

**FEBRUARY NGENI FAMINIEN EKEWE 8TH GRADE**

**STUDENTS**

**NENIEN TAROPWEN ESINESIN**

Aakoten High School & Pekinon- Kapasen Esinesin & Tichikin Porous

**Nipwakeoch ren Awesi mettoch**

Chon sukuun mi nipwakeoch non sukuun rese chok angeoch non ar chemeni mettoch ika mwutir me anea. Pekin kae ngeni mi pwari pwe “ese nipwakeoch non ekieki ika chemeni metoch” ika “nipwakeoch me angang ngeni ekoch aramas” usun ekewe ekkoch ren engino ika nikitu ngeni angang weires (chengen) pwan ren omw pusin atawei mettoch won winikapomw (amweni-inisumw) ekkei mi tongeni epwe pwan euchea ren an anisi chon sukuun non ar classroom ika me ekis meinisin.

Ekkei nipwakeoch mi pwachenong:

* **Resilience**: Tufichin chikar omw turutiw non osukosuk ika weires iwe ka sinei eochu met kopwe feri otun omw osukosuk.
* **Grit**: Nikitu me mwasangeiti omw kopwe angang ngeni met ekewe mi aweires ika angang ngeni met ke mochen kopwe tikeri ika awesi.
* **Conscientiousness**: Pusin uchok feri ren kokoteoch, omwukut pusin inisum, angang weires, feri wisomw, me mwonota ngeni me eukatiw ika amangano met ekewe omw mwochen epwe afetengawa omw kae.
* **Creativity**: waten mwochen me feri mettoch, sukkun-ekiek ika etiwa minafen ekiek, pwan tufichin awora minafen kokkot ik ekiek.
* **Focus**: Tufichin anomwu omw ekiek won ew chok mettoch fan ew, minauw met epwe orukorukok, pwan feri omw kosapw feri chomwongun angang.
* **Self-regulation**: An awareness of what matters and the self-control to avoid temptations and see a task through.

Ekkei tufich ika napanap pusin an emon me emon amen euchea ngeni an chon sukuun fiti college and tonong non angang. Neuneun eochun fansoun me tour ngeni sukuun ra me euchea. Nipwakeoch ne porous ika asine ngeni ekkoch mei euchea ren omw angang ngeni chichienomw iwe non roomw ouse tipew fengen ika ren tungorun aninis.En mi tongeni anisi ekewe serafo me awora ekkei tuffich ika napanap pusin an emon ne emon ren ami awora goals ika met epwe achocho ngeni, eae fengen met ami sine me mochen pwan pesepes ren kaworen nikitiw.

**En Mei Sinei?**

Tipachem mi usun ew muscle ika futuk: ewe tupwu mi siwin anongonong won an emon kae ngeni me sine pwan tufichin feri mettoch. Ewe **growth mindset** wewen pwe tipachem me an emon nipwakeoch ese afateno otun an upwutiw ika ese pusin uchok feruno ese tongeni siwin. Ir mei tongeni repwe fer ika keran wor seni an emon nikitu me angang weires. Chon sukuun re pwari ar chengen, eochun grade, waten score non test nupwen ar weweiti pwe ren angang weires, mi tongeni feruta me eochuno ar sine ika tipachem me ar tufichin tongeni.

Wanong Niosun an Ewe Sukuun Sain

Nampan ewe Sukuun:Tikki ikei omw kopwe wanong feun mak

Chon Angang: Tikki ikei omw kopwe wanong feun mak

Nenien Chon Aninis me Osukuun: Tikki ikei omw kopwe wanong feun mak

**Ekewe Mwokutukut Epwe Fis & Esinesin**

* Tikki ikei omw kopwe wanong feun mak

**Oukano Oumoum**

**Neun Chon Sukuun Taropwen Chek**

* **Awora goals ika met kopwe achocho ngeni** me ruu ren pekin kae me met en mi pwapwaiti.
* **Kae ngeni ifa usun watenon omw sine ren metekewe en mi kae me feferi pwan pochokunan omw nukukunuk**. Katon ei TED talk: [Eduardo Briceno, TEDxManhattanBeach](https://www.youtube.com/watch?v=pN34FNbOKXc)**.**

**Neun Famini Taropwen Chek**

* **Anapano Kae ren ekewe tufich ren an emon nipwakeoch ne angang ngeni ekkoch me watenon sine ren metekewe en mi kae me feferi** pwan ifa usun omw kopwe aninis.
* **Anisi noumw ewe semirit me awora goals ika met epwe achocho ngeni ren pekin kae me met en mi pwapwaiti.** Poputa won tetenin an kewe goals ren met epwe achocho ngeni ren met mei pwapwaiti (non pekin urumwot, ekewe ekkoch mwokutukutun sukuun mi kapacheta, iwe pwan aninis me minatiw ekewe pekin kae. Eisini noumw ewe serafo an epwe nenenoi me ruu ren ekewe tufich me weiresin ren ekita omw kopwe awesi metekewe ke mochen awesi.
* **Awora met mi aweires me aninis.** Pusei noumw ewe semirit an epwe achocho ngeni ukukun an tongeni me tumwunu omw kopwe pwan awora kapasen eureur me aninis nupwen mi need.

**OUMOUM:** Nonomw non dorm ew kinikinin “kae ika sinei seni met mi fis non college” ika ew tetenin ika ew achechem ren met mi fis non manawen emon.

**PUNGUN**: Chomwong chon sukuun ir mi fangetani ika rese mochen sinei ika kae ngeni nonomwun on campus college ren sokopaten wewe, mi tongeni ren meemen, seni met mi fis non famini, ika pusin uchok an emon finata. Chomwong chon sukuun iwe rechok pusin sai ngeni ika no ngeni college.

#### Nupwen ekei chon sai rese konien nomw won campus usun ekewe re nomw non dorm, ir mei chok tongeni angei ika anamwota met mi kawor seni college.