

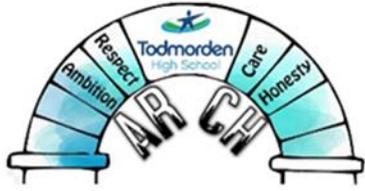


ARCH

Personal Development:

Making the core values the DNA of our daily lives

Work through the activities with your tutor. Make notes in your PD book.



Personal Development: What is it?

Personal development covers activities that improve awareness and identity, develop talents and potential, build human capital and facilitate employability, enhance the quality of life and contribute to the realisation of dreams and aspirations. Personal development takes place over the course of a person's entire life. When personal development takes place in the context of institutions like schools, it refers to the methods, programmes, tools, techniques, and assessment systems that support the development of each individual, allowing them to unlock their unique potential.

Task: Discuss as a class, then write a short paragraph to explain what Personal Development is and how it can make a difference to our success.



Things ambitious people never say...

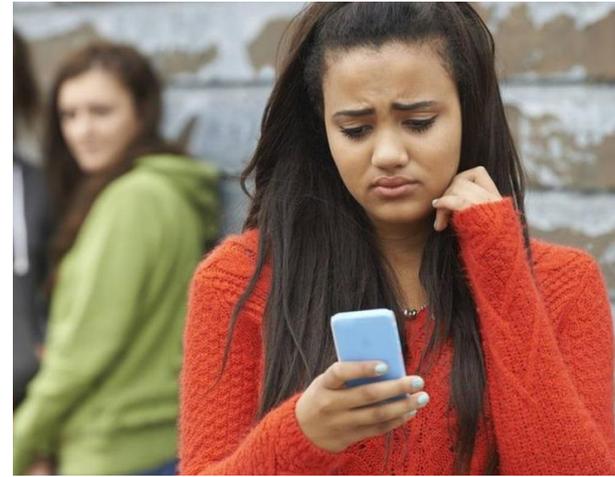
Discuss. Why not??

- I can't do this, it's too hard
- I'm not good enough
- It's too risky
- Other people are better than me
- It won't matter if I'm a bit late
- I tried it, but it didn't work
- Don't blame me, it wasn't my fault
- I'll do it tomorrow





Say 'no' to drama...



A 2014 study of 7,535 people looking at adaptiveness at work found that **ambition** is often closely tied to **emotional stability**. People who are ambitious won't cultivate habits that mean they get invested and emotionally drained by other peoples' drama, and they don't tend to be massively up-and-down themselves; their emotional habits may be more even and less prone to rapid rocketing up and down in response to stress or emotional pressure. Don't expect an ambitious person to get involved in your latest Snapchat drama; it's likely not going to appeal to them. They've got much more important things to do...

Discuss: Why is getting involved in everyone else's dramas not helpful? What would be a better use of your time?



Ambition – what does it look like in people?



Use this slide and the next to explore the lives of some young ambitious people, many of them local!



Ambition – what does it look like in people?

Links for:

- Megan Shackleton – ex-THS student
<https://www.britishparatabletennis.com/blogs/players/megan-shackleton>
- Jessica Leyden – ex-THS student -
<https://www.britishrowing.org/athlete/jessica-leyden/>
- Kid President - <https://www.youtube.com/watch?v=l-gQLqv9f4o&list=PLAP-GCgBucFnuYfJ4z-EDunmM65NkMfdG>
- Angela Lee Duckworth – TED talk
https://www.ted.com/talks/angela_lee_duckworth_grit_the_power_of_passion_and_perseverance

Task: Once you've explored all these, you should be able to choose TWO to write a paragraph on in your PD books. What has their ambition enabled them to achieve?



Respect

- https://www.youtube.com/watch?v=1PGXeSbFu_I
- A montage of sporting respect – 10 minutes

Have a look at the list of the next slide for easy ways we can ALL show RESPECT every day

This link and the next slide should mean you can explain what respect is, and how you might show it. Write a paragraph in your PD book.

- Hold the door for people behind you or nearby
- Give genuine “please” and “thank you” (even for small things)
- Clean up after yourself in public or at a guest’s place
- Don’t throw litter on the ground
- Treat professional servers (waiters/cleaners) with respect
- Try to have good vocabulary, grammar, and pronunciation (minimise slang)
- Don’t talk too loudly in public or on phone, train or bus
- Put your phone away when talking to people
- Show up to things on time / Don’t leave people waiting on you
- Help people in need with little things (offering to carry something for an elderly person)
- Say “hi” to people you cross paths with
- Be honest and firm with your opinions without forcing them onto others
- Wear clean and well-fitted clothing
- Give firm handshakes when meeting new people
- Don’t talk behind people’s back / minimise gossiping
- Apologize when you make a mistake or do something wrong (swiftly and genuinely)

- Avoid nitpicking people’s mistakes
- Listen to others / giving people time to speak / not interrupting
- Congratulate people on their personal and professional accomplishments
- Wave at your neighbours
- Don’t make jokes at other people’s expense
- Never pressure someone into something they don’t want to do
- Notice the quieter people in the group and say “hello” or ask how they’re doing
- Be respectful toward everyone regardless of their job or social status
- If you have to correct people or something they did, do it in private
- Have good posture / Sit up straight and stand upright
- Choose music that is most accessible to the group
- Be aware of people’s financial limitations and don’t pressure them to spend more than they want
- If someone embarrasses themselves, try to change the subject as soon as possible
- Respect your elders / Listen to them and learn from their stories
- Let people have the last word
- Don’t try to “one up” people’s stories all the time (“Oh yeah? One time I...”)



