

Introduction to TRUST

Trust is a powerful and essential educational tool; it is the key to personal involvement. At the end of a semester in which adventure activities have been used, it's satisfying to hear students say "I'd like to try that," in contrast to their initial reaction of, "**No Way!**". A part of the reason for the extent of this growth in personal confidence is the establishment of trust. Trust that: I don't have to "**do**" everything; the safety equipment work and procedures work; what the instructors say is honestly presented; if I try something and fail my peers will be supportive of my efforts; I will not be laughed at or made to appear foolish; my ideas and comments will be considered without ridicule.

An individual will seldom take a physical or emotional chance if they perceive callousness and unreasonable risk as part of that risk-taking. A group surrounded with positive experiences and successes will experience trust growing apace with personal confidence.

Trust, within the framework of an adventure curriculum, is gained with patience, thoughtfulness and care over the period of time, and can be damaged or lost in a second by carelessness or inconsiderate behavior. Cultivate and protect the trust that an individual offers and shares.

The trust between teachers and their students is precious and priceless and with this trust the understanding necessary for learning is born. One advantage of teaching is their interaction within a certain space.

TV, newspapers, radio are great information tools but they are one sided and they are hardly familiar enough to encourage questioning.