



# Renuntio

No nobler training exists but that which cherishes the good, the beautiful, and the true, thus producing disciples of knowledge and lovers of wisdom.

October, 2016

Volume 5 Issue 2

## Xavier Teachers' Perspective

### Acceptance, Affection, and Appreciation: The Languages of Affection

Different ways to feel and show affection; a section taught in a Speech Interpersonal Communication unit .

~Bradley Hansen

Everyone is an individual. Each of us has a unique and particular way to do things. The words we choose to use during conversation, the personal way we eat, even the way we type our own names on a keyboard is unique enough that it can be used to identify us. The same is true with the way we show or receive affection.

Before we explore this more, the word 'affection' needs to be defined. Affection, in this article, means attention or affirmation. Affection often times is tied to romantic feelings and actions. Although this is part of it, our definition of the word encompasses much more than that. Friends, family members, and co-workers all give affection to one other. Any action that gives praise, or attention, or a positive feeling, is considered an action of affection.

Dr. John Lund wrote extensively about showing and receiving affection. Dr. Lund was a divorce mediator for fifteen years, was a marriage and family educator for forty-six years, and was a family court commissioner in the state of Washington for five years. In his time working with families, both good times and bad, he noticed some things. His research and books center around the way we want to receive affection from others, and the different ways we show

it. He calls these the "love languages" and narrows them down to three types; audio, visual, and touch. People best feel appreciated when others communicate with them in their personal love language. If someone tries to show visual affection to someone who is mostly audio, it will not be affective. A further explanation of the three languages makes this concept much easier to understand.

Before reading the next part, I highly recommend taking the 27 question test to find out what your love language is. I have attached a copy of the test to this article. Free copies of the test are available at <http://drlund.com/quizzes/>.

Audio affection is about words of affirmation. If you feel something, you say it. A person who has an audio love language will feel affection through the words they hear. Saying "good job" or "I love you" will have a much better affect than any action taken. People who show affection this way will also use words to communicate their feelings is. They point out your clothes or your hair and say how beautiful they look. Words are key to someone with a verbal love language.

With visual love language, a person feels affection with things they see happening. They are pleased with favors, chores being done, and work accomplished. A visual person feels affection when they see things happening. If a spouse wishes to show their loved one affection in the visual aspect, they would clean the house, fix things, or do a set of chores. (cont. page 2)

## THE XAVIER PROMISE

*Xavier Classical Charter Schools are dedicated to providing a classical, academically rigorous, content-rich, liberal arts education, preparing students to excel in every duty and guiding them toward wisdom and virtue.*

## UPCOMING EVENTS

- 10/21— **Crazy Hat Day!**
- 10/31— Parent/Teacher Conferences K-6 (scheduled by appointment)
- 11/1— Parent/Teacher Conferences K-6 (scheduled by appointment)
- 11/1— Fall Choir Concert 7:00p.m. (Upper School)
- 11/2— Parent/Teacher Conferences K-6 (scheduled by appointment) Upper School— 4-7p.m.
- 11/3— Kindergarten— **NO SCHOOL** Early Release-1p.m. (1-12) Parent/Teacher Conferences K-6 (scheduled by appointment) Upper School— 1-4p.m.
- 11/4— **NO SCHOOL (K-12)** Teacher Comp Day
- 11/9— Regular Board Meeting 6p.m.
- 11/18— **Book Characters Day!**

cont...

Coworkers with a visual language would help out at work. Tasks completed, working together, that is what is important to a visual person.

The third language is touch where affection is communicated through a physical contact; a hug or a held hand. Friends will touch each other while having a conversation, coworkers will greet with a handshake, and a couple will give a quick kiss on the cheek. People of this language will also enjoy time just talking. In our country, about half of the people are touch. 35% is verbal, and 15% is visual. Both touch and visual are 50/50 with a male /female ratio, but verbal is a two to one female to male difference. So what does this mean?

If you have a visual person, and you try to communicate affection to them in a verbal way, they will not get the message. I am predominantly a touch language person. Verbal affection has no effect on me, quite the opposite. When someone comes to me and gives me a verbal compliment, my first reaction is 'what do they want from me?' On the other hand, my wife is a visual person. If I try to show her affection with kisses and hugs (as a touch person is apt to do) she gets annoyed with my bothering her. Instead, I respond to a handshake, or even a literal pat on the back, where my wife prefers I do some chores.

I have taken this knowledge of the love languages and tried to incorporate them into my classroom. Students are no different than others, and they have a variety of affection languages. I try to incorporate all types of praise and positive feedback, just as I try to incorporate different strategies for visual, auditory, and tactile learners. I do not hold back on my verbal praising of achievers, I reward good performance with a public handshake, and this year, I have a 100% club, who have their name written on a poster on the wall. I believe that understanding your students, and knowing how to properly praise them, motivates them to perform better.

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## VIRTUE OF THE MONTH

**Respect** — We regard others and ourselves as deserving of kind and just treatment. Our conduct is considerate and polite. We look for the good in others and demonstrate compassion. Our attitudes toward others and their property reflects the way we wish to be treated.

**Oct. 3** — *"I am an American; free born and free bred, where I acknowledge no man as superior, except for his own worth, or as my inferior except for his own demerit."* ~Theodore Roosevelt (26th President of the United States, b.1858-1919)

**Oct. 10** — *"Knowledge will give you power, but character respects."* ~Bruce Lee (Hong Kong American martial artist, b.1940-1973)

**Oct. 17** — *"The respect of those you respect is worth more than the applause of a multitude."* ~Arnold H. Glasgow (American free-lance writer and humorist, b.1905-1998)

**Oct. 24** — *"Respect for ones parents is the highest duty of civil life."* ~Proverb

## WORDS from the past...

*"Wisdom is the right use of knowledge. To know is not to be wise. Many men know a great deal, and are all the greater fools for it. There is no fool so great a fool as a knowing fool. But to know how to use knowledge is to have wisdom."*

~Charles Spurgeon, British preacher and writer; founder of Stockwell Orphanage