Preparing and Inspiring Youth Toward a Balanced and Successful Life

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The essential reform is this: to put the adolescent on the road to achieving economic independence. We might call it “A school of experience” in the elements of social life.

Education should therefore include the two forms of work, manual and intellectual, for the same person and thus make it understood by practical experience that these two kinds complete each-other, and are equally essential to a civilized existence.

*Dr. Maria Montessori*
“When the hand and mind operate together they trigger brain functions that are the building blocks of learning.”

- Neuropsychologist Dr. Steven Hughes
  
  Public School Montessorian Spring 2008
A Transformative Pathway for Education
What is Family and Consumer Sciences?

- Field of study that empowers individuals to manage the challenges of living and working in a diverse global society.

- Body of skills, research, and knowledge that helps people make informed decisions on well being, relationships, and resources to achieve optimal quality of life.
Family and Consumer Sciences Body of Knowledge Model

- Human Ecosystems
  - Individual Well-Being
  - Basic Human Needs
  - Community Vitality
- Family Strengths
- Life Course Development

- Capacity Building
- Global Interdependence
- Resource Development and Sustainability
- Wellness
- Appropriate Use of Technology
Family and Consumer Sciences Body of Knowledge Model

Human Ecosystems
- Individual Well-Being
- Basic Human Needs
- Community Vitality

Family Strengths

Life Course Development

Wellness
“The quality of life depends upon the ability of society to teach its members how to live in harmony with their environment defined first as family, then the community, then the world and its resources.”

- Ellen Swallow Richards
“Man himself must become the center of education, and we must never forget that man does not develop only at the University, but begins his mental growth at birth and pursues it with the greatest intensity during the first three years of his life.”

-Dr. Maria Montessori
What is Montessori?

- A comprehensive system of education that optimizes social & cognitive development from preschool through high school
- Certified teachers observe human development and prepare learning environments to match children’s interests
- Supports & validates research affirmed by neuroscientific studies
- Early education curriculum integrates 5 Areas of Learning: Practical Daily Living Skills, Math, Language, Sensorial, and Cultural Subjects
- Cultural subjects introduce: geography, history, science, math and the arts
The Planes of Development
The Constructive Rhythm of Life
(Originally developed by Maria Montessori in 1951, presented/interpreted here by Aubrey Hargis)

Birth
babies
preschool
kindergarten

age 3

age 6
elementary

age 9

age 12
early
adolescence

age 15
late
adolescence

age 18
maturity

age 21

age 24ish

This is the absorbent mind, at first unconsciously growing and then slowly becoming a conscious worker; period of great intensity.

A period of calmness and happiness marked by a state of health, strength, and stability; mentally proficient and ready for cultural studies.

Another period of immense growth, much akin to the first plane, marked by the turbulence of puberty and the intense desire for independence.

The last passage into adulthood.... A time for thinking about one's contributions to the mission of humanity.
“Child psychology is not that of the adult, and its essential condition is freedom to act in a prepared environment where the child can be intelligently active.”

-Dr. Maria Montessori
What is the Impact of Montessori Education?

Montessori Education Environments:
- Support individualized education
- Promote Independence, interdependence, and social improvement
- Provide opportunities to empower children to make choices
- Prepare and certify guides to follow planes of human development
- Encourage meaningful work that builds concentration and focus
- Develop understanding of limits and responsibilities
Building a Balanced & Successful Life

Family & Consumer Sciences (FCS)

Montessori
Waldorf
Public Schools
Reggio-Emilia
Forest Schools
Co-Op Preschools
Head Start
Tools of the mind

Job Shadows
Mentorships
Internships
Apprenticeships

Colleges
Technical Schools
Beginnings of FCS
Ellen Swallow Richards (1842-1911)

- Scientist, Sanitation Engineer, Home Economist, Consumer Education Activist
- First American woman...
  - To obtain a degree in chemistry from Vassar College - 1870
  - To graduate from Massachusetts Institute of Technology - 1873
  - To become an Instructor at MIT
- Founded the new science of Home Economics > Family & Consumer Sciences, which later became part of public school curriculum.
- Took the lead in teaching life skills
  - Personal finance, nutrition & dietetics, human & child development, housing & interior design, food preparation to avoid contamination/spoilage
Who is Montessori?
Dr. Maria Montessori (1870-1952)

- Italian Scientist, Physician, Psychologist, Anthropologist, Educator
- Entered all-boys technical school for engineering at age 13
- Graduated from Medical School in 1896
- Joined staff at psychiatric clinic in 1897 doing research with patients who had nervous diseases and mental illness.
- Opened Casa dei Bambini in Rome in 1907
- Invited by Gandhi to India to teach the untouchables.
Dr. Montessori: The Educational Innovator

“We must lay the foundation for peace ourselves,
by constructing a social environment,
a new world for the child and adolescent
so that their individual consciences may develop.”

