

# We Become What We Overcome

Insights on How to Foster Education and Moderate Control – The Italian Case

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Italy, the country of culture, music, fashion, innovation, and the most delicious language in the planet. An iconic country, one of the kind, where one explores the joys of the Italian way, is pleased by the sun, the colors, the monuments, the fantastic cappuccino and tiramisu. However, every single country has its own dark aspects, which makes things challenging, exciting, worth it to discover. Otherwise, there would be nothing to write or to fight about.

The Italian society is filled with just enough ‘drama’ to satisfy anyone. Some evident phenomena include as follows: the mentality cliché; familism; “command and control” approach across different types of relationships {work, instruction, family, personal}, along with low-quality public education over the last years. These problems are quite complex, but not irrational to untangle.

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Italy stands high in reputation by offering some of the oldest universities in the world and is the founder of the Bologna process. Nowadays, though, the public instruction lives with the glory of the past. Times change and the education system is supposed to be adjusted to the fast-changing world and outburst in technology. Yet, in the face of constant transformation, Italian education system remains static.

Surprisingly, not so many seem to commit to encourage education and to renovate schools. Probably, it is comfy to leave things as they were initially done ages ago. Either because some get stuck in front of an idea, overthink on what and why, and in the end kill the idea; or, for some laziness gives a sense of self-satisfaction; and finally, for others there is no willingness to repave the road of education.

Modernizing schools is a big job and takes time, but it is vital. Education is the foundation of a country. There could be a shift from the prevalent mentality “*talk constantly about the problem and find the guilty*” to “*understand the problem and present solutions*”. There could be lessons learnt from flaws and adopt things that are not right. Upgrading schools could encompass a giant plan, divided into small pieces and objectives, ones that are simple and flexible enough to consider changing situations and conditions.

In the public schools, in particular high schools, students are trained mainly how to learn by heart things, they will forget right the next day. There are no skills taught, no creativity, no flexibility, no reasoning, and no relevance. Most of the students suffer from stress and anxiety because of the high importance teachers put to marks. Consequently, they become masters in cheating simply because they cannot learn by heart endless and maybe useless texts e.g. in Latin; which is an important subject if focus is being put on developing student's logic and critical thinking, instead of memorizing poems. All in all, it seems like schools are detached from the real world.

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It could be more productive if these schools focus on the student's learning process through an approach which is stimulating, interesting, and entertaining at the same time. There is an urgent need to raise standards for teachers; to upgrade their knowledge, their mindset and their teaching method; on top of that, to adopt an approachable attitude by communicating, engaging, motivating, and being respectful towards students.

Modules like mindfulness, psychology, and economy could be added in high schools. Moreover, students need to know the basics on how to make, save, invest and preserve money.

If you want to build up a country, you should start from young people who need to get from their schools a solid background for their lives, which can help them understand and discover themselves, as well as decide what and who they want to become. Assisting students in developing a framework in which they think about their future career is essential, by providing information on wide range of opportunities that exist out there. This would enable them to shape their decisions, make their own choices for their path and follow their own dreams.

Being digital and experts in social media is not enough; it is rather a distraction from real life. The task of technology is to facilitate our life, and not to control us or make us lose focus. Youngsters need to develop their mind, learn how to learn, become capable to think and analyze, and create their own beliefs.

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Our mind is our greatest asset, which we have to take-care the most. When we invest in ourselves, we build gradually our self-awareness, self-confidence and empathy. As human beings, we appreciate only things that we deserve, and we earn. Hence, education including that from our family, school, and ourselves, as well as influences from our environment, are essential in creating our identity, values, priorities, and skills. We can be capable to dominate ourselves and our emotions, put limits to ourselves and to others.

