on the thinking skills needed for young people to resolve conflicts peacefully.

Shure suggests before young people undertake to try and work through a specific conflict that they find out if the time and place are good for the discussion. If so, they can begin the seven-step process. If not, they should identify a time and place that work for everyone involved. Then:

1. Identify the conflict. Have each person talk about what happened. Each person’s account is equally important.
2. Talk about the events that led to the conflict. What happened first? Second? What escalated the conflict?

3. Name how you feel. Ask others involved to identify how they feel. Encourage people to be honest about how they feel without blaming others.

4. Listen carefully to each person’s feelings and accounts of the conflict. Use empathy skills. Try to understand each person’s point of view.

5. Brainstorm solutions. Be creative. Affirm each person’s ideas but keep encouraging people to think of different solutions.

6. Evaluate each solution. Choose one solution that everyone agrees on.

7. Monitor how the solution works. If something needs to change, start again.

“If children can learn to solve typical everyday problems, they are less likely to become impulsive, insensitive, withdrawn, aggressive, or antisocial,” Shure says. “In the long run it is important for children to learn how to think about the problems they encounter in their dealings with other people.”

Youth are more likely to grow up healthy when they seek to resolve conflict nonviolently.

Helpful Hints

Tips that make peaceful conflict resolution easier:

- Have everyone involved honestly state their needs and wants without blaming others.
- Have everyone listen, listen, listen, and try to understand each other.
- Stay focused on the conflict at hand; do not bring up other conflicts.
- Negotiate until a win-win result is found.

Time Together

Three ways to improve peaceful conflict resolution with your daughter:

1. Read about peace and peaceful conflict resolution with your child.
For your teen: Peace Tales by Margaret Read MacDonald
For younger children: Peace Begins With You by Katherine Scholes and On the Wings of Peace, introduced by Sheila Hamanaka
Discuss what you read.
2. When conflict occurs at home, use author William Kreidler’s approach: **CAPS**.
Cool off. **A**gree to work it out. **P**oint out your view. **S**olve the problem.
3. Admit when you’ve responded poorly to conflict. Apologize. Suggest new ways to solve the problem.

Birthdays and other Announcements!

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ALL WINS- I and II

First thing-

March 31st will be the **Orientation Preview** for prospective WINS students, and we'll need lots of help- *All interested in helping-* let's meet **TUESDAY, March 27** at 4:00 PM, in the Education Lunch-room. We won't be long - you'd be out by 5:00, but we really need to go over how the day will go....

Second:

WINS I should be gearing up for your Spring Break trip- April 2nd - 5th, to the **Delaware Aquatic Education Center**, in Smyrna, Delaware. WINS II- *Wanna help?* Keep in mind, I only need three people- and one person already asked. The next two to call us or email are in...

WINS II

ALL EXPLAINERS CURRENTLY WORKING WITH THE CARTS: Now that you are more experienced with working with visitors, you are now qualified to "move up"- from the carts to one of the exhibit areas this summer (leaving the carts to the girls who will be new to WINS II as of June).

See descriptions/dates below. Note: If you do not train for one of these areas, you will have to stick with the carts until the next round of trainings- they will not be for several months.

Those of you who are already in exhibits, if you'd like to switch to another, you may attend the trainings as well. If you're OK with where you are, you don't need to do a thing.

Dinosaur Hall - April 28: 10:00- 3:00

Dino Hall is a constant favorite among visitors. You would work in all of the three sections: The Dig, The Hall, and The Paleo Lab. In The Dig, you would help children as they uncover fossils. In The Hall, you will answer visitors' questions and conduct mini-presentations. In The Paleo Lab, you would discuss the importance of fossils and the process of preparing them to be used to educate.

Amazon Voyages - May 19 & June 2 (times TBD)

From piranha to pink dolphins, the Amazon river has a wealth of amazing creatures. Beginning in June, the Academy will host the changing exhibit, *Amazon Voyages*. Your duties in this section would be crafts, using hands-on artifacts to enhance the exhibit, answering questions, and engaging visitors in conversations about the exhibit.

Butterflies - June 30: 10:00 - 1:00

This is a tropical butterfly exhibit that houses between 100-200 butterflies from Costa Rica, Malaysia, and Africa. Your role would be to interpret the exhibit, initiating discovery and acting as a guide. Additionally, you may be asked to assist in the care and maintenance of the exhibit.

Happy Birthday to you.....

Meagan Hopkins-Doerr - Jan. 10 (29)

Latoya Ellis - Jan. 17 (19)

Sharice Grant - Feb. 2 (16)

Sharon Angus-Smith - Feb. 3

Amanda Huon - Feb. 17 (17)

Monica Huon - Feb. 17 (17)

Dasha Savage - March 3 (16)

Brittany Scott - March 5 (17)

Monica AuYeung - March 5 (17)

Amanda Davis - March 16 (17)

Shahna Bell - March 30 (15)

Final Word

"You cannot shake hands with a clenched fist."

- Indira Gandhi, first woman prime minister of India

