#### Work hard. Be Nice.

#### It's our school motto!

We care as much about your character as we do about you earning a diploma. Character strengths will help you to achieve whatever you want as you move into your adult life, regardless of your IQ or GPA.

We focus on helping students to develop strengths in each area.

These specific character strengths have been scientifically studied and proven to greatly increase a person's ability to achieve success and happiness in their life, no matter their life circumstances or intellect.

We want you to be successful in life, not just in school!

#### What character strengths do you need?



**OPTIMISM** Optimism is the expectation that the future holds positive possibilities and the confidence that, with effort, these possibilities can happen.

## GRIT

<u>Grit</u> is perseverance and passion for long-term goals. When things get hard, grit keeps you going!





### **CURIOSITY**

<u>Curiosity</u> is being inquisitive and asking questions. It's being open-minded so that you can challenge your original assumptions and learn something new.

#### SELF-CONTROL

<u>Self-control</u> is the capacity to regulate your thoughts, feelings, and behaviors.

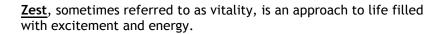




### SOCIAL INTELLIGENCE

<u>Social intelligence</u> refers to awareness of other people's motives and feelings as well as using this understanding to navigate social situations appropriately. Social intelligence means that you know your audience and behave accordingly.

# ZEST







### GRATITUDE

<u>Gratitude</u> is being thankful and showing that appreciation to others.

You can expect that the staff will provide you with feedback on your strength in each area. These character strengths will be the topic of  $\underline{MANY}$   $\underline{CONVERSATIONS}$  with you and your parents. We expect you to make growth in each area and will celebrate you accordingly.