

How To Use **STUDYQUEST** *Character & Resilience*

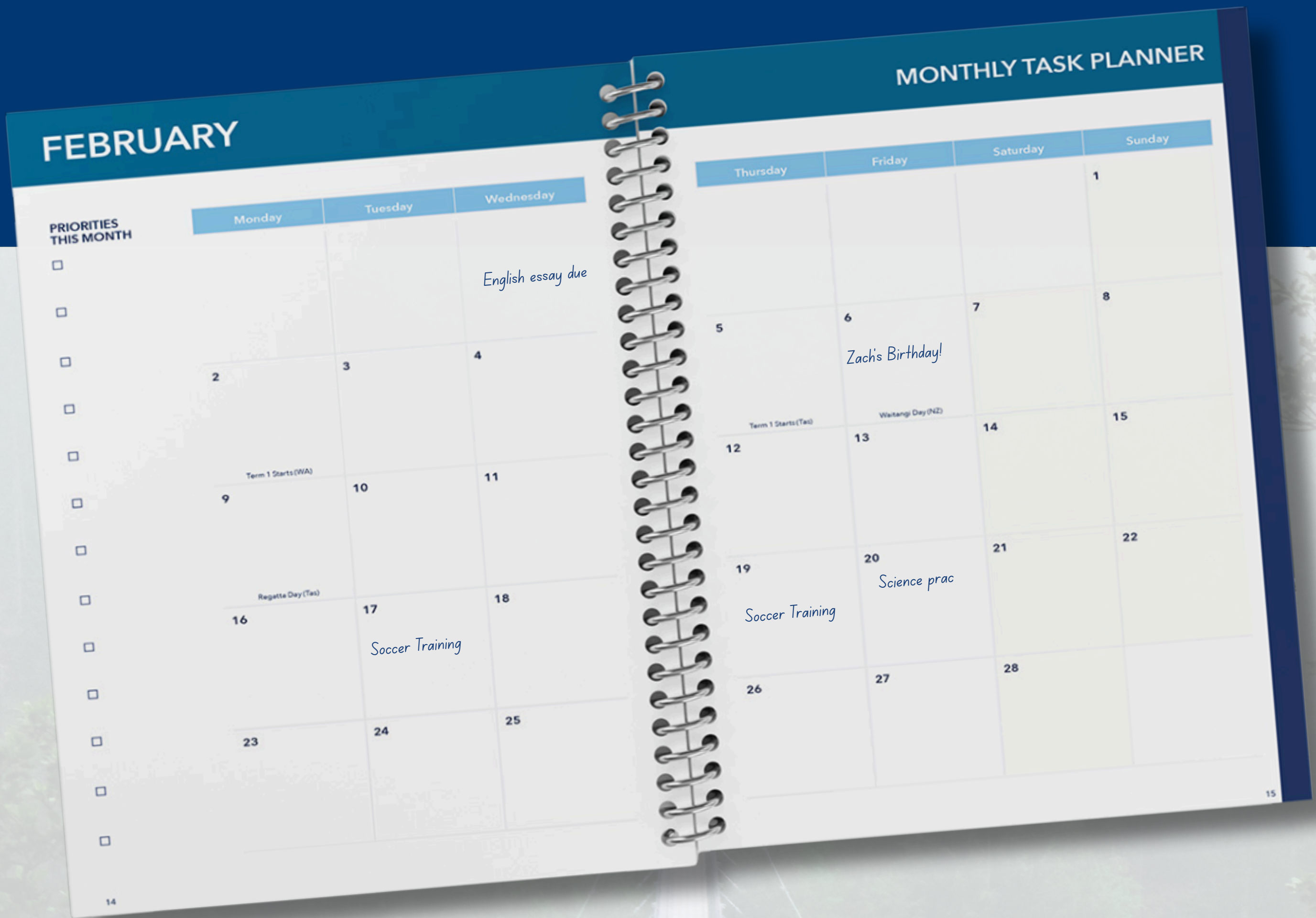


This diary gives students the space they need to **plan and organise** their studies how they like, while also **creating a foundation for weekly character building**.

Why Use Paper Planners?

