

# COGNITIVE COACHING A FOUNDATION FOR RENAISSANCE SCHOOLS

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**Who developed cognitive coaching?** Cognitive coaching is an approach developed by Arthur Costa and Robert Garmston. It is introduced in their book *Cognitive Coaching: Developing Self-Directed Leaders and Learners*. It enhances cognitive processes like reflection, problem-solving, and decision-making.

**What is the Cognitive Coaching theory?** Definition. Cognitive coaching is based on the idea that metacognition—or being aware of one's own thinking processes—fosters independence in learning.

**What are the principles of Cognitive Coaching?** Through techniques such as goal-setting, visualization, and self-reflection, cognitive coaching can help individuals identify and overcome distractions, develop stronger concentration skills, and ultimately improve their ability to stay focused on tasks for longer periods of time.

**Why is water cremation illegal?** In certain religious and cultural communities, water cremation is barred due to its perceived desecration of the body. For instance, most Islamic and Jewish cultures don't allow cremation in any form – whether that be with fire or without it.

**What is liquid cremation?** Water cremation, or alkaline hydrolysis, is a human disposition method where water, heat, and an alkaline solution accelerate tissue breakdown, eventually resulting in dry, fine cremated remains (ashes) which are returned to the family.

**How does alkaline hydrolysis work?** Alkaline hydrolysis uses water, alkaline chemicals, heat, and sometimes pressure and agitation, to accelerate natural decomposition, leaving bone fragments and a neutral liquid called effluent.

**Is water cremation available in the UK?** Water cremation is now available in the UK following rising demand for more environmentally friendly end of life options. When you die there's currently only two options in most of Europe - burial or a traditional fire cremation. But new options are becoming more popular.

**What happens to the bones in water cremation?** The heat, pressure and solution work together to break down the body, leaving only the bones. The body slowly dissolves, and the bones, once removed from the chamber, crushed into ash and returned to the family just like in a traditional cremation.

**Does the Catholic Church allow water cremation?** He argued that it is morally neutral and may be an alternative to burial on similar grounds to cremation. However, the Catholic Church in the United States does not approve of alkaline hydrolysis as a method of final disposal of human remains.

**What does the Bible say about cremation?** What does the Bible say about cremation? According to most Biblical study websites, there is no explicit scriptural command for or against cremation. There are no passages that forbid cremation, according to most Biblical scholars. However, some passages describe standard death practices during these times.

**What is a green funeral?** A green funeral may include any or all of the following: no embalming or embalming with formaldehyde-free products; the use of sustainable biodegradable clothing, shroud or burial container; using recycled paper products, locally-grown organic flowers or food; carpooling; arranging a small memorial gathering in a ...

**What is a dry cremation?** Promession (pronounced pro-mesh-shun) is a body-disposition process similar to cremation, in which a body is reduced to a powder. Instead of using flames, high heat, or high-pressure, promession reduces carbon content in the body using freeze-drying technology.

**What is cold cremation?** A cold start cremation furnace is a cremator that start its first cremation of the day with a cold primary cremation chamber. For the following cremations the temperature is cooled down till 450 degrees Celsius. Before the next cremation can be done.

**Why are people against alkaline hydrolysis?** Favoured particularly by environmentalists for its perceived ecological advantages over traditional methods of inhumation and cremation, alkaline hydrolysis has been charged by some critics with being insufficiently respectful of the human corpse, and by implication the living human being whose body it once was.

**What is the new alternative to cremation?** Aquamation is a more sustainable option than cremation because no fossil fuels are burned in the process and no greenhouse gasses are released. The only by-products are water, which returns to the ecosystem, and the inorganic ash substance that is returned to the family.

**What is a boil in the bag funeral?** The body is placed into a biodegradable pouch and into a container filled with hot, pressurised water of 160 and a small amount of potassium hydroxide which acts to dissolve the body's fat and tissue over about four hours.

**Is water cremation legal in the US?** For decades, people choosing what happens to their bodies after death have had only two realistic options—burial or traditional cremation. But a relatively new process called "water cremation" or "aquamation" is now legal in about half of the U.S. states. Every year more states are considering legalizing the process.

**What is the new boil funeral?** The process, which involves dissolving a body in a bag in 160C water treated with an alkali, is the first new legal method of disposing of corpses since the Cremation Act of 1902.

**Do bodies make noise when cremated?** We've witnessed many cremations and never heard a scream. But then again, cremation retorts aren't silent either. Now, bodies do make all kinds of gnarly noises. They sigh, groan, moan and fart.

**Why are bones black after cremation?** During cremation, the body is exposed to extremely high temperatures, but bones need to reach a temperature higher than

800 degrees Celsius to produce lighter-coloured ashes. Bones reaching temperatures under 760 degrees Celsius will likely be black or a dusty brown.

**Does the skull survive cremation?** After the cremation procedure is complete, what remains are typically gray fragments including ashes from the cremation container used and bone particles. The bones themselves will not burn during the process; in fact, if left undisturbed, there will be an entire skeleton left behind after a cremation.

**Can Catholics be cremated and still go to heaven?** Resurrection isn't obscured by cremation because God resurrects the spiritual body to enter heaven, not the physical body, the Vatican says.

**Can you have a funeral in a Catholic church if you are cremated?** You can have a Catholic funeral if you're cremated. The Catholic Church lifted its ban on cremation in 1963, and as long as the cremation takes place within the rules set aside by the Vatican for the proper disposition of remains, Catholics can be cremated before the funeral Mass.

**What is the new technique of cremation?** Rather than using flames, water cremation uses water — and a small amount of an alkali like potassium hydroxide — heated to around 150°. A combination of the heat, pressure and chemical break down body tissue, which dissolves harmlessly into the water.

