

TU PUEDES – SUMMARY

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MG # 17112

The program YOU CAN... is a human development system complementary to the programs of basic education for the Mexican childhood,. The program is directed, in one first stage, to the students of official primary schools. Its intention is to wake up in the children the conscience of which each one of them has a high potential to face all type of vicissitudes and to reach superior goals such as to finish a professional career successfully, to surpass the mediocrity and to occupy a preponderant place in the society like men and women of good. It is mainly focused to the children, however in the programa also participate their teachers and parents. It is a program of personal overcoming that looks for a change in the mentality of Mexican from the childhood through the knowledge and the exercise of the fundamental human values, the discovery and application of the own mental capacities and the personal handling of the self-esteem.

The program consists of the accomplishment of four to six events in the classrooms during the scholastic year about three topics presented in each event by voluntary speakers. The objective of the first topic is to establish in the minds of the students that studying is their most powerful tool in preparing for and achieving their higher goals. The first objective is further extended



through teaching that a student who develops the study habit by demonstrating constancy, tenacity and self-discipline will be able to dominate his own resistance towards work or study. Anecdotes and examples are used to illustrate the topic.

The second topic consists of the presentation of a living example of how the success can be reached although economic or physical limitations are had and that it is possible to occupy an important place in the society thanks to the application of diverse fundamental human values such as the perseverancia, the force of will, the honesty, the strength of spirit, loyalty and the commitment. The topic is presented by a voluntary (a rotarian) , an excellent person who has fought from small to becoming a personage satisfied by her successes and to serve the society. The orador can be an outstanding

professional, an industrialist of success or a sport champion among others. The example or living model is very important because it looks for that the student notices that yes, it is possible, in spite of everything, to get to be a success person.



The third topic looks for teaching to the children to elevate their self-esteem by themselves. The speaker narrates fables to them, stories and anecdotes and presents films to them with messages that help to discover them their own mental and physical capacities and to discover how if it is possible to impel oneself. One of the purposes of the topic is to convince them that they are valuable and that they have

the mental power to overcome the adversities of the life and to obtain superior goals. The presentation makes reference to values like the confidence in oneself, the strength of spirit, the desire of overcoming and the search of achievements. In this part of the session the speaker makes use of examples to demonstrate to them that to elevate the self-esteem and that it is something that themselves can do daily. The speaker develops the subject of such form that the children participate actively and put examples about values and their corresponding anti-values, among other aspects. An important point of this subject is to motivate the students so that they discover their capacity to love themselves, to their resemblances and their potential on serve to the others. The parents and teachers also comprise of the human development system YOU CAN... and their participation is vital for the achievement of the objectives of the program. The parents receive during the scholastic year diverse talks about the treatment that must give to their children and the more positive and effective models of conduct for the development of the family and of their children. The professors receive seminaries on different aspects from human development such as human relations, human values and several techniques to elevate the self-esteem and reinforcings to maintain during the scholastic year the content of the topics of the program YOU CAN...

Topic 1: " The study, the most powerful tool " It emphasizes the importance of the study for the achievement of superior goals. The objective of the first topic is to establish in the minds of the students that studying is their most powerful tool in preparing for and achieving their higher goals. The objective is further extended through teaching that a student who develops the study habit by demonstrating constancy, tenacity and self-discipline will be

able to dominate his own resistance towards work or study. Anecdotes and examples are used to illustrate the topic. Some of the ideas that are handled by the speaker are the following ones

- The study is something as pleasant as a golosina thus one finishes liking it.
- The study must be daily and continuous because constancy offers great satisfactions. There is no difficult career when one studies continuously. (The speaker must give examples of the use of the constancy in the study)
- The study can some times be difficult mainly if one person works simultaneously but by using his will power he ends dominating it. (give examples of the use of the will power)
- The study is the tool that allows to construct our lives. It opens the doors everywhere to you. The study allows you to create great things.
- Who acquires the habit of the study is a superior being and this locates him in an advantage situation with respect to which they do not study.
- The study is freedom, development and progress. With the study you are going to be a winner. (Examples, Benito Juárez, Abraham Lincoln)
- If by diverse circumstances the interest by the study is lost, with force of will and anger it is possible to continue studying.