- Writing on paper helps to improve memory
- Planning on paper helps to maintain focus
- Writing things down helps us to prioritise tasks
- Diaries are a visual representation and record of our accomplishments
- Student diaries significantly increase our chances at academic and personal success

Use each Monthly Task Planner to see your entire month at a glance.



Jot down homework tasks, upcoming assignments, study sessions, and prepare for after school activities, all in one place



Weekly reflective character building prompts!

Learn the importance of building character!



BUILDING CHARACTER AND RESILIENCE

Empower yourself to build up positive habits that will allow you to flourish and grow into the best version of yourself!

Do you ever wonder why it's so difficult to stop scrolling through social media posts on our phones or drag ourselves away from the latest online game? It's at these moments that we wish we had more control of ourselves (self-mastery). This diary will introduce you to 47 good habits that can be practised every day, which will help you to develop self-mastery and qualities like kindness, gratitude, honesty, and perseverance. In other words, they will help you build character and resilience.

How can you build character?

We form habits by repeated action. The daily practise and repetition of good habits leads to the development of lifelong qualities that will ultimately strengthen your character. The more you practise them, the more they will become second nature to you.

How will building character make a difference?

Research* shows that positive (good) habits, have a real impact on how we think, feel and behave. They can really help us to flourish and prosper but also enable us to withstand many of life's challenges. In fact, the positive habits listed throughout this diary can also make a real difference to your goals, wellbeing and happiness both at school and later in life.

By getting to know and live out these good habits, you will be able to recognise the qualities that make a kind, secure, and compassionate person, and therefore identify when you or others are exhibiting unacceptable behaviours.

In doing this, you will not only discover who you are, but you will be able to grow into the person that you want to be.

By trying to be the best version of yourself, you'll start to transform every day into a positive journey filled with optimism, determination, and self-mastery.

*www.viacharacter.org/research/findings

The Four Core Areas of Character

In this diary, we'll introduce you to 47 good habits or qualities that can help you develop your character. Each of these good habits fall under four core areas of character. You'll be able to identify them by the four logos below.

- Respect and Responsibility
- Sound Judgement
- Self-Mastery
- Courage and Strength

For well over two thousand years, since the time of Socrates, human beings have striven to develop good habits in these four core areas.

THE FOUR CORE AREAS OF CHARACTER

In the table below, you'll find the 47 good habits that you will be introduced to throughout the year. These have been grouped into four categories, which make up the Four Core Areas of Character.

Respect and Responsibility	Sound Judgement	Self-Mastery	Courage and Strength
Acceptance 12	Awe 18	Diligence 40	Confidence 26
Appreciation 16	Curiosity 32	Forgiveness 48	Courage 28
Commitment 20	Decisiveness 36	Graciousness 54	Honesty 60
Compassion 22	Detachment 38	Gratitude 58	Hope 64
Courtesy 30	Discernment 42	Humility 68	Leadership 76
Faithfulness 44	Justice 72	Joyfulness 70	Optimism 84
Friendship 50	Mindfulness 80	Patience 86	Resilience 96
Generosity 52	Perspective 92	Perseverance 90	Sacrifice 104
Honour 62	Thoughtfulness 118	Purity 94	
Kindness 74	Understanding 124	Serenity 106	
Obedience 82	Wisdom 126	Temperance 116	
Respect 100			
Responsibility 102			
Service 108			
Sincerity 112			
Teamwork 114			
Trustworthiness 122			

These FOUR CORE AREAS OF CHARACTER encompass the positive habits that allow us to live our own lives free from peer group and media influence and free from our weaknesses like laziness, vanity and impatience. They provide a foundation that allows us to develop qualities like determination and leadership; and qualities that help us interact better with others, like forgiveness, honesty and generosity, and strengthen our commitment to justice and respect for others.

Without these positive habits we would not be able to fully function in our society. For example, we would be prone to impulses or anger, our decision-making would be distorted, we would hurt or neglect others, not keep our selfishness in check, listen to our conscience, and our fears would stop us thinking clearly.

