

Darrion (Mr. DC) Cockrell



**Physical
Educator**

**2021 Missouri
Teacher of the Year**

Teachers Change Lives



Who

What

Why?



WHO are you?

WHAT do you do?

WHY do you do it?





LEADERSHIP

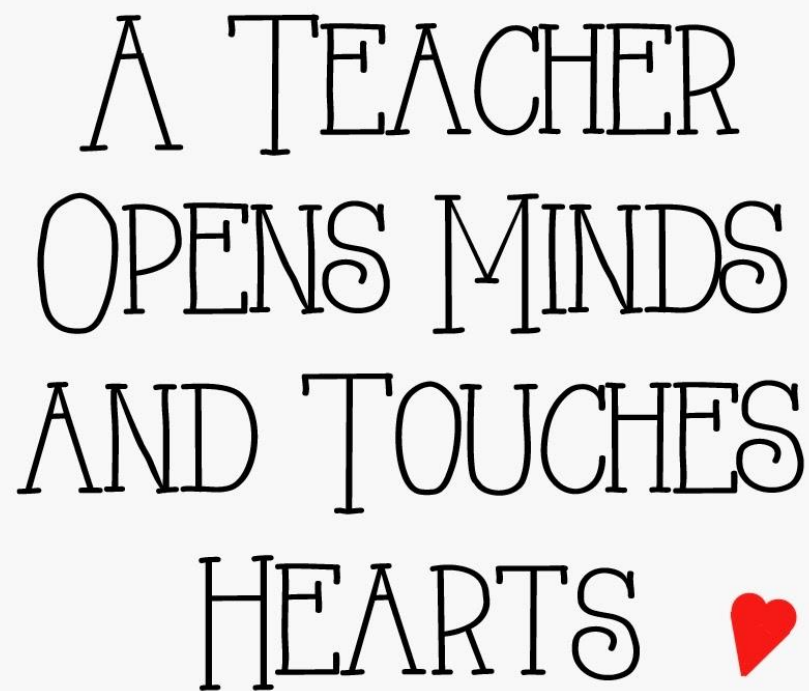
- ✓ Inspire People
- ✓ Empower People
- ✓ Shared Vision
- ✓ Lead Change




Walking Billboards

CONSCIOUS ABOUT

- Attitudes
- Positive energy
- Teach in the good light
- Authentic and honest
- **WWMPETD!? (What Would My PE Teacher Do!?)**



A TEACHER
OPENS MINDS
AND TOUCHES
HEARTS 

lifesjourneytoperfection.blogspot.com

What do we ALL want?

Seen

Cared for

Heard

Felt

Understood

Treated kindly

Feel included





Let's Be great Together!!

Getting students through the door



As I sit here in a conference room at our state capitol I reflect.. ...

- I was never smart enough... **but PE got me through the doors**
- I did not value the importance of ALL my classes **but PE got me through the doors**
- I had behaviors and learning disabilities... **but PE got me through the doors**
- I was able to graduate Highschool and be the first to go to college.. **because PE got me through the doors**
- I graduated with an Education Degree.. **because, PE got me through the doors**
- I won STATE TEACHER OF THE YEAR... **because, PE got me through the doors**
- Where I come from things like this don't happen. I've learned through the years the true value of education and I'm living proof of the positive affects it can truly have on ones life. Because of the remarkable educators I've had the privilege to be taught by, **especially my amazing PE teachers growing up.**

Because they got me through the doors..

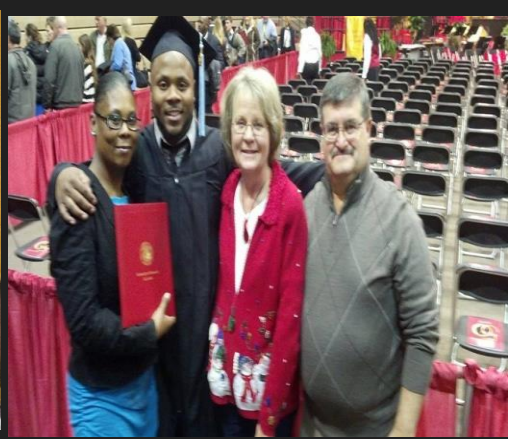
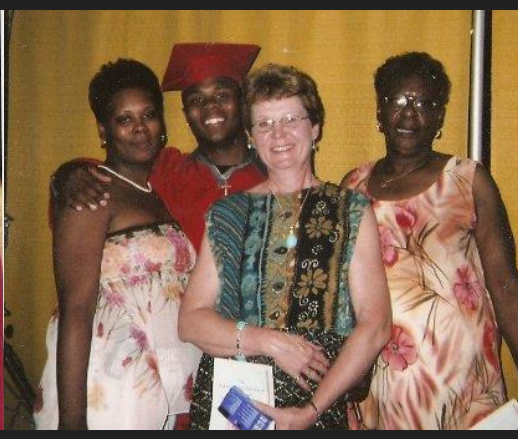
PE will now allow me to open those same doors for others.



From gang member to Missouri's Top Teacher

I was a person who...

- Suffered from a boat load of traumas throughout life
- Learning disabilities from A-Z
- Struggled throughout all years of education
- Was diagnosed with ADD/ ADHD, Anxiety and Depression
- Took 7 years to complete college (not with masters)





**DARRION
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“Be the change you want to see”



6 Core Values To Connect with Students

○ Love

○ Trust

○ Fairness

○ Support

○ Accountability

○ Safety

What should STUDENTS HEAR



- YOU MATTER!
- YOU ARE SOMEBODY!
- YOU WILL BE SUCCESSFUL!
- YOU ARE SMART!
- I BELIEVE IN YOU!

Students need to hear something good about

Soft Skills vs Hard Skills

Soft Skills

- Problem Solving
- Respect
- Honesty
- Communication
- Trust
- Empathy



Hard Skills

- Anger
- Rage
- Disappointment
- Neglect
- Hopelessness
- Abuse



Darrion DC Cockrell

Husband - Father - Teacher



Building relationships, community & connections through Education



#CrestFit



WE ARE CREATURES OF HABIT



Watch your thoughts, they become your words; watch your words, they become your actions; watch your actions, they become your HABITS; watch your habits, they become your character; watch your character, it becomes a part of your NATURE.



ACTIONS

words



What's your nature?



Do you change in
moments of fear, anger,
despair?



Or do you stay true to
your values and
integrity?

**Don't Change Your Nature When
Met with Resistance**



Connect * Inspire * Love * Support

- Preparing students for **future success**
- Be **Authentic and Intentional**
- Know their **Names**
- Seek information / **Give information**
- Get **informed** (homeroom teacher, Principal, Counselor, parents)
- Use info to **make it fun**
- Ability to **wear multiple hats**
- Make **mistakes** and use as **learning opportunities**
- Understand the **power of CONNECTIONS**



WHEN IN THE JUNGLE.. **BE THE LION!!**

KING OF THE JUNGLE

- **Biggest/Strongest?**
- **Fastest?**
- **Smartest?**
- **Feelings of inferiority**
- **Powerful Mindset / MENTALITY**
- **Power of R O A R!!**
(respect, opportunity, ambition, reflection)

