



Inculcating and Enhancing

21st Century Universal Harmonious Values for Effective Learning

SELF-CULTIVATION

These are some values that we have found to be very effective to foster a healthy environment for one's own as well as other's learning.

Nurturing Points	Always	Often	Sometimes	Seldom	Never
1 I have a warm smile.	5	4	3	2	1
2 I have good eye contact.	5	4	3	2	1
3 I take time to listen.	5	4	3	2	1
4 I make encouraging comments.	5	4	3	2	1
5 I make honest responses.	5	4	3	2	1
6 I make cheerful responses.	5	4	3	2	1
7 I share generously.	5	4	3	2	1
8 I acknowledge people for their help.	5	4	3	2	1
9 I readily accept difference of opinions from others.	5	4	3	2	1
10 I readily accept flaws in myself as well as others.	5	4	3	2	1

Write some sentences on the space below telling how you have benefited most in this week practice of these universal harmonious values in effective learning.