

A WAY TO IMPROVE ONE'S ACADEMIC PERFORMANCE

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ABSTRACT

Tolerance refers to an attitude of openness and respect for the differences that exist among people. Although originally used to refer to ethnic and religious differences, the concepts of diversity and tolerance can also be applied to gender, people with physical and intellectual disabilities, and other differences, too. This paper reveals about ways to improve the level of tolerance among the students.

KEYWORDS: Tolerance, Value Education, Nurture & School

INTRODUCTION

Tolerance means respecting and learning from others, valuing differences, bridging cultural gaps, rejecting unfair stereotypes, discovering common Tolerance is about accepting people for who they are not about accepting bad behavior. Tolerance also means treating others the way you would like to be treated.

A Way to Improve Level of Tolerance Among Children

Parents can teach tolerance by example and in other ways, too. Talking together about tolerance and respect helps kids learn more about the values. Things parents can do to help kids learn tolerance include:

- Be a Role Model. Parents who want to help their kids value diversity can be sensitive to cultural stereotypes they may have learned and make an effort to correct them. Demonstrate an attitude of respect for others.
- Kids are always listening. Be aware of the way we talk about people who are different from us. Do not make jokes that perpetuate stereotypes. Although some of these might seem like harmless fun, they can undo attitudes of tolerance and respect.
- Select books, toys, music, art, and videos carefully. Keep in mind the powerful effect the media and pop culture have on shaping attitudes.
- Point out and talk about unfair stereotypes that may be portrayed in media.
- Answer kids' questions about differences honestly and respectfully. This teaches that it is acceptable to notice and discuss differences as long as it is done with respect.
- Acknowledge and respect differences within own family. Demonstrate acceptance of children's differing abilities, interests, and styles. Value the uniqueness of each member of the family.
- Tolerance does not mean tolerating unacceptable behavior. It means that everyone deserves to be treated with respect and should treat others with respect as well.

- Help the children to feel good about them. Kids with strong self-esteem value and respect themselves and are more likely to treat others with respect, too. Help the child to feel accepted, respected, and valued.
- Give kids opportunities to work and play with others who are different from them. When choosing a school, day camp, or child-care facility for your child, find one with a diverse population.
- Learn together about holiday and religious celebrations of others.

Teaching at School Level

Keep Talking

Many believe the last thing teens are interested in is having a conversation with parents. But even if your teen doesn't initiate conversations about issues of difference, find ways to bring those topics up with them. Use current issues from the news, such as the immigration debate or same-sex marriage, as a springboard for discussion. Ask your teen what she thinks about the issues.

Stay Involved

Messages about differences exist all around your teen: the Internet, songs, music videos, reality shows, ads and commercials, social cliques at school. Know the websites your teen enjoys visiting; take time to listen to or watch the music and shows they enjoy. Then discuss the messages they send. Ask your teen about the group or groups she most identifies with at school. Discuss the labels or stereotypes that are associated with such groups.

Live Congruently

Discussing the importance of valuing difference is essential, but modeling this message is even more vital. Evaluate your own circle of friends or the beliefs you hold about certain groups of people. Do your actions match the values you discuss with your teen? Teens are more likely to be influenced by what you do than what you say, so it's important for your words and behaviors to be congruent.

Broaden Opportunities

It may be natural for teens to stick to groups they feel most comfortable with during the school day. These often are the people they identify as being most like themselves. Provide other opportunities for your teen to interact with peers from different backgrounds. Suggest volunteer, extracurricular, worship and work opportunities that will broaden your teen's social circle.

Encourage Activism

Promote ways for your teen to get involved in causes he cares about. No place for him to hang out with friends? Encourage him to get together with peers to lobby city officials for a teen social center or skate park. Upset about discriminatory treatment of teenagers by a storekeeper or business? Give your teen suggestions for writing a letter of complaint or planning a boycott. When young people know they have a voice in their community, they are empowered to help resolve issues of injustice.

