

CEDU High School Glossary of Terms

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Mar 29, 2021•

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CEDU High School provides a glossary of terms to help students understand the language and concepts used at the school. Some key terms include agreements which are guidelines all students must follow, assignments which are tasks given to promote growth, and bans which are temporary separations from people or things that are detrimental to a student's progress. Disclosures involve openly discussing wrong behaviors, feelings, and past experiences in order to resolve issues. General meetings are for all students and staff to discuss various topics.



CEDU HIGH SCHOOL
GLOSSARY OF TERMS



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Academic Table/Mandatory Study Hall: Time spent working on academic assignments in the library when other students are on the floor, in the evening and after dinner. Assigned to students who may be behind in academics. Agreements are: no smiling, bans from other people, only school work is to be done.

Agreements: Guidelines discussed and accepted by students and staff. Called agreements because students make the choice to agree, or accept consequences for not "being in agreement." Agreements range from the "big three" (no drugs, sex or violence) to shirts tucked in and belts worn in the house. Agreements are designed to maintain a healthy, supportive and safe environment.

Alternate Curriculum Week (A.C.W): A break between academic classes. Occurs about every five weeks, lasting one or two weeks. During this time activities include campus clean-ups, local ski trips, baseball games, Summer Olympics, theme classes, educational field trips and more. These breaks compensate for the year-round school calendar.

Appointment: Scheduled time students set with each other to talk, tell their story, eat a meal together, etc. Students may also schedule appointments with faculty or staff.

Assignments: Specific tasks given to students to promote growth/education in a certain area.

Reading Assignments: Directed readings to stimulate personal growth and introspection. Phase Leaders/Counselors guide and review this entire process.

Work Assignments: Physical jobs, away from peers, as a result of broken agreements or as a catalyst for growth. The work is intended to be meaningful and focus. Faculty supervises work details, safety and learning focus.

Writing Assignments: Directed writings to enhance emotional growth by exploring beliefs, feelings, behavior and past experiences. Assignments are reviewed and guided by Phase Leaders/Counselors.

Automatics: An automatic reaction a student reverts to, often an old, negative behavior.

Backdoor: A set escape in a person's mind. Knowing you can run away, quit, etc. An alternative to confronting painful reality or taking responsibility.

Backside: The back hillside of the school.

Bans: Temporary separations students take from a particular relationship, group of students or thing, to allow the individual to focus on himself/herself. A student is placed on such bans when their relationship with that person, place or thing is negative or detrimental. Bans can be for a determined period of time; however, they are normally indefinite, lasting until the student has worked past the point where a ban is necessary. Example: when a new student arrives and is in a "negative space," the only people he/she can associate with are those who are positive and supportive. They are "on bans" from challenge and below."

Basics: The fundamentals needed for success at CEDU Schools and programs. Some basics include creating an orderly environment, proper conduct, focusing on goals, telling your story, and developing positive relationships.

Big Brother/Sister: An older student who has proposed to be on, and has been accepted to be on the Friends Committee. When a new student is scheduled to arrive on campus, he or she is met at the door by a big brother/sister. This is a student who becomes a close friend and source of support during the adjustment period. The big brother/sister maintains this role until after their "little brother/sister" has completed the Brother's Keeper Propheet.

Brother's Keepers Friend: A really good, honest friend. The concept of a true friendship. A Brother's Keeper Friend is able to confront, give feedback and support his or her friends.

Bust Bans: Clean-up time. Students put all their energy into a thorough cleaning of the buildings and/or campus grounds and bring order to their environment.

Buttons: Emotional sore spots that cause upset when stimulated by words, situations, or people that are reminders of the past. Automatic defensive patterns emerge in order to block the feelings. The individual is usually not conscious of the button, and cannot understand the feelings they elicit. The material contained within the button must be emotionally released and understood, followed by a change in response to stimulus. This results in a response to what is real, as opposed to repeating the past unsuccessfully. Emotional buttons can be discovered through the process of telling one's story and scanning material for sensitive spots needing work and resolution.

Call Off Raps: Prior to raps, students gather for "house around the pit," during which roll is called and students are assigned to raps.

Cap: To close off or shut down emotionally.

CEDU: The name of our organization means "see yourself for who you truly are and do something with it." It is the guiding philosophy for the Family of Services.

Cerebration: A three hour session for twelve to sixteen students that explores through a facilitated, dynamic discussion a specific theme. "Cere-" from cerebrum (the part of the brain responsible for conscious mental processes) and "-bration" from celebration: celebration of the mind.

Consequences: Results of one's behavior. These serve as a method of earning a way back into agreement directed by staff to assist the student. May be a positive or negative. Examples: dishes, full-time, assignments.

