

Positively Elementary School Counseling

A blog about Elementary School Counseling and the role of PBIS in creating a positive program in the school.

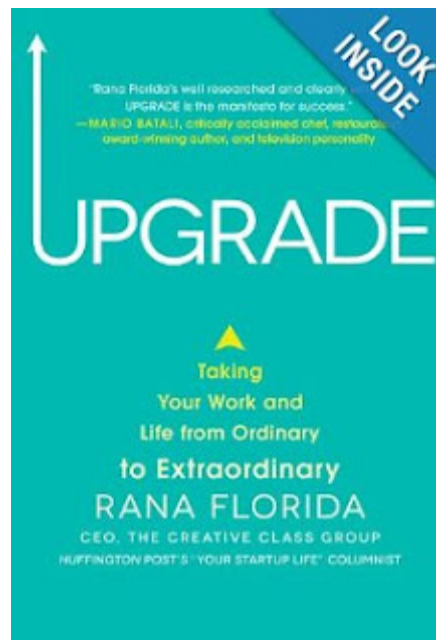
Sunday, September 8, 2013

Upgrade- Taking Your Life from Ordinary to Extraordinary- Book Review

I recently received an email asking me if I was willing to do a book review. They offered to send me a free copy of the book and as I love to read I thought " Well of course". The book arrived on Thursday so I thought, great something to read as I sit on my porch at camp this weekend.

So Saturday rolled around and at first thought, ok is going to feel like work as I do have to type up a review for Amazon on this book? But no it didn't feel that way at all in fact I read the book in just a few short hours and loved it! I was excited that the book really had some amazing great ideas for both my personal life but also a School Counselor. So instead of just an Amazon review I decided to write this blog so that others can hear about the book and some of the great pieces in it.

The book is Upgrade: Taking Your Work and Life From Ordinary To Extraordinary. By Rana Florida.



Below are some highlights of the book: I am going to do these as bullet statements so that this blog is not huge! These bullets are quotes from the book with my own

comments after the quotes.

* Many worriers think the solution is positive thinking but instead should we not be think "possible thinking". Wow, think about how this can change our jobs at school when we start to look at things as possible!

* When people have no control over their lives they close the door. But then we are closing the door to the possibility of change. (I know I have had major changes going on in my schools and rather than closing the door and feeling hopeless it is that idea of the possibility of great changes that keeps my doors open.)

*The solution to learned helplessness is learned optimism. (Wow this was huge for me and the kids I know that seem to have learned helplessness this can really make a huge difference)

* It turns out that being stuck behind a desk isn't just soul-deadening but can be deadly for your body too. (Even more reason for us to look at alternative seating maybe ball seats, or hokki stools, or getting our kids up and moving around not sitting all day long except for recess time)

* Think about the amount of money we spend on others for things they put on a shelf and don't ever use? (With the holidays around the corner should we be buying experiences vs. items? Why not enjoy life so instead of buying my kids lots of "junk" this year I am going to look at tickets to events, and trips we can do instead so we are enjoying our TIME!)

* Believe that tomorrow will be even more exciting then today, then you have discovered what passion really means! (Each day I go into school expecting something great and exciting)

* There is no guarantee that your passion will be rewarded with continued employment or career advancement but your passion on display is a valuable thing! (SC have a ton of things we do that we are passionate about so keep doing them)

* She also references in the book the TED talk for "How Schools Kill Creativity." Here is the link: [TED Talk](#)

* The vision is really about empowering workers giving them all the information about what's going on so they can do a lot more than they've done in the past. (Schools often make a ton of top down decisions, but why not involve the bottom in those decisions they often will know what might or might not work as they are the ones that are going to be implementing the changes)

* Put "yes" people around you. (We all know those staff that every idea is a "no" and stop going to those people go to the people that will support you and even if they think your idea might not work they think it is possible and just has to be tweaked a bit)

* The road to success is always under construction! (So true our programs are always changing and need to adapt!)

* I've achieved my greatest personal growth when I was thrust into uncomfortable, new, foreign situations. (For all the SC out there in new positions just remember that quote it will help)

* Meetings: Most meetings are useless time wasters and accomplish nothing! If there is a real need for a meeting there needs to be an agenda in advance to fully optimize your time. (Wow I know as a SC you can totally relate to this one as I sure can)

* The role of the leader is to offer a compelling vision of the road ahead and to inspire people so that they'll be able to travel it successfully. (Leaders are key in making sure we do stay on task and can really help cut down on those wasted meeting minutes)

* Learn from your mistakes! Making mistakes is the most important thing we do.

* Failure is sometimes the beginning, not the end, of the road. (Wow what a valuable lesson we could help our kids to learn)

Well those are just a few of the best quotes or ideas that I highlighted as I read. I really do recommend this book, it was like I said a fast read and really a motivational book. I know for me I am more willing to look at my mistakes as a good thing and not get as upset and I also want to really look at helping kids to look at theirs that same way.

[Bj Bowden](#) at [7:44 AM](#)