



Tutor Connection

Summer 2021 Edition

By Carol Anne Maloney, Coordinator of Volunteers

Tri-County Literacy Council is a community-based, non-profit organization that enriches both community and individuals by specializing in adult literacy instruction based on essential skills.

"You never know how strong you are until being strong is the only choice you have."

Bob Marley

The week of June 21st, we honored volunteers who continued to give to the agency and our students in this difficult challenging year. To me, volunteering is love in motion. When individuals are motivated into action, it demonstrates passion, generosity, and a desire to use our gifts to make our community a better place. What a remarkable gift! It is what the world needs now - more empathy, giving, and kindness. Volunteering shows the best in humanity. We are grateful to the United Way of Stormont, Dundas, and Glengarry for funding the Volunteer Program at Tri-County Literacy Council.

*"The work of an unknown good man has done is like a vein of water flowing hidden underground, secretly making the ground green."
Thomas Carlyle*



Micro Goals

Arianna Huffington in her book "Thrive", suggests small actionable steps will empower you to make immediate steps in your daily life and work. Micro steps are grounded in the notion that if you make your steps small enough, they will become "too small to fail". When you start small, your new habits are more likely to stick. I think this is wonderful advice for ourselves and our students.

The author proceeds to suggest starting your day with an intention. This intention could be written in a journal. Examples of intentions include "I am worthy of work", "I am attracting positive people in my life", etc.

Tap into the practice of gratitude. Practicing gratitude changes the way our brain works overtime. Gratitude works its magic by serving as an antidote to negative emotions. It is like white blood cells for the soul. It serves to provide protection from cynicism, entitlement, anger, and resignation. You could start your sessions by having your student write in a journal 3 positive things that happened since the last tutoring session.



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Another suggestion to get through this pandemic was to make sure to put on our own oxygen mask. Students need to learn to be compassionate, accepting, and gentle with themselves. Help your student develop a positive mindset where they appreciate their accomplishments, no matter how small. This could be stored in a journal.

“Being kind to yourself is one of the greatest kindnesses,” said the mole.
The Boy, the Mole, the Fox, and the Horse, Charlie Mackesy

Book Recommendation: The Boy, the Mole, the Fox, and the Horse

The Duchess of Cornwall started a reading room on Instagram to promote people to read books. The

benefits of reading books is well documented. Reading strengthens your brain, increases your ability to empathize with others, builds vocabulary, helps to reduce age related cognitive decline, reduces stress and fights symptoms of depression (Source: [Healthline](#)). The first selection for the reading room was the beautiful book “The boy, the Mole, the Fox and the Horse” by Charlie Mackesy. The book is a work of art combined with life lessons that can be enjoyed by anyone no matter their age. The book would be suitable for all learners, as it is easy to read and accompanied by exquisite illustrations. It is exactly what the world needs at this time. The book is available both at the Cornwall Public Library and SDG County Library.

“What is the bravest thing you’ve ever said? asked the boy.
“Help”, said the horse.
The Boy, the Mole, the Fox, and the Horse, Charlie Mackesy

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