Contract: A verbal agreement between two people. Can be positive or negative. Often refers to a negative contact that is detrimental to the student's growth, participation and overall development. Example: Student "A" sees student "B" out of agreement in the school but chooses not to talk with that student in a rap. Negative contracts reinforce blocks to open communication and honesty, and support negative peer pressure.

Cookie: A way of saying "good job" or you're a good person."

Cop-Out: To tell a faculty your dirt, or ways you or others are out of agreement.

Crack: Finding an excuse or reason to justify something. Finding a crack in an agreement, finding a way to "slide by" it.

Cut Up: To make derogatory remarks about someone's looks or actions. To talk about pre-CEDU people or places with someone from the student's area.

Cutting Corners: To discreetly talk about an "unacceptable" topic (such as a musical group) without actually naming names.

Dining room clean-Up (DRC): Cleaning tables after meals: wiping tables, sweeping, mopping and running trash. Done as a team group assignment or as a consequence.

Dirt: Behavior that is out of agreement. A dirt list is a written list of these behaviors for an individual.

Disclosures: Uncovering negative or hidden things and bringing them out so they may be resolved. These include broken agreements, past behavior that the individual is ashamed of, and feelings, attitudes and thoughts that block healthy growth and relationships.

Dishes: A consequence for being out of agreement. Clean dining room, kitchen and wash dishes. No smiling or unnecessary talking.

D.M.T.: Deep, meaningful talk.

Dorm Head/Dorm Head in Training: An older student who runs dorm and makes sure dorm jobs are done correctly. He or she offers support and friendships and makes the dorm a "home."

Dorm Jobs: Chores done every morning in the dorm.

Down the Road: A term used when a student chooses to run away from CEDU. (i.e. "down the road.")

Escort: An older student who accompanies another student at all times. A type of temporary restriction.

Ethic: Your style or way of doing things.

Expeditions: Trips into the wilderness that are a part of wilderness curriculum.

Games: Manipulative, dishonest behavior and defensive acts to gain acceptance or evoke a certain response. Games from patterns of behavior that must be confronted to liberate the individual, to allow them to represent themselves honestly and to discover that people will accept them for who they really are. Example: Attention game - crying loudly in a location where they can be seen and heard by everyone.

General Meeting: Meeting involving all students and staff. Different topics experiences or themes are discussed.

Going Fast/Slow: This may refer to physical behavior such as being loud, disruptive, silly, etc. going fast in your head refers to numerous thoughts quickly going through your mind that can't be sorted out or really comprehended. To go slow is to be focused and calm.

Gut: Intuition or feeling.

Hiding Out: Withdrawal from interaction with others, physically, emotionally or socially.

Hot spot: A student dealing with issues that has a potential to affect or spill over onto others in the student body.

House: The lodge common area, usually refers to the living and dining rooms.

I & Me: A process to divide the forces of thinking and feeling in order to expose personal conflict. Harmony between the two forces are worked on and resolution and

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realignments occur. The basics of "I and Me" are taught from the first rap to the I & Me Workshop. The primary goal is to teach individual responsibility and management of one's own life.

ILE: Individual Learning Experience. Assignment or plan designed to get a student back on track.

Image: The mask (clothing, attitude, style) a person wears to project how he wants to be seen rather than who he is. Example: skater, punk, etc.

Inappropriate: Any behavior, communication, action or dress that is not acceptable at CEDU.

Indictment: A confrontation of an individual on their negative behavior or negative patterns.

Intention: Possible hidden agenda or unspoken plan.

IPS: Individual Plan for Success. An individual plan for a student that incorporates that students' goals and plans according to parents and counselors.

Issue: A source of struggle or conflict.

Journal: A means of expressing thoughts and feelings in writing. A tool to reflect on individual growth and patterns. Students and faculty alike are encouraged to use their journals to enter their goals, directions, insights, and poems relating to their growth, information in raps, propheets, workshops, wilderness expeditions and general meetings. Several types of journals exist at CEDU: phase journals, full-time journals, table journals, wilderness journals.

Last Light: Final meeting of student body at the close of the day. Each with it's own theme. These are often run by students and close the day in a supportive and sensitive manner before students go to their dorms.

Look Good: A person who is off, or dishonest, and is struggling but doesn't allow that struggle to show. "He looks good on the outside but not so good on the inside."

Lug: A statement made to stimulate specific thoughts of feelings, especially useful as a rap warm-up. Usually "thrown out" by faculty during rap call-off.

Make O.K.: Finding a way to justify something that is out of agreement.

Medical: A trip off campus to visit a health care professional. "She's going on a medical."

Meds: Medication

Off/On: Off is to not be centered or in-touch. On is the opposite: to be focused and on track. "He really is off today."

Older Student: A Student who is in the upper school, generally in Reflections.

Owning It: A statement made from the heart with assumption of full responsibility and followed by consistent, actions.

Patterns: The behaviors that one falls into, typically when one is having a difficult time.

