



Bits 'n Pieces
February 2018
For use by School Leaders

Did You Know?

And the awards go to...

Minnesota ranked first among the 50 states in:

- Child well-being – *Kids Count ranking 2016*
- Health – *Kids Count ranking 2017*
- Top State for Business – *CNBC 2015*
- Job creation – *Gallup Job Creation Index, 2015*
- Labor Force Participation – *US News and World Report, February 2017, Best States*

Minnesota is ranked second among the 50 states in:

- Gender equality – *US News and World Report, February 2017*
- Opportunity – *Kids Count ranking 2017*
- Education – *Top State for Business – CNBC 2017*
- Economic well-being – *Kids Count ranking 2017*

Minnesota is ranked third among the 50 states in:

- Best state overall – *US News and World Report, February 2017, Best States*
- Growth of young population – *US News and World Report, February 2017, Best States*
- Healthcare -- *US News and World Report, February 2017, Best States*
- Educational attainment – *US News and World Report, February 2017, Best States*
- Low poverty rate – *News and World Report, February 2017, Best States*
- Quality of Life – *2017 Top State for Business - CNBC*

How smart are smart phones for teens?

The following information is based on research done by psychologists from San Diego State University and the University of Georgia and published in the journal *Emotion*. The study, *Monitoring the Future*, is based on 1.1 million adolescent's responses between 1991 and 2016.

- 37 percent of American teenagers had smartphones in 2012
- 73 percent of American teenagers had smartphones in 2016
- Between 1991 and 2016, adolescents who spent more time on social media, texting, electronic games, the internet, etc. were less happy, less satisfied with their lives and had lower self-esteem.
- Teens that spent less time on screen activities had higher psychological well-being reports including greater happiness, higher self-esteem and more satisfaction with their lives.

Finding the Good. A good a way to start the day

People that record or share three good events each morning are happier. A 2005 study led by psychologist Martin Seligman in Pennsylvania found that listing three positive events was a technique that promoted happiness and decreased depressive symptoms. Last year a Duke University researcher along with colleagues in Switzerland reported that the technique improved well-being. — *StarTribune, Science and Health, Brainerd project finds the Power in Three Good Things*, Jeremy Olson, January 28, 2018 The information is based on Multiple studies cited in the article.

Quotes and Quotables

Kids and Character

- “Every non-screen activity was correlated with greater happiness, and every screen activity was correlated with less happiness.” — *Monitoring the Future*
- “The problem is that my generation was pacified into believing that racism existed only in our history books.” — *Chance the Rapper*
- “The time is always right to do what is right.” — *Martin Luther King, Jr.*
- “The right to do something does not mean that doing it is right.” — *William Safire*
- “Character is doing the right thing when nobody’s looking.” — *J.C. Watts*

Leadership

- “Leadership is not about the next election, it’s about the next generation.” — *Simon Sinek, author, speaker and marketing consultant*

The Future

- “Employers want workers with strong skills in written and oral communication, teamwork and ethical decision-making, as well as the ability to think critically.” — *Nancy Crotti, Real-World Skills, Twin Cities Business, February 2018*
- I grew up in a physical world, and I speak English. The next generation is growing up in a digital world, and they speak social. — *Angela Ahrendts, Senior Vice President of Apple*

These materials are provided by a communication partnership of

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The Minnesota Association of School Administrators (MASA) is a private nonprofit member service organization representing more than 900 educational administrators throughout Minnesota. Our members include school

superintendents, directors of special education, curriculum and technology leaders, central office administrators, and higher education administrators and professors.