Articles for guidance and support through common events and concerns you may face throughout the year



Cyber Bullying

RECOGNISE THE PROBLEM

People commonly say that cyber bullying can be stopped by simply turning off your computer, but even if your computer is off, the internet never sleeps. Even deactivating your social media account does not necessarily stop bullies from targeting you indirectly (for example, by impersonating you online). Not only can bullies target you through online accounts, they can send you messages on your phone. Cyber bullying can happen to anyone, anywhere and at any time. The most important thing to understand about cyber bullying is that it can be anonymous and it can follow you everywhere. This is why you should always seek help; cyber bullying should be treated as easy as turning a computer off!

Cyber bullying is a form of harassment where a person or group is hurt, threatened, intimidated and/or humiliated via methods such as:
Texts or phone calls
Social media
Email

Getting Motivated

ACHIEVE SUCCESS IN THREE SIMPLE STEPS

STEP 1 - Recognise your beliefs, desires and values.

What is important to you? Make a list of all that comes to mind when you ask yourself this question. School, work, career paths and family are just some of the areas you should examine.

STEP 2 - List your strengths and weaknesses.

When making a list of all your strengths and weaknesses, be honest! Remember that your goals will take into account this list and there is no point in over-estimating your abilities as you will only disappoint yourself in the long run. Maintaining your motivation levels is highly dependent on the accuracy of your goals.

STEP 3 - Establish goals based on your desires, taking into account your strengths and weaknesses.

Now that you know your beliefs, desires, values, strengths and weaknesses, it is time to use that information to establish your goals!

Motivation allows you to take action to achieve your goals. It is a combination of your beliefs, desires and values. If you place great importance and value on something, you are more likely to be motivated to attain it.

GOAL SETTING

Be SMART about how you set goals in life. Make sure they are achievable and that you can stay on track so that you can succeed.

When setting your goals they must be:

- 1. Specific**
Make sure you have narrowed down your goals by asking yourself some simple questions, such as "who, what, where, when, how, and why?"
- 2. Measurable**
Your goals must be measurable. For example, "I would like to increase my average grade in Mathematics from a C to a B+ by the end of the year".
- 3. Attainable**
Make sure you set goals that you can realistically achieve. This is where you will need to refer to the strengths and weaknesses you identified earlier and plan a course of action that is based around developing positive attitudes and skills, as well as establishing a time frame.
- 4. Relevant**
If circumstances change, you will need to be prepared to adjust your goal accordingly. If you are not flexible, you may not achieve your goal and in turn decrease your motivation levels.
- 5. Timely**
When setting a time frame, make sure you set a goal date so that your mind will kick into action as soon as possible. Saying, "someday" won't make you believe that you will really accomplish your goal.

EDUCATION IS THE MOST POWERFUL WEAPON WHICH YOU CAN USE TO CHANGE THE WORLD

Six Steps for Study Efficiency

The following tips will help you develop effective study habits:

1. Find a good place to study

You will need to set up a good study area, which will be free from distractions such as the television or radio. Try to establish a regular time and place for study. The place of study should have good lighting and be organised with your relevant study materials.

2. Get organised

Use your homework and study plan (on page 152-175 of this planner) to help you block out periods for study time. Your study segments should be between 30-60 minutes. Take a short break after each segment. Using your study plan will help you become more organised and visualise how much free time and study time you have each week.

3. Break it down

Assignments that need to be completed over a set period of time should be broken into small chunks. This will make the assignment more manageable and enable you to complete it in stages, rather than all at once or the night before it is due.

4. Revision and summary notes

Revising what you have learnt should be part of your study timetable. Reading over your notes and checking your understanding of new topics learnt in class is an important part of study. Each week, set aside a period for revision of your notes for each subject.

5. Try to stick to your study plan

As much as possible, try to stick to your study plan and avoid interruptions such as using your mobile, TV shows and visitors. If you want to watch a TV show, include it in your plan and then work around it.

6. Take a break and reward yourself

After each study period of 30-60 minutes, take a short 10-15 minute break, have a snack, take a walk, and have a good stretch as this will help to keep you alert and focused. Your body can become lethargic if it's subjected to long periods of inactivity. Don't forget to also eat plenty of healthy foods at regular times.

