

THE GOOD DEEDS CLUB: WHERE KINDNESS MATTERS AND GOODNESS COUNTS

Henry James, the great author, was once asked by his equally famous brother William what the three greatest lessons in life were. The first he said was: to be kind. The second he said was: to be kind. And the third he said was: to be kind.

The premise for this program is to encourage teachers to promote kindness towards others in every conceivable place possible: at school, at home, in the community and especially when in the company of strangers. While we hope that whenever possible students are included in the good deeds chosen, we also realize that may not always be feasible. Many of the good deeds you engage in will be done alone or with assistance from fellow adults. That is fine. It is important that you share the experience of what you did with students. Then they may be motivated to follow suit on their own.

There are no limitations on what good deeds you choose to do or on how you choose to go about doing them. The only rule of thumb that we ask you to follow is the one which states that goodness is its own reward. Choose deeds that make you feel good about yourself at the same time that you are doing good for others and you will be on the right track.

There are several sources we can recommend which may help guide your selections. Several years ago a book was published titled, *RANDOM ACTS OF KINDNESS AND SENSELESS ACTS OF BEAUTY*. It contains many examples of the kind of behaviors you are being asked to do. In addition many random acts of kindness programs have blossomed around the country as a result of the book. You can go online and google information about them. There is also the *PENNIES FOR PEACE* program started by Greg Mortenson, the author of the book *THREE CUPS OF TEA*, which was created to raise money to build schools in Afghanistan as a counter to the terrorism inflicted on that country by the Taliban. You can go online to learn more about Mortenson, his book and the *PENNIES FOR PEACE* program. Finally, there is the movie which came out more than a decade ago titled *PAY IT FORWARD*. It stars Kevin Spacey and Helen Hunt. The movie demonstrates the power of the old aphorism “one good deed deserves another.” Renting it may help you understand how it is possible to turn good deeds doing into a social contagion.

It is possible for you to earn up to six hours of graduate level credit by participating in this program. There is a one hour course, a two hour course and a three hour course available for you to choose. Specifics regarding the titles for each as well as the course requirements are explained below.

RULES AND REGULATIONS FOR THE JOINING THE GOOD DEEDS CLUB

1. Determine the good deeds you plan on doing in order to earn course credit. A good deed may be singular. Example: make a commitment over a period of time to visiting a nursing home and developing relationships with residents. Or good deeds may be multiple. Example: commit yourself over a period of time to doing the following: 1. walking a friend's dog; 2. putting money in the parking meters of strangers; 3. giving blood at a blood bank; 4. picking up rubbish on your street or in your neighborhood; 5. talking to homeless people; 6. volunteering to serve at a food bank; 7. tutoring a student you don't have in your class; 8. writing weekly notes of appreciation to deserving friends and family members; 9. complimenting strangers; 10. reading to a bed ridden person.
2. Decide on how many credits you wish to earn. For each level of graduate level credit you wish to earn the following will be required: 1. A paper detailing the good deeds chosen by you and your responses to three standard questions explaining the value of the experience for you and its potential value for students. The three standard questions are listed below. 2. A completed time log which documents the number of hours you spent in performing your good deeds. For every one credit of graduate credit sought by you at least fifteen hours of time needs to be expended in performing good deeds. One hour of credit requires fifteen hours of expended time; two hours of credit requires thirty hours of expended time; three hours of credit requires forty-five hours of expended time. Time log forms can be found on and downloaded from our website: www.aboutteachers.com.
3. Submit your responses to the three standard questions and your work logs, along with your completed registration form [s] and payment [either credit card or check] to : Colorado Consulting Services; 5320 E. Dakota Ave.; Denver, Colorado 80246. Tuition is \$140.00 per credit hour. Please make checks payable to: Colorado Consulting Services. Registration forms, credit card slips and tuition receipts can all be obtained by going to our website.

THREE STANDARD QUESTIONS:

1. What did you gain from your good deed [s] experience that was especially rewarding and gratifying to you?
2. What did you learn from the experience that might help you to become a better teacher and/or parent?
3. How might you utilize your good deed experience to create lessons or activities in your classroom which might benefit students?

PROCEDURES FOR COMPLETING REGISTRATION FORMS

1. Please put the title, **SCRUPLES FOR PUPILS: BEGINNING GOOD DEEDS**, on your UCD registration form if you wish to earn **ONE HOUR OF GRADUATE LEVEL CREDIT**.
2. Please put the title, **PAY IT FORWARD: INTERMEDIATE GOOD DEEDS**, on your UCD registration form if you wish to earn **TWO HOURS OF GRADUATE LEVEL CREDIT**.
3. Please put the title, **RANDOM ACTS OF KINDNESS: ADVANCED GOOD DEEDS**, on your UCD registration form if you wish to earn **THREE HOURS OF GRADUATE LEVEL CREDIT**.
4. Please remember that course titles can be taken **ONLY ONCE** and that a maximum of **SIX** semester hours of graduate level credit can be earned in the program.

QUESTIONS ??? - Please contact Jay Wissot at: 303-393-1622 or jayhwissot@mac.com