

“Mattering” **Introduced by Charles McMillan**

Concept Overview:

N.K. Schlossberg in *Counseling Adults in Transition* suggests that “mattering” is an essential part of inclusion.

- We matter when others identify with, appreciate, care about and depend on us.
- We matter when our opinions are solicited and we are included in opportunities.

Mattering is the extent to which we make a difference in the world around us.

People matter simply because:

- others attend to them (awareness),
- invest themselves in them (importance),
- or look to them for resources (reliance).

We construct and validate a mattering ‘index,’ using confirmatory factor analysis. We establish the discriminate validity of the mattering index, using

- self-consciousness,
- self-esteem,
- self-monitoring,
- alienation, and
- perceived social support.

Association Application:

In an Association application, we can effectively use the concept of mattering in invitations for inclusion in service opportunities.

A sample ‘script’ is included below for inviting a prospective member to serve. Also, a list of ‘mattering’ words that express values has been included. Insert the values words in the appropriate spot in the script to apply ‘mattering’ to your invitation.

Script:

“Jennifer /Abdul / Carlotta / Robert, there is a position available as_____. This position requires <value>, <value> and <value> which we strongly feel you possess. Would you honor our Association by accepting that role?”

Values List of Mattering:

Adaptability	Commitment	Honesty
Creativity	Fairness	Loyalty
Inclusiveness	Respect	Compassion
Objectivity	Understanding	Risk Taking
Professionalism	Service	Understanding
Trust	Responsibility	Friendship
Autonomy	Self Respect	Caring

PowerPoint Slides on *Mattering*

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