**WHY THIS TASK?**

“Self-literacy is Power. Knowing yourself makes you better at everything. Literally. School, work, sports, friendships, life … everything.” ~Tim Howes

**EXPLORE FIRST:**

Knowing our own minds—our beliefs, assumptions, & biases—is the beginning of effective communication. We will explore the ways our SELF-LITERACY and communication skills were shaped & influenced by how we grew up. Some questions to explore as you prepare to write. In your family...

- How are things like humor & affection used? To play? Solve conflict? To comfort? Deny? Dominate? Reward?
- How important is it to be smart? Right? Strong? Musical? Athletic? Kind?
- How does your family talk about other families?
- How do they handle displays of emotion, like intense joy or anger?
- Does your family share a particular fandom? What does it mean to you?

**LITERACY ESSAY**

READINGS & RESOURCES THAT INFORM THIS TASK: JULIA GALEF’S “SCOUT MINDSET” TED TALK | THAYER | YOUNG | MARQUEZ | CHABON | SCHWARTZ

**THIS INSTRUCTION SHEET USES THE WORD “FAMILY” AS AN INCLUSIVE TERM FOR ANY HOUSEHOLD/HOME LIFE COMBINATION OR CAREGIVER SITUATION YOU GREW UP WITH.**

Three of the major emphases in a family of origin that have an impact on a child’s understanding of the world and themselves include (1) beliefs about learning—how necessary and how possible it is for each member, (2) beliefs about responding to conflict/anger/unwanted feelings, and (3) the amount of physical affection available to family members. These three things may manifest differently or be applied inconsistently across children, depending on age, gender, & other factors. Your sibling(s) may not have had the same emotional experiences you had, even if your family is generally unified in their values, humor, fandoms, and likes.

**IT'S IMPORTANT TO NOTE THAT ALL 3 OF THESE THINGS RELY ON LANGUAGE. OF COURSE, PHYSICAL AFFECTION EXISTS EVEN WITHOUT SPOKEN LANGUAGE, BUT IT IS A LANGUAGE OF ITS OWN & REQUIRES INTERPRETATION.**

As social animals, humans are wired for touch. The advent of COVID-19 greatly reduced ordinary human interaction like incidental elbow nudges, handshakes, and sitting next to strangers. But it also reduced hugging and affectionate greetings. How has the distance affected you personally? Has it changed how your family interacts? How so?

**THE READINGS & RESOURCES ARE JUST TO SERVE YOUR THINKING. YOU ARE NOT REQUIRED TO ANALYZE OR SYNTHESIZE THEM.**

You will write a personal essay exploring how any of these 3 emphases have informed your own communication style and skills. What did you experience, and what do you want to keep? What do you want to change? **Most of all, how will this knowledge influence your ability to communicate well—to hear and be heard—in the future?**

This is the only assignment for which there is no prescriptive rubric or format requirement. What matters is the thinking that you put into it. Most students end up at 2 - 3 pages, double-spaced. Submit on Learning Suite.