Socializing Inclusionary Diversity with Ideal Classmates (SIDWIC)

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Self-only focus

Negative affect
Psychopathology
Lesser task success

Positive affect
Mental health
Greater task success

Helping-others focus

Positive psychology
research reports
that helping others
actually improves
your own health
and happiness

(Based on: Robinson & Tamir, 2011, p. 163)
Students Suffering from Increasing Individualization and Isolation

Our societies are suffering from increasing individualization and isolation (i.e. think ego-centric III) which is due mostly to increasing narcissism and consumerism.

The average American is exposed to up to 5,000 advertisements a day (Hari, 2018 p. 215) which makes them feel insecure and needy and wanting to boost their ego through buying products.

Beautiful Blue Butterfly (analogy)
She said:

“It’s in your hands!”
“It’s in your hands” is an **embedded** and **embodied** metaphor for someone taking responsibility. It becomes **enacted** with responses to the IDEAL CLASSMATES PROMPT. It is **extended** when students apply their classmates ideas (16 descriptors) to their own lives and realize that they too have agency.

Ultimately, for most of us, our lives are in our hands and it is up to us to decide the core material, meaning, and (e)motions. However when we can do this collaboratively we can flourish. (See also SDT Ryan & Deci 2009, Bandura “self regulation” 1977, Seligman 2011).
Our suggestion

• Socializing Inclusionary Diversity with Ideal Classmates (SIDWIC) could be a small counter adjustment to help heal our students, classrooms, and education in general.
Making the suggestion based on our Ideal L2 Classmates study (Murphey, Falout, Fukuda, & Fukada, 2014)
At the beginning of the semester...

Q39. Please describe a group of classmates that you could learn English well with. What would you all do to help each other learn better and more enjoyably?
Good group of classmates is study together and support each other. Speaking always English makes us good English speaker and listener. Out of the class, we talked about this challenge, it is best way for both students who is good at English or not. Everyone can learn new things and review
In the middle of the semester...

<table>
<thead>
<tr>
<th>449 students’ responses</th>
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<td>16 descriptors of their Ideal L2 classmates</td>
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<td>1</td>
<td>Adjust to understand, show you understand, and show you like communicating with you classmates; for example make eye contact, smile, pay attention to them, etc.</td>
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<td>2</td>
<td>Show care and respect: make friends, get to know each other, know people’s names, etc.</td>
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<td>3</td>
<td>Show passion and enthusiasm in learning English: get excited and don’t give up.</td>
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<td>4</td>
<td>Share common goals to improve your English</td>
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<td>5</td>
<td>Participate actively in whole-class activities such as songs, games, presentations, etc. to create a positive classroom atmosphere</td>
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Looping back 16 descriptors of Ideal L2 Classmates to students (N = 341)
3 statements

A. This is important for successful learning.

B. My classmates have done this so far this semester.

C. I have done this so far this semester.

(Not at all) 1 2 3 4 5 6 (very much)
A. This is important for successful learning.

B. My classmates have done this so far this semester.

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### Spearman’s rank order correlations

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<tr>
<td>A.</td>
<td>.582</td>
<td>.485</td>
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<tr>
<td>B.</td>
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- **A.** This is important for successful learning.
- **B.** My classmates have done this so far this semester.
- **C.** I have done this so far this semester.

(Not at all) 1 2 3 4 5 6 (very much)
The more the students think their classmates act like Ideal L2 Classmates, the more they themselves act like Ideal L2 Classmates, (and vice versa).
Ideal Classmates
Prompting Activities
Encourage Ss to discuss how they expect their classmates to participate in different class activities / task
Encourage each of the Ss to reflect how he or she should participate in the class activities/task, referring to the discussion result.
Please draw a picture of a group of classmates that you could learn English well with. What would you all do to help each other learn better and more enjoyably?
many ideas

many smiles

listen well

わ～い 楽い

I mean... You...

thank you!

No problem!
Let talk each other.

today rainy day...

my name is DO!!

(Hi)

We are in class!

Let's play together!

Let's learn together.

S: Student  T: Teacher

S

T

S

S

S

S

S

S

S

S

S

speak!

(Laugh)

(Joke)

Shake hand

Talking

Speaking

It's more important.

During class...

Enjoy English

very happy!

Outside of the classes

Hobby...

Interesting things...

Favorite songs...
High 5 Touch!!

Put your hands up!

makura
I don't worry about mistake.

KANPAI

smile
My name is (name).

Hi (shadowing). How to help each other learn English better and more enjoyably?

Let me think . . . Maybe (動詞) ____ .

Possibly (動詞) ____ .

We might (動詞) ____ .

We could (動詞) ____ .

Yes! And . . . (pathway thinking)

Together, we think . . .
Ideal Classmates List

1. Please describe a group of classmates that you could learn English well with. What would you all do to help each other learn better and more enjoyably?

2. A group in which we don't need to think about grammar nervously is that I could learn English well with. And classmates make a stupid joke, we are friendly actors.

3. At first, we don't have enough vocabulary. If we have some topic we want to tell, however we sometimes can't fully make myself understood to anyone in English even in English. Most of students learned grammar more than vocabulary, therefore we can make myself understood to you in English if I use many grammar.

4. Even if grammar is wrong, it is important to try using English without being shy. It is necessary for a friend not to make fun of it even if he uses wrong English. And teach each other.

5. Even if it is difficult to speak in English, I think we should always speak in English.

6. Everyone speak English. Even if we can not speak English well, we have to not be shy and try to communicate and to talk to everyone.

7. I got along well with my junior and senior high school classmates through the athletic festival and the cultural festival. In college, I can't because I don't have classes, we can help each other and enjoy learning.

8. I think that better class give little homework.

9. I think it funny class that we talked with our classmates about hobby in English. We make our English skill up in order to do so. For example, learning a lot of words.

10. I think that a group of classmates that people could learn English well with is an ideal classmate. While we talk each other, we improve English. I think that talking enjoy.

11. I think that classmates should increase time to about with English.

12. I think that if we want to have better teamwork and discussion in the group, we need each other to have the same goal and the same level of English as possible. Confirm the meaning of their expression in their native language and some body languages. If you do not have good English in your own situation, you should partners use more simple English to express their views.
Ideal Classmates List

**Pointing out mistakes**
A: We should point out each other’s mistakes.
B: They don’t laugh at mistakes.

**English-only policy**
C: We always have to speak English only.
D: It is OK to speak Japanese sometimes.
Conclusion

EEE!
“It’s in your hands” is an **embedded** and **embodied** metaphor for someone taking responsibility. It becomes **enacted** with responses to the IDEAL CLASSMATES PROMPT. It is **extended** when students apply their classmates ideas (16 descriptors) to their own lives and realize that they too have agency.

Ultimately, for most of us, our lives are in our hands and it is up to us to decide the core material, meaning, and (e)motions.