These concepts could be applied not only to Italy, but also to other societies with similar mentality. Many live in their comfort zone, over-protected by the family. Often, there is lack of possibility to grow up and become independent. Therefore, people don't think and can't

imagine what could be beyond that bubble, they don't risk, and they don't fail. They remain insecure as they do not build the ability to learn from failures. Usually, families and schools don't teach how to learn lessons from mistakes; failure is considered a bad thing.

The issues mentioned above seem to have a common denominator, which is **control** and tolerance to the reception of control. When someone is insecure and doesn't know how to control himself, struggles to control others. The happier and more confident we are, the less desire we have to seek control, the less patient we become to accept extreme control, and the less we are concerned about what others want and think about us. In the end, control is no fun.

Quality education could foster the creation of personalities. If people feel more self-confident and fulfilled, they are less prone to develop dependencies and to control one another. In the same line, if people are more conscious and responsible for their behavior, actions, and performance there will be less need for control from the society and government, as well as less control in the family and work.

Societies could be more open to an empowered form of leadership, where somebody is given an instruction and then allowed to move on without much interference and do the work in their own way.

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In the light of different relationships - parents with children, teachers with students, managers with staff - effective communication, combined with genuine commitment, involvement, availability {visibility and immediate contact}, engenders a **climate of mutual consideration, respect, and trust**.

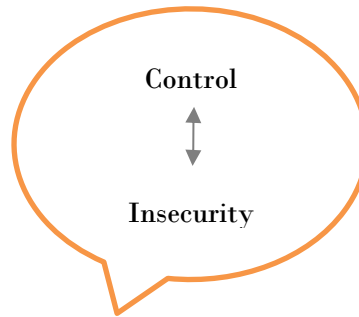
In a nutshell, while the modern world is volatile and ambiguous, it takes ages to change people's way of thinking and doing, as well as their capacity to think and learn. In the last decades, there is a breakthrough in technology, which does not align with the slow progress in mentality and regulations.

The infusion of **quality education, respect and civilization** could result in an effortless, more spontaneous, and less complex society, embracing trends less influenced by the typical past. We cannot change the past, but we can understand it, and use its lessons to do better in the present and thrive in the future.

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*"Italy that never changes" ... really?!*

**Main problem:**



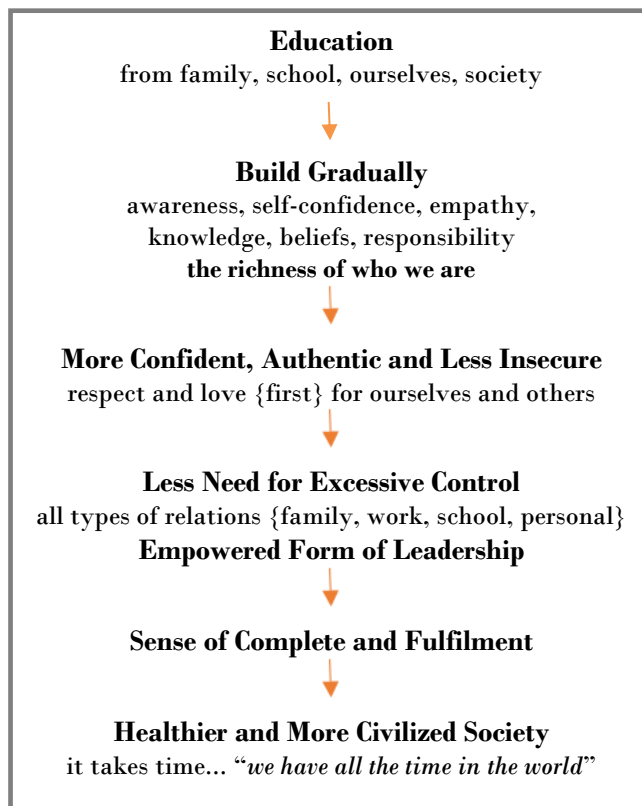
**Main source of the problem:**

Inherited Culture, Habits, History  
and lately Lack of Quality Education

**Potential Solution:**



**Why?**



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