



# THE C.A.N. NEWSLETTER



SPRING 2023

HOSTED BY CHESSGIRLSDC.ORG & INTERNATIONAL MASTER OLADAPO ADU



## KEY CONCEPTS

- THINK BEFORE YOU MOVE
- LEARN FROM YOUR MISTAKES
- ALWAYS THINK ABOUT THE CONSEQUENCES OF YOUR ACTIONS

Through competitive reinforcement, Chess teaches students the consequences of their actions. The practice of Chess stimulates the growth dendrites in the brain which increase the speed and the quality of neural communication throughout the brain. Recognition of the pieces develops the left hemisphere of the brain. Pattern recognition, applying rules, strategy and technique develops the right side of the brain.

## THE IMPORTANCE OF ROLE MODELS

International Master Adu is a vital component of our mission to build confidence. How can a child aspire to be something he or she doesn't know exists for him? It is important for children of color to see positive reflections of themselves. All too often, the media portrays Black people as gang members, criminals, and troublemakers. The children in Ward 7&8 live in an environment that supports this theory also. On the opposite side of the spectrum, the only success that is heavily praised is that of an athlete or rapper. What message are we sending to our children? It is impossible to be what you can't see. If our children don't know that Black people, especially Africans have found success as doctors, lawyers, business owners, and International Chess Professionals, how can they say to themselves, I want to be "that" when I grow up? Chess Girls DC believes that In order for children to aspire to obtain success, we have to expose them to positive images of success obtained by people that look like them. Children find their identity by watching and mirroring others around them. We feel it is important for Black children to have positive role models such as International Master Adu who looks like them, so they never think that certain success is for others and not them.

During the Fall and Spring 2023 semesters, Chess Girls DC supported the Exodus Homework club with Chess classes after school taught by International Master Oladapo Adu. Chess requires keeping track of the locations, potential locations and a large number of pieces. As your skill increases in Chess it involves learning thousands or more patterns of attack and defense at different stages of the game. Additionally, Chess contains rigorous problem solving, abstract reasoning, strategic planning and a critical thinking component. All of which are in addition to STEM skills, business skills that enhance a student's ability to perform in the workplace. STEM careers are often intense, focused, independent thinking environments. Components that you practice as you become a more skilled Chess player.

