

## **IDEA 66 A question for Rigor vs. Vigor: Which concept is more academically appropriate and culturally relevant for all\* students, especially African Americans?**

Indeed, today's educational reforms including the Every Student Succeeds Act [ESSA] are more apt to reflect rigor than vigor. *Comprehensive, rigorous curricula provided to all students* is one of the Eight Essential School Practices of ESSA

### **Vigor is more academically appropriate for all\* students**

The public and educators want more *rigor* because it reflects high expectations which lead to self-control and maturity. Proponents say rigor requires a depth of studying that really makes students think--and think deeply--giving them the academic discipline needed for career, college, and citizenship. All of this is true.

#### **“Vigor includes rigor.” ~ Joe Bowers**

Proponents of *vigor* say we can have the same amount and quality regarding long hours (longer school days/years) doing constant hard work in deep research, but without the sense of drudgery and exciting, and that the “rigor” is even fun.

“Vigor is bigger than rigor.” ~ Mark A. Thompson

<https://www.youtube.com/watch?v=NZzUgNfuoiU>

“Vigor not rigor: Schools should be dream driven, not data driven” ~ Barry Lane

<https://www.youtube.com/watch?v=wKbX7B97Iuo>

### **Vigor as more culturally appropriate for African American students**

Vigor fits Augusta Mann’s “Nine Recurring African American Cultural Themes”:

<http://vorcreatex.com/wp-content/uploads/2016/03/Augusta-Mann-Recurring-African-American-Cultural-and-Educational-Themes-Practices-and-Patterns-1.pdf>

- Spirituality
- Resilience
- Humanism
- Communalism
- Orality/Verbal Expressiveness
- Realness
- Personal Style/Uniqueness
- Emotional Vitality
- Musicality/Rhythm

Here is a chart comparing Mann’s Cultural Themes to rigor and vigor characteristics:

<http://vorcreatex.com/wp-content/uploads/2016/03/Comparing-the-relevance-of-rigor-vs.-vigor-to-African-American-cultural-themes.pdf>