

How do I use my character strengths?

- 1) My top three-character strengths are perseverance, kindness and curiosity.
- 2) Some of my goals as a physics student this year are to improve my productivity in class and stay focused in class at all times. Furthermore, I hope to try and teach myself and analyse any problems before seeking help from the teacher.
- 3) I believe that my past practises will assist me in doing since I always read the question multiple times and list the ways of solving a question or a problem before I choose a particular method and proceed with finding the answer and in support of this is one of my goals – perseverance.
- 4) One of the past habits in class was to chat a lot amongst friends in class about topics usually not related to classwork which can also be a threat this year although to help avoid this in the current year, my character strengths of perseverance and kindness will keep me on track if the work in class is challenging/interesting (which I'm sure WILL BE with you Ms. Grainger).
- 5) At my best I look to have a great balance with everything in my life, with concentration in class, finishing the homework set (provided not too much work), spending time with family and also catching up with friends. A moment when I felt at the top of the world was when my dad told me that I had been selected for JMSS. Though I have participated in a lot of sporting events and extra-curricular activities I had NEVER been more satisfied with my life since making it through meant all of my hard work had been payed off and ever better was the happiness I had given to my family and friends.