Peer Group: A group of approximately 12-15 students who enroll at CEDU within a few months of each other. They progress through the CEDU program together as a group. This includes participation in phases, propheetes, wilderness trips, and graduation.

Phases: The divisions within the CEDU High School program. It is divided into the following phases:

Discovery - The introductory level. Students learn the CEDU way of life and begin self-exploration.

Quest - Students focus on relationships and community.

Reflections - Students focus is on group dynamics, trust and acceptance and responsibility.

Pinnacle: The focus is on gaining independence, self-acceptance and resolutions.

Phase Leader: Staff member who runs the phase and has primary responsibility for students. The staff on each phase are responsible for mail, phone slips, clothing visits and parent communications.

Pit: A semi-circular couch and sunken area in front of the fireplace at the center of the main lodge. "House around the pit" is a gathering of all students around the pit. "Sharing from the hear" refers to standing on a heart-shaped stone in the pit while addressing the student body.

Pop-Off: Mentioning any CEDU unacceptable music (music that endorses a negative message). The act of popping off is when a student either discusses an unacceptable group or sings a song from one of those groups. Pop-off's tend to spark a negative chain of thoughts in some students.

Portfolio: A student's collection of written items, journals, drawings, etc.

Projection: When one makes a statement to another that applies just as much to the speaker as it does to the person they are speaking to.

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Propheet: A 12 to 24 - hour emotional growth experience which is centered around one theme. Propheets are based on the teachings and writings of Kahlil Gibran and the name refers to the idea of putting feet (movement) under the words of the book, The Prophet.

Pull-up: When one person brings to the attention of another their negative behavior or ways they are out of agreement. (A negative pull up is when the same is done but the person giving the pull up has false or dishonest intentions.)

Rap: A forum for students to have open, honest discussions and to do their emotional work, facilitated by a trained counselor. 12-15 students and facilitators talk about their feelings, thoughts and concerns. They also have the opportunity to talk to other students about disagreements, problems and dishonesty. Often viewed by faculty as "the glue that holds the school together and keeps the emotional climate safe." On occasion, faculty will call for an "all-day rap" if the school feels too fast or "unsafe."

Rap Pass: An exception given to an individual, allowing him or her to not participate in a rap.

Rap Request: A written request made for certain people to appear in a rap so that an individual can talk with them, have their support or clean up dirt with them. Students and faculty actively put in requests two or three times a week to support one another, to focus on relationships, to process classes, experiential and other events, and to resolve conflicts.

Restriction: A consequence for being out of agreement. An area where a student must remain unless escorted. Used to "slow down" the student. Specific focus and direction is given and can include writing assignments, work assignments or other agreements.

Smoosh: Spending quiet time together in the house.

Split Contract: A secret agreement between two or more students to run away.

Story: An individual's personal history of their life and experiences. A self-exploratory tool used to scan one's negative past, to pick up emotional issues needing work, to bring about acceptance through repeated telling of the painful, negative past, and to discover that others accept you in spite of your past. The material uncovered by telling one's story is processed in a rap. This brings out the feelings and impressions of the events that have affected the individual's life.

Stuffies: Nickname for stuffed animals.

Table: A type of restriction where a student works on specific individual issues. Used as an opportunity to focus closely on oneself.

Team Chores: Chores done around campus every morning with CEDU team members.

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Theme Group: A special group designed around a specific topic, i.e. - sexual concerns, anger and adoption.

Tools: Materials used to facilitate self-understanding. All CEDU concepts are considered “tools.”

Underground: Deception: saying one thing to staff, another to peers and students.

Wilderness Curriculum: Sequential expeditions into the wilderness that integrate academics, leadership skills, emotional growth and service projects.

Workshops: Experiential, educational classes offered as advanced components of the emotional growth curriculum. Introspection, concepts and personal knowledge are derived through a sequence of experiential educational classes. Workshops last between two and five days and are divided into “working” sessions each day.

