Kindness as the Foundation for College and Career Readiness

Jeannette Maré, Ben’s Bells
Kindness is a SKILL
Crisis of Disconnection
You can’t stop the waves but you can learn to surf
expectation  reality
Credits for Kindness

BY JEFF WAGENHEIM, ILLUSTRATIONS BY SIMONE MASSONI, ON MAY 14, 2016 9:48 AM

A new movement is trying to refocus admissions away from purely individual academic achievement and toward something you can't measure with aptitude tests and a resume padded with public service points: real concern with others and the common good.

Don't throw away those No. 2 pencils, the kind you used to fill in all the little ovals back when you took the Scholastic Aptitude Test. If your parents went to college, too, they probably secured their places on campus by completing the sat with the same type of lead pencils. (It's not lead inside, actually, but nontoxic graphite — maybe that should be one of the multiple choice questions on the test).
Self-Compassion for Freshmen

A recent study suggests that when new college students are kind to themselves, they’re less likely to suffer from homesickness.

By Bianca Lorenz | October 8, 2013

This fall, a record 21.8 million students are estimated to be attending American colleges and universities. Many are leaving home for the first time, and they’re exploring a new environment, forging new relationships, doing their own laundry, and experiencing “the real world.”

More than a few of those students will suffer homesickness, which can turn into depression, low motivation, insomnia, stomach aches, and loneliness—and their dropout rates are three times higher than non-homesick students, according to one 1993 study.
Highlight Compassion in Your Medical School Application

Develop strong listening skills to demonstrate compassion in your medical school applications.

By Sylvia Morris, M.D., Contributor | Aug. 13, 2013, at 9:30 a.m.

Top-notch medical school admissions committees look for multi-dimensional people to enroll in their programs.

Medical schools know the best physicians care for the entire patient – both body and mind – and want students who are smart and understand the value of compassion in their medical education and professional lives.

Beyond academic achievements, extracurricular activities are examined very closely by medical school admissions committees. These are opportunities for you to demonstrate your compassion.

About Medical School Admissions Doctor

Need a guide through the murky medical school admissions process? Medical School Admissions Doctor, previously written by Veritas Prep’s team of medical school admissions consultants, offers a roundup of expert and student voices in the field to guide prospective students in their pursuit of a medical education. Got a question? Email
Organizational Behavior, Career & Success

The Psychology of Kindness in the Workplace

Scholars explain why a culture of caring and compassion must be cultivated.

June 10, 2013 | by Marina Krakovsky
Understanding the Nature of our Mental Experience
Negativity Bias
DANGER

DO NOT!

FEED, TEASE, OR APPROACH ANY WILD ALLIGATORS.
“The human personality is a sacred thing; one dare not violate it nor infringe its bounds, while at the same time the greatest good is in communion with others.”

(Durkheim, 1915)
“We need to get close to each other to have a sense of community, to feel we’re not alone in the world. But we need to keep our distance from each other to preserve our independence, so others don’t impose on or engulf us. This duality reflects the human condition. We are individual and social creatures. We need other people to survive, but we want to survive as individuals.”
INVOLVEMENT --------- INDEPENDENCE
DISCOMFORT
Self-Awareness
All these people really seem to have it together, and I still have no idea what’s going on.
“Noticing”
Strength training for the brain
Other-Awareness
Empathy
Compassion
Platinum

THE GOLDEN RULE
“Do” Kindness
Understanding “Tricky Brain”
Self-Awareness
Other-Awareness
“Do” Kindness
Self-Kindness
keep learning
“Vulnerability is not weakness, and the uncertainty, risk, and emotional exposure we face everyday are not optional. Our only choice is a question of engagement.”  - Brené Brown
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be kind
ben's bells project