- Pioneer in bringing developmental psychology into educational design
- Innovator of a new system of education based on observations of the child

“A vast education reform and above all,
a vast social reform are called for today.”
(Education and Peace, M. Montessori)
### Independent & Interdependent Living Skills

<table>
<thead>
<tr>
<th><strong>FCS</strong></th>
<th><strong>Montessori</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Hands-on experiential learning</td>
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</tr>
<tr>
<td>Practical living skills</td>
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<tr>
<td>Food, nutrition, science, and wellness</td>
<td>Foundational development of practical, social, emotional skills</td>
</tr>
<tr>
<td>Housing and healthy environments for living</td>
<td>Brain/Body development</td>
</tr>
<tr>
<td>Interior Design</td>
<td>Experiences in food, science, and nutrition</td>
</tr>
<tr>
<td>Textiles and apparel</td>
<td>Healthy environments for living</td>
</tr>
<tr>
<td>Brain/Body development, Developmental psychology</td>
<td>Foundational development in 5 areas of learning: practical life, sensorial, language, math, and cultural subjects (science, geography, history, art, music)</td>
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<tr>
<td>Understanding of practical, social, emotional skills</td>
<td>Opens new career pathways</td>
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<tr>
<td>Finance and budgeting</td>
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Montessori Education and FCS

Connected through the sciences

- Practical living skills
- Prepared environment for learning
- Social/Emotional learning
- Mixed-ages
- Integrated subjects
- Human development
About Me

Gail Longo

- Graduated Seattle University in 1967
- Tacoma Public Schools 1967-1970
- Montessori Certified in 1988
- Founder of Cinquegranelli Montessori, 1989
- Founder & Director of the Maria Montessori Language & Cultural Center, 1999 (MMLCC - mmlcc.org)
- Operated a Montessori lab school at Ballard High School, 2003-2010.
Our Project: Bilingual Montessori Lab School Model

A Proposed Collaboration between:
- Maria Montessori Language & Cultural Center (MMLCC) - 501(c)(3) Nonprofit Organization
- Seattle Chinese Garden (SCG) - 501(c)(3) Nonprofit Organization
- Family & Consumer Sciences (FCS) - Seattle Public Schools

Other Potential Collaborators:
- Confucius Institute
- South Seattle College
- Global Pathways Institute

Bringing together Montessori, FCS...
Observation
Mentorship and Internships
Motheread
Literacy
Project

Humanities
Washington
Hands-on Presentations
Sensorial Activities
Gardening and Horticulture
Cultural Subjects: Italian
Language, Literacy, and Culture
Mandarin after-school service learning project
Authentic Community Living
Grant for Non-Violent Communication (2009)

On-going education on trauma and the brain (2018)
Maren Schmidt presentation “Building Brains the Montessori Way, Maximizing Brain Development” to BHS students
Morning Coffee with Family and Consumer Sciences Parents

Parent Education Night
It’s All About Connections
Seattle Chinese Garden
Sun WenRu - Our Connection to Montessori Programs in Asia
Montessori (MIA) Teacher Trainer from Shanghai
Sun WenRu visits the dragon seeker in the Seattle Chinese Garden
Montessori educators visiting the Seattle Chinese Garden

Gail Longo (Director of MMLCC), Chen Dongzhi (Chongqing), Sun WenRu (Shanghai), Jane Clements (Seattle)
Sun WenRu and Chen Dongzhi
Reviewing Seattle Chinese Garden site plan
International Montessori Education Training

China, Philippines, and Japan
International Montessori Training 2018 - Vietnam
Lesson in Greeting a Child
Featuring Practical Life at Cinquegranelli Montessori in Seattle
Clothes - fastenings
Outdoor Education
Visit to an Urban Homestead
Handwashing
Food Preparation: harvesting grapes & making juice
Making apple crisp
Bread cutting
Shucking corn
Culinary Arts

Thursday is restaurant day
Dishwashing
Sensorial materials introduce math concepts

Color Tablets / pink tower / The Leaning Tower of Pisa
Geography and the Planetary System
Language: Movable alphabet / matching letters
Basic math - decimal system
Sweeping