The manner in which this topic is presented should be a simple one. It should specifically stir their imaginations. It should be realistic. In Mexico, the speaker must keep in mind that these students are those in the public school system and that the parents of these particular students are of the lower income bracket. Keep in mind that many of these students do not receive the same care and attention as do children of the middle and upper-middle classes. Also, because of these conditions, and perhaps because of other types of imposed limitations, the speaker must be most aware that he uses examples which will be realistic to the students. For example, references such as use your own study (room) to do your homework, ask your chofer to take you to the local library, prepare some beverages and invite you friends to study or ask your parents for a computer, would not be appropriate in this case. On the other hand, emphasizing that the students do not have to have all the conveniences to study, that they should take advantage of their travel time on the bus or subway, that they can study in a public park or even a small space in their own home, would convey a more realistic image. In Mexico, students who work during the day can be encouraged to study at night. In conclusion, the most important point to convey is that those who

want to study will set up a daily schedule of at least three hours a day for studying. |

What treats topic 2 and how it is developed?

Subject 2: " Yes, it is Possible To arrive... in spite of Everything "; it is presented by a voluntary (a rotarian) to win to reach the position that now it has in the society like good man. In this part the example, represented by which it speaks to them, turns out the best method to leave in the mind of the students the idea that yes it is possible to get to be a success person, in spite of all the adversities, if studies with dedication, tenacity and certainty. Therefore, the speaker, must be a person who indeed comes from state schools and whose socioeconómicas and familiar conditions have been difficult in their childhood and youth. The speaker should focus his talk on his personnel experiences as a child in school and what things he did to finish his studies successfully. In this session the personlizing his examples makes for the best method of teaching the students and leaving imprinted in their minds the concept that it is possible to become a person worthy of success by taking the first step which is tackling his studies. The speaker should make an effort to include in his examples qualities such as dedication, tenancy, constancy, etc. His example should also illustrate that it is possible to conquer obstacles such as poverty, malnutrition, family problems, divorce, even child abuse. The objective is for these students to learn that they can overcome difficult and challenging situations by applying a positive attitude and plenty of determination. They should learn that they can conquer their negative and limiting situations and attain success.

The speaker should use a variety of examples which will help the students identify with him. Welist several examples which the speakers might use. It is understood that not all of the examples which are listed will be viable to all the speakers nevertheless we have highlighted them in order that we may better illustrate the objective of this lesson. These examples are of the genre that will exemplify that inspite of the speaker's adversities he went on to finish his studies and attain success. It is important to emphasize qualities such as honesty, forthrightness in their relationships with their professors, family members, friends, bosses, co-workers and with themselves. Loyalty is another quality that can be exemplified in their relationships with their friends and with the companies for whom they have worked.

The speaker's manner of speaking should be friendly. He should employ simple terms perhaps even including a few funny examples in an effort to gain their confidence. By gaining their confidence, the student will more readily identify with what is taught.

The variety of examples which follow are suggestions for the sort of anecdotes to be used in this session.

- The speaker was a child just like them, sitting in the same type of desks in a public school.
- The speaker faced the same challenges of not having enough money to buy books or to pay for his bus or subway fare.
- The speaker used second hand clothing, hand-me-downs or clothes that were mended.
- The speaker once had "alligator shoes", that is, holes on the front part of the shoe.
- The speaker could state how once he was interested in a schoolmate but in order not to buy him candies he instead would entertain him by telling jokes or acting silly.
- The speaker should relate to the students that middle school was not all that difficult in spite of what other children say because he made a point of studying everyday.
- The speaker should also tell the students of his challenging family situations such as his parents being divorced, perhaps he had to live with relatives who were unkind to him.
- The speaker can speak of how there was not always enough food in his home.
- The speaker should inform the students of having to work in order to finish his studies.
- The speaker should narrate the times when he had to study into the wee hours of the night to get good grades in spite of being tired, that his determination helped him to continue.
- The speaker can remark on how honesty and hard work pay off. that in his case his teacher noticed these qualities in him and offered him his first job.
- The speaker should communicate to the students that in his first job, and in all subsequent jobs, he proved his value with his performance and that he always identified himself with the company he worked for and was loyal to it.

