

TAP NEWS

January Reminders

- Whitten Middle School led the way last semester with 17 mediations! Way to go, Eagles!
- You can email TAP photos and stories to engagement@isjl.org to be included in next month's newsletter.



SPOTLIGHT ON SENIORS

Hey TAP Seniors!

What are your plans for next year? Let your Site Coordinator know or email us at engagement@isjl.org so that we can feature your awesome next steps in future issues of TAP Monthly!



STRATEGY OF THE MONTH

Set a New Year's (Conflict) Resolution

Oftentimes, we start the year off strong, but as the pressures of school and relationships begin to weigh on us it becomes more challenging to enact good conflict resolution skills. Take a minute to answer these questions for yourself and start the new year off right!

- At what points do conflicts arise for me?
- How can I anticipate these moments and handle them differently?
- How can I be a better empathetic listener?
- How can I communicate my needs to the people in my life so they can support me?
- How can I recommit myself to resolving conflicts peacefully?



Write your responses in your TAP Workbook so you can check in with them throughout the semester.

Don't stress in the New Year!



This TAP Stress Ball changes colors from green to yellow with body heat.

Contact your TAP Staff today to order one for only \$3.



New Google Form Makes Logging Easier



Mediators and Site Coordinators, click the link below to access a Google Form to quickly and easily log your mediations.

[Click here to fill out the form.](#)

PRACTICE ROLEPLAY

MOVING NEIGHBORHOODS

CHIDI: I just moved here this semester, and already people like Eleanor are teasing me for my name, my accent-- everything. No one had a problem with me at my old school. I just want to be left alone.

Impact Statement for CHIDI:

ELEANOR: I tried to get him to eat lunch with us on his first day, but he'd rather sit and read some nerdy book and eat his weird, smelly food. If you really want to fit in, at least bring a lunch that people can pronounce.

Impact Statement for ELEANOR:

For more information contact us at 601.362.6357 or engagement@isjl.org.

TAP is sponsored by the ISJL.

THIS IS ISJL: www.isjl.org

Call Us: [601-362-6357](tel:601-362-6357)

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