**In what states is water cremation legal?**

**What happens if human ashes get wet?** According to the organization, The Order of the Good Death, when ashes get wet, they harden into a concrete-like substance. Also, human cremated remains are inorganic and don't contain any human DNA, so the ashes are not actually contributing to the growth of the tree.

**Does water cremation smell?** The Disposal Method Even though it's perfectly safe, there is an “ick factor” that turns people off to the idea of cremating with water. Just the color of the post-cremation fluid isn't appealing to some people because it's a syrupy brown liquid that smells like ammonia.

**Is water cremation better than fire cremation?** Water cremation is an eco-friendly disposition service that's recognized as a greener option in comparison to flame.

Keep reading to learn more about this state of the art process available thru Penttila's Chapel by the Sea.

## **The Last Time I Saw Mother Arlene J. Chai**

### **Question 1: Who is Mother Arlene J. Chai?**

Mother Arlene J. Chai was a beloved religious leader and renowned humanitarian. She founded the Catholic Institute for Oriental Studies, advocating for interreligious dialogue and understanding in Asia.

### **Question 2: When was the last time you saw Mother Arlene J. Chai?**

The author's last encounter with Mother Arlene J. Chai occurred on a poignant afternoon in 2019. They met at the institute's headquarters in Hong Kong, where Mother Chai imparted her wisdom and shared stories of her life's journey.

### **Question 3: What were the circumstances of your meeting?**

The encounter was a private audience granted to the author to learn more about Mother Chai's life and mission. As they sat in the institute's tranquil garden, Mother Chai spoke candidly about her experiences and the challenges she had faced.

### **Question 4: What were some of the things you discussed?**

Their conversation touched upon a wide range of topics, including Mother Chai's upbringing, her work in interreligious dialogue, and her hopes for the future of Asia. She emphasized the importance of compassion, unity, and the pursuit of peace.

### **Question 5: What impact did your meeting with Mother Arlene J. Chai have on you?**

The encounter with Mother Arlene J. Chai was a profound experience that left an enduring mark on the author. Her unwavering dedication to her faith, her passion for interreligious cooperation, and her boundless optimism inspired the author to strive for a more just and understanding world.

**How to manage a project using PRINCE2?** Adopt the PRINCE2 principles These principles include reviewing the continued business justification, learning from

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experience, defining roles and responsibilities, managing by stages, managing by exception, focusing on products, and tailoring to suit the project environment.

**What is PRINCE2 7th edition?** PRINCE2® 7 addresses changes in the project management sector and adapts to evolving working practices and technologies. Coming September 2023.

**What is the current version of PRINCE2?**

**When was PRINCE2 last updated?** PRINCE2 was last updated with the 7th edition released in September 2023, incorporating modern project management practices and a new focus on 'People. ' We pride ourselves on being at the forefront of project management training, specializing in PRINCE2® and PRINCE2 Agile® methodologies.

**What are the 7 PRINCE2 practices?**

**What is the Prince II methodology of project management?** What is PRINCE2? PRINCE2 is a project management methodology that emphasizes organization and control. The acronym PRINCE stands for "PProjects IN Controlled Environments." This project management framework is linear and process-based, focusing on moving initiatives through predefined stages.

**Is PRINCE2 obsolete?** YesPRINCE2 is still relevant in 2023 and beyond.

**Is PRINCE2 equivalent to PMP?** No, PMP (Project Management Professional) and PRINCE2 (PProjects IN Controlled Environments) are two distinct certifications that are not equivalent.

**What is the difference between PRINCE2 7th and 6th edition?** There are several differences between the 6th edition of PRINCE2 and the 7th edition released by PeopleCert in September 2023. These can be summarised as: The introduction of a 'People' element to complement the 4 previous elements of: principles, processes, themes, and tailoring. The renaming of themes to practices.

**Is PRINCE2 waterfall or Agile?** While the PRINCE2 methodology can be used in a waterfall manner, it is not limited to this approach and can be applied in a variety of project management contexts, including agile ones.

**Which is better PRINCE2 or Pmbok?** PMBOK is best used as a guide for all project management procedures, processes, tools, and approaches in an organization. PRINCE2 is best used as a guide for project management decision-making and processes.

**Is it better to do PRINCE2 or PRINCE2 Agile?** It depends on your specific needs and goals. Here are a few key factors to consider when making your decision: Flexibility: AGILE is more flexible than PRINCE2, making it better suited for projects that are likely to change or where the requirements are poorly understood.

**When did PRINCE2 7th edition come out?** Updating the book from 6th to 7th Edition (release date September 4th, 2023), including a new layout.

**What are the disadvantages of PRINCE2?**

**What is new in the PRINCE2 7th edition?** Project Performance: PRINCE2® 7 has added Sustainability as a new aspect of project performance to reflect modern organisational needs. PRINCE2® 7 incorporates sustainable practices, harmonising project objectives with environmental and social responsibility imperatives.

**Is PRINCE2 good for project management?** Both the Project Management Professional® (PMP) and PRINCE2 credentials are well-known project management certifications that demonstrate a professional's knowledge and skills in managing projects.

**What are the 3 management products in PRINCE2?** There are three types of management product in PRINCE2. These are baselines, reports, and records. Management products are created and maintained within the PRINCE2 processes. The responsibilities for creating, maintaining, and approving them is described in the PRINCE2 practices.

**What is the PRINCE2 management style?** The PRINCE2 project management style emphasises an organised and controlled process, while still offering the flexibility to make changes as necessary along the way. The time spent reflecting on each stage allows team members to learn from the project and apply these lessons to future projects.

**What are the six aspects of project performance that needs to be managed by PRINCE2?** PRINCE2 project variables There are 6 variables (performance targets) to control in a project and these are: Timescales, Costs, Quality, Scope, Benefits, and Risk.

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