- That he now has a pretty and happy family and his children can study without problems thanks to that he was good student and obtained the success.
 - **What treats topic 3: " You Can Break the Barriers.**
- The objective of the third topic is to convey to the students ways by which they can recognize their self-worth on a continuous basis, to convince them that they are of value and that they possess the ability to overcome their shortcomings. In this session the speaker will put forth examples which demonstrate to the students how themselves can increase their self-esteem and how these exercises are something they can do daily.

Since love of self and love of others is the focal point of this lesson, it is of utmost importance that the students be motivated and encouraged to discover and become aware of their capacity to love themselves as well as others,
- Below the speaker will find some important concepts that he should use in this session..
- You too can reach your personal pinnacle just as many of the famous historical personalities have.

You are a person of great worth.
 You must love yourself, love yourself a lot.
 Give love and love others.
 Do not allow yourself to harbor negative thoughts. Change all negative thoughts for positive ones.
 Give the students examples which help them focus on the inner qualities which make a person so valuable as opposed to the exterior, superficial qualities.
 Speak about the power the mind has to change bad habits, habits which may lead them to failure.
 Highlight the importance of not living in fear.
 Emphasize the importance of strengthening their self-confidence. Teach them to set goals and to put time limits on their goals, immediate, short-term and long-term.
 Stress to the students that a person reaches the top by taking one step at a time, one day at a time. Before they know it, they will have attained a goal that perhaps they considered beyond their reach.
- The speaker makes use of examples to demonstrate to the students that to elevate the self-esteem it is something that themselves can do daily. The speaker develops the subject of such form that the children participate actively in dynamics and put examples about values and

their antivalues. An important aspect of this subject is to motivate to the students so that they discover their capacity to love themselves, to their resemblances and the advantages that entail a positive attitude before the life.

- Examples of these exercises are the following ones (we present some aspects of each exercise):
- ● The hug-therapy that consists of which the students say each other some praises and all of them occur to a hug.
- ● The discovery of the content of the white box and the black box. In the white box the students " deposit " the good things (positive values) and in the black one the negative ones (antivalues) and finally the speaker advises to them that they remain with the white box and they reject the black as of that moment.
- ● The story of the balloon salesman who liberates to the air a balloon of different color to promote the sale of his balloons. Sometime he liberates a white balloon if the closest boy is a white boy or a blue one if the closest boy has blue eyes and a black boy that observed him asks to him: if you also liberated a black balloon it would elevate like the others? and the salesman responds to him that the balloons do not rise because of their color but because of what they have inside.
- ● " the Magical Word " that deals with the benefit that is obtained to have a positive attitude in all the aspects of the life. The magic Word is ATTITUDE.
- ● The idea that all the remarkable personalities in the history of the humanity did not have a bigger brain than the rest of the people, that they (the children) have the same mental capacity that those people so they can be remarkable personalities.
- ● Invite them to be better: "All the mornings when you are combing yourself to go to the school tell to the boy before the mirror: you can today be better than yesterday, you are very valuable. You do not allow that in your mind there are negative ideas, change all negative idea by positive ideas"
- ● It is spoken to them of the power of the mind to change the bad habits that lead to the failure.
- ● The importance of putting goals with times to make them
- ● How step by step can be raised daily until reaching the top and making goals that one did not imagine that they would be possible to be reached.
- ● Give examples of human beings who in spite of having everything in con could obtain the success: Beethoven, Helen Keller etc.

