



PROMOTING SOCIAL-EMOTIONAL INTELLIGENCE ACROSS THE LIFESPAN



The "Real"
Common Core

The ESSENCE GLOSSARY™ is a resource designed to promote social-emotional intelligence. The glossary, comprised of 32 attributes, provides both a common language, and a simple approach to understanding and supporting the growth and development of all individuals. Numerous scientific studies have indicated that when cultivated and reinforced, these attributes increase cooperation and collaboration, through the intentional, yet gentle discovery, of our shared humanity.

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| ADAPTABILITY openness to changing conditions | ADVOCACY encourages multiple views by promoting: choice, expression of opinions, and equal rights | APPRECIATION recognizes the inherent qualities within self, others, and everyday experiences | ATTENTION purposefully and selectively directs the mind |
| BRAVERY overcomes fear and uncertainty to take action | CHARITY shares one's time, talents, and resources | CIVILITY uses respectful words and actions towards others | COMPASSION recognizes human needs and is motivated to address |
| CREATIVITY constructs, connects, and adapts information in new ways | CURIOSITY interested and willing to explore and discover | DISCERNMENT considers relevant information to make sound decisions | EMPATHY feels what others feel |
| ENGAGEMENT interacts with things and/or people across environments | FAIRNESS ensures equality without discrimination | FORGIVENESS acknowledges wrongdoing without seeking revenge or punishment | GRATITUDE expresses and shows thanks for things given or benefited from |
| HONESTY acts and speaks from one's truth and with integrity | HOPE shows optimism despite human hardships | HUMOR approaches life with playfulness and lightheartedness | KINDNESS helpful, generous, and unconditional approach to self and others |
| LOVE affection and devotion for self and all living things | LOVE OF LEARNING orientation and openness to new knowledge and new experiences | PATIENCE remains steady and calm during personal discomfort | PERSISTENCE continues or finishes what is started, despite difficulty, distractions, and challenges |
| RELIANCE recognizes interdependence with others and the environment | RESILIENCE capacity to recover from adversity | RESPONSIBILITY accepts ownership of one's actions | SELF-REGULATION shows discretion in one's thoughts, emotions, and actions |
| TEAMWORK works effectively with others to achieve mutual goals | TOLERANCE fair and objective attitude toward differences in others | TRUST belief in and reliance on objects, self, and others | ZEST enthusiasm for life |

Contact me to learn more about teaching the "real" common core!

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Suggested Citation: Porrata, M. & Pretti-Frontczak, K. (2014). *Essence Glossary*™. Akron, Ohio.