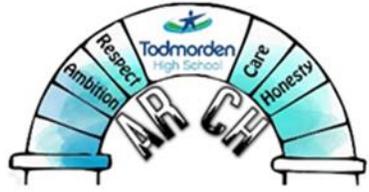
Care



Care:

- providing what is necessary for the health, welfare, maintenance, and protection of someone or something.
- serious attention or consideration applied to doing something correctly or to avoid damage or risk
- feel concern or interest; attach importance to something.





Care

- Aicha el-Wafi and Phyllis Rodriguez – the mothers who found forgiveness and friendship
- [Aicha and Phyllis TED talk](#)



8 minutes

Task: What have Aicha and Phyllis done? Do you admire them? Explain in your book.



Think and discuss: Would YOU be able to care as much as these women do? How do you feel about this friendship?



Honesty:

When George Washington was six years old he received a hatchet as a gift and damaged his father's cherry tree. When his father discovered what he had done, he became angry and confronted him. Young George bravely said, "I cannot tell a lie...I did cut it with my hatchet." Washington's father embraced him and rejoiced that his son's honesty was worth more than a thousand trees.



This story is not actually true, (it was invented by Washington's biographer) but why do you think so many American people wanted to believe the story about their president?



Honesty

- [Jennah Dohms](#)

TED Talk: How is Jennah suggesting our friends can help us to be more honest? Do you pretend with your friends? Or are you honest and true to yourself and them?

‘To thine own self be true’

So said Shakespeare over 400 years ago. How can we be true to ourselves? By being accountable and showing integrity – admitting the bad things we’ve done and striving to do better next time...



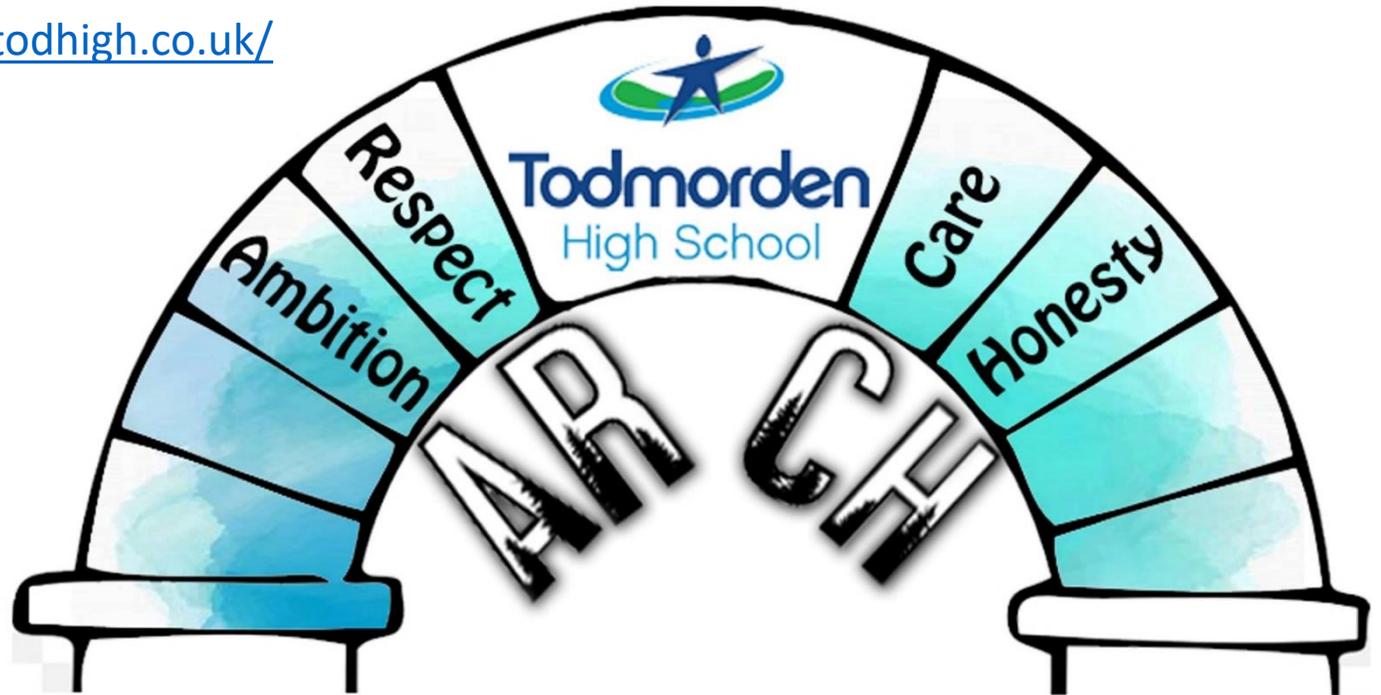
Task: in your PD book, explain why honesty is important. Why is it sometimes difficult to be honest?

Private reflection: are YOU always honest? When could you be MORE honest?

School Vision

Look on the school website. What does that tell you about our school's vision?

<https://www.todhigh.co.uk/>



THS: enabling each individual to unlock their unique potential

THS: School Vision



1. Task: Look up the word 'vision' in your dictionary. Write the definition in your PD book.

2. Our school vision is:

'THS: enabling individuals to unlock their unique potential'

What does this mean to you? Discuss, then explain in your PD book.

3. Why do you think schools and other institutions bother having a 'vision'? What's it for? List your ideas in your PD book - one idea is given here to start you off.

- To explain to people what is important to that school or institution.