Tolerance Through Moral & Value Education

"Tolerance" means in the Arabic language (El Tassamoh) This is needed because in the English Literature it means accepting others, i.e. accepting differences, whether cultural, religions, traditions, languages, habits....etc. In the

Arabic language it also means accepting others and appreciating differences, we have a saying "without differences among people life would be unlivable But in addition, tolerance means many other behaviors and attitudes...it means:

- Being able to control one's temper and anger,
- Being patient,
- Being able to live under stress.
- Being able to cope with hardships,
- Being able to accommodate different points of view,
- Being able to forgive and forget.

So, as we see it means much more than only accepting others and their differences, it deals a great deal with inner feelings and behaviors.

Seven Ways to Nurture Tolerance in Students

Did you know that today's American youth are displaying intolerant actions at alarming rates-and at younger and younger ages? The FBI tells us most hate crimes are committed by youth younger than nineteen. It's important to remember that children aren't born hateful Hatred and intolerance is learned. If today's children are to have any chance of living harmoniously in this multiethnic world, it is critical that adults nurture it. Here are seven strategies, from my book Building Moral Intelligence that you can use that help curtail bigotry while at the same time influencing your students to treat others with respect and understanding

Confront your Own Prejudices

The first step to nurturing tolerance is to examine your own prejudices and reflect on how you might be projecting those ideas. Chances are that you are communicating those attitudes unintentionally to children. Do make a conscious attempt to temper them so aren't passed on to your students.

Commit to a Tolerant, Respectful Environment

Culture does matter. So if you really want students to respect diversity, you must adopt a conviction to emphasize respect and tolerance. Once students know your expectations, they will be more likely to embrace your principles.

Refuse to Allow Discriminatory Comments

When you hear prejudicial comments, verbalize your displeasure. How you respond sends a clear message to the child about your values: "That's disrespectful and I won't allow such things to be said in my house," or "That's a biased comment, and I don't want to hear it." Students need to hear your discomfort so that they know you really walk your talk. It also models a response youth should imitate if prejudicial comments are made in their presence.

Embrace Diversity

From a young age, expose students to positive images-including music, literature, videos, public role models, and examples from the media that represent a variety of ethnic groups. Ignorance fuels prejudice so expose students to different races, religions, cultures, genders, abilities, and beliefs..

Emphasize Similarities

Encourage children to look for what he has in common with others instead of how he is different. Any time you hear a student point out how she is different from someone, you might say, "There are lots of ways you are different from other people. Now let's try to think of ways you are the same." Help her see how similarities outweigh differences.

Counter Discriminatory Beliefs

When you hear a student make a prejudicial comment, listen to find out why he feels the way he does. Then gently challenge his views and point out why they are incorrect. For example if a student says, "Homeless people should get jobs and sleep in their own houses." You might counter: "There are many reasons homeless people don't work or have houses. They may be ill or can't find jobs. Houses cost money, and not everyone can pay for one."

Live Your Life as an Example of Tolerance

The best way for any child to learn tolerance is for him to watch and listen to your daily example. So ask yourself each day one critical question: "If my students had only my behavior to copy, would he be witnessing an example of what I want him to emulate?" Make sure you are walking your talk.

CONCLUSIONS

The best way to improve children tolerance is not throughout lectures but through our example. So be a living textbook of tolerance for the students and for all other children.

There are three main words that we can get out of the word tolerance that are very important

- One of those words is respect. Respect is a number one step in life, because having respect can get you far in life. If you want respect, you must show respect, even if you feel disrespected, you can still be the bigger person and be respectful and this is when tolerance comes in.
- Another word of tolerance is peace. Peace is a good thing to have. Without peace the world would be a disaster. Peace is not everywhere, and that's because of gangs and violence, but when we see things like that, we should try to avoid the situation or better the situation.
- Courage is another word that we need in life. It really takes a lot of courage to say "no" to bad things. When peer-pressure steps in, you still need to be strong enough to say "no", and that is when courage is really important. Courage can also mean stepping into a bad situation, like seeing a little getting bullied and stopping it.

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