



Fort Hayes OPUS

“...to create expectations of excellence within students through challenging and collaborative learning by blending the arts, academics and career programs.”

Volume 2 | Issue 4 | Teachable

6 Ways to Develop and Maintain a Teachable Attitude

Mihai Herman

Reflect Upon Your Daily Activities

Probably the best way to make sure you keep a teachable attitude is to take 5-10 minutes every night to reflect upon your daily activities. Write down what was (1) better, (2) worse, (3) the same, and (4) different. This gives an overview of my day that enables improvement in all areas of life. Start small and don't force yourself to find three ideas for worse if there are none. You will find yourself being more aware of your life and will automatically discover ways to improve the “worse” and do more of the “better”. Stick with it for at least 30 days to see results.

Complete Sentence Exercise

This exercise is in Nathaniel Branden's book “The Six Pillars of Self-Esteem” and I recommend it to everyone. Even though the sentences are for raising your self-esteem and becoming more aware of your life, the same principle can be utilized in many other areas. Write 6 endings to each sentence. Don't sit and think, just write down whatever comes to mind,

Fort Hayes MEC

Main Number: (614) 365-6681

High School Office: 7am – 3:30pm

Office ext: 76177 Attendance ext: 76179

High School Counselors:

Gillman (L-Z) kgillman@columbus.k12.oh.us

Kliner kliner1@columbus.k12.oh.us

Peterson (A-K) lpeterson@columbus.k12.oh.us

Career Center Office: 7am – 3:30pm

Office ext: 76130 Attendance ext: 76139

Career Center Counselors:

Kanowsky (Health and Performing Arts)

ckanowsky5985@columbus.k12.oh.us

Matunas (Visual and Construction Arts)

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relevant or not. Try to finish in less than 10 minutes. Focus on just four sentences each week, otherwise it might be too much information to process and you'll end up feeling overwhelmed. I always remind myself that self-development is a marathon, not a sprint so take your time and trust the process.

1. If I will be just 5% more teachable today...
2. The scariest thing about being teachable is...
3. The scariest aspect of living a conscious life is...
4. The positive side of not being fully teachable is...
5. For me, being teachable means...
6. If I would learn from my mistakes today...
7. If I would be just 5% more open to try something new today...
8. If I would be more aware of my beliefs today...
9. If I would listen 5% more today...
10. If I'd take into consideration the possibility of other people being right...
11. If I would add just 5% more awareness in my relationship with (insert name)...
12. If I would be just 5% more aware of what makes me sad...

Alumni Spotlight

T'Naya Brown, USAF
2019 Fort Hayes Graduate



United States Airforce Bootcamp graduate: August 2019.
Security Forces Academy graduate: December 2019.
Is excited about being stationed in New Mexico guarding nuclear weapons beginning in January 2020.

BE EXCELLENT.
BE THE EXCEPTION.
BE FORT HAYES.

Focused
Organized
Resourceful
Teachable

Hard-working
Artistic
Yearlong
Engaged
Scholarly

Listen more than you Talk – You have Two Ears and One Mouth for a Reason

There are three types of people: (1) The ones that take and rarely listen, (2) The ones that give you the impression that they listen, but they are just rehearsing their next answer/story, (3) The ones that are balanced and have learned how to listen in a genuine way.

Surround Yourself with People From Whom You can Learn

You can have the intention to become more teachable or to learn as much in possible in life, but if all your friends only talk about the latest news or gossip, you may learn something but it won't be valuable for your growth. Sometimes we have to let go of people that are not making our lives better, but you don't have to have the awkward discussion: just setting an intention to meet new open-minded people, you will be dragged into a new energy and those friends of yours that are not willing to grow will stop calling you. Life is short and there are so many incredible things to learn in life that you have to make every second count.

Embrace Failure

The education system predominantly teaches us that failure is bad by giving us grades and make us feel bad if we had a bad day and now more than ever people need to learn how to better embrace failure. Failure is just an opportunity to learn something new, to experience and grow. You are bigger and greater than your failures and don't ever doubt that. At the same time, you cannot let yourself be paralyzed with fear in such a

Joslynn Bridges and Isaiah Jones, dressed to the nines for
Fall Formal 2019



“Experience teaches only the
teachable.”

Aldous Huxley, author



“The unwilling mind is not a teachable
mind.”
- Ellen Swallow Richards, safety engineer



“Be willing to be a beginner, every single
morning.”
- Meister Eckhart



“Align yourself with people that you can
learn from, people who want more out of
life; people who are stretching and
searching and seeking some higher ground
in life.”
- Les Brown, author



“What I believe is that all clear-minded
people should remain two things
throughout their lifetimes: Curious and
Teachable”
- Roger Ebert, film critic



“To only call Wizards, Aliens and
Starships engaging would be a real
understatement...from candle power to
teleportation, all the way to the fate of the
cosmos...this is a cornucopia of teachable
material. It is a reminder of the simple
thrill of applying science to the world
around us, real or imagined.”
- Caleb Scharf, astronomer

way that it dictates what you can or cannot do. In order to see if
you like something, you first have to try it.

In life, how can you know if you like something if you never tried
it before? The chances are that you might fail, and that’s ok.

Read Something Every Day

Leaders are readers (or vice versa). Reading is crucial to our self-
development as human beings because it has the power of giving
us new perspectives on life. A single idea in one book has the
power to totally transform your life. It’s not about how much you
read, but about how much you comprehend and eventually, how
much you act based on what you read.

Conclusion

The learning process never stops – you will always have
something new to learn and that is the beauty of life. If I were to
recommend just one thing that would have the biggest impact on
your life and self-growth it would be to try to keep your teach-
ability index as high as possible. This is the only way that you will
not only have a feeling of wonder and excitement, but also of
peace, trust and acceptance.

December Events

through December 13

Smoky Brown and KOJO “Wish you were here” in the Shot
Tower Gallery – from the collection of Dr. Roy Gottlieb
honoring the artists in what would have been the year of their
100th and 80th birthdays.

December 5

France/Spain 2020 Trip Meeting 5:30 pm
High School Choral Concert 7:00 pm

December 11

Early Release (at 1:00pm)
Career Center Open House 5:30-7:30 pm

December 12

High School Band Concert 7:00 pm

December 14

ACT Testing 7:00-2:00 pm

December 19

Career Center Music Concert 7:00 pm

December 20

30 minute Early Release, begin Winter Break
(through January 5)