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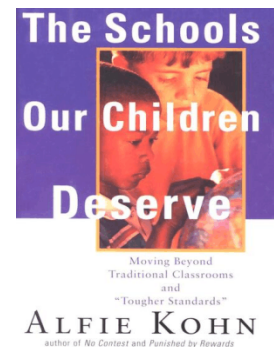
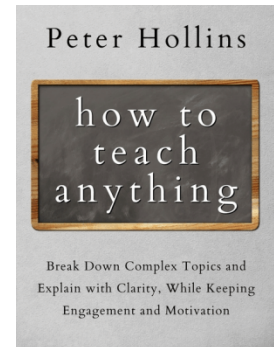
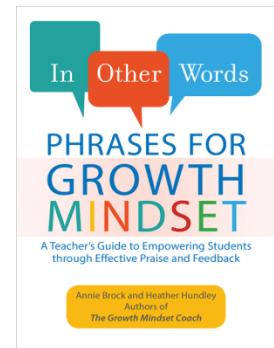
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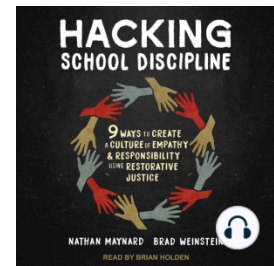
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- 7. Meds: Medication Off/On: Offis to not be centered or in-touch. On is the opposite: to be focused and on track. "He really is offtoday." Older Student: A Student who is in the upper school, generally in Reflections. Ownin& It: A statement made from the heart with assumption of full responsibility and followed by consistent, actions. Patterns: The behaviors that one falls into, typically when one is having a difficult time. Peer Group: A group of approximately 12-15 students who enroll at CEDU within a few months of each other. They progress through the CEDU program together as a group. This includes participation in phases, propheets, wilderness trips, and graduation. Phases: The divisions within the CEDU High School program. It is divided into the following phases: Discovery - The introductory level. Students learn the CEDU way of life and begin self-exploration. Quest - Students focus on relationships and community. Reflections - Students focus is on group dynamics, trust and acceptance and responsibility. · Pinnacle: The focus is on gaining independence, self-acceptance and resolutions. Phase Leader: Staff member who runs the phase and has primary responsibility for students. The staff on each phase are responsible for mail, phone slips, clothing visits and parent communications. ffl: A semi-circular couch and sunken area in front of the fireplace at the center of the main lodge. "House around the pit" is a gathering of all students around the pit. "Sharing from the hear" refers to standing on a heart-shaped stone in the pit while addressing the student body. Pop-Off: Mentioning any CEDU unacceptable music (music that endorses a negative message). The act of popping off is when a student either discusses an unacceptable group or sings a song from one of those groups. Pop-offs tend to spark a negative chain of thoughts in some students. Portfolio: A student's collection of written items, journals, drawings, etc. Projection: When one makes a statement to another that applies just as much to the speaker as it does to the person they are speaking to. S:resource:pmtpk:glosry.doc 01/06/99

- 8. Propheet: A 12 to 24 - hour emotional growth experience which is centered around one theme. Propheets are based on the teachings and writings of Kahlil Gibran and the name refers to the idea of putting feet (movement) under the words of the book, The Prophet. Pull-up: When one person brings to the attention of another their negative behavior or ways they are out of agreement. (A negative pull up is when the same is done but the person giving the pull up has false or dishonest intentions.) Rap: A forum for students to have open, honest discussions and to do their emotional work, facilitated by a trained counselor. 12-15 students and facilitators talk about their feelings, thoughts and concerns. They also have the opportunity to talk to other students about disagreements, problems and dishonesty. Often viewed by faculty as "the glue that holds the school together and keeps the emotional climate safe." On occasion, faculty will call for an "all-day rap" if the school feels too fast or "unsafe." Rap Pass: An exception given to an individual, allowing him or her to not participate in a rap. Rap Request: A written request made for certain people to appear in a rap so that an individual can talk with them, have their support or clean up dirt with them. Students and faculty actively put in requests two or three times a week to support one another, to focus on relationships, to process classes, experiential and other events, and to resolve conflicts. Restriction: A consequence for being out of agreement. An area where a student must remain unless escorted. Used to "slow down" the student. Specific focus and direction is given and can include writing assignments, work assignments or other agreements. Smoosh: Spending quiet time together in the house. Split Contract: A secret agreement between two or more students to run away. Story: An individual's personal history of their life and experiences. A self-exploratory tool used to scan one's negative past, to pick up emotional issues needing work, to bring about acceptance through repeated telling of the painful, negative past, and to discover that others accept you in spite of your past. The material uncovered by telling one's story is processed in a rap. This brings out the feelings and impressions of the events that have affected the individual's life. Stuffedies: Nickname for stuffed animals. Table: A type of restriction where a student works on specific individual issues. Used as an opportunity to focus closely on oneself. Team Chores: Chores done around campus every morning with CEDU team members. S:resource:prntpk:glosry.doc 01/06/99
- 9. Theme Group: A special group designed around a specific topic, i.e. - sexual concerns, anger and adoption. Tools: Materials used to facilitate self-understanding. All CEDU concepts are considered "tools." UnderKround: Deception: saying one thing to staff, another to peers and students. Wilderness Curriculum: Sequential expeditions into the wilderness that integrate academics, leadership skills, emotional growth and service projects. Workshops: Experiential, educational classes offered as advanced components of the emotional growth curriculum. Introspection, concepts and personal knowledge are derived through a sequence of experiential educational classes. Workshops last between two and five days and are divided into "working" sessions each day. S:resource:pmtpk:glosry.doc 01/06/99

