

School Counsellor Newsletter



What is right with you? Part Two: Character Strengths

Edition Seven



Focusing on our strengths and building on what we do well, was a concept introduced in the previous newsletter. If this is something your family responded positively to and you would like to take it to the next level, or you are simply interested in strength building, Character Strengths could be a useful model to explore further.

Character Strengths are the positive human qualities that serve as pathways for living a good life. Every individual possesses all 24 character strengths in different degrees, giving each person a unique character profile.

It is suggested that you use the qualities that come most naturally to you to improve your life and begin thriving. It is not about ignoring your weaknesses, rather it is about turning up the dial on certain strengths as you need it. For example, if you find it difficult to accept compliments as a team leader, yet gratitude and teamwork are strengths of yours,

you could use these strengths to help you accept compliments more easily. Such as thinking or saying, "Thank you for your feedback, I am grateful to hear that you appreciate my leadership style and that it is helpful for all of the team members to feel included."

For young people Character Strengths use leads to higher levels of engagement and enjoyment, and by aligning goals and strengths there is increased engagement and hope. If you did wish to discuss Character Strengths with your son/s, or even as a family, it could be useful to visit VIA's website on Character Strengths: <https://www.viacharacter.org/character-strengths> You will see that there is an adult survey, which would be useful to take if you have not already, as well as a youth survey (ages 10-17). This age bracket is obviously not a fit for all boys at Medbury but it could be something you keep in mind for the future.

Another approach that could be useful at home is to use the visual of Character Strengths to the left, and discuss it with your son from time to time, using some of the following prompts:

Discuss what each strength means and think of examples.....

- Which are your top 5 strengths at the moment?
- I see these as being your top 5 strengths.....
- Which would you list down as my top 5 strengths?
- Which of your strengths could you use to help you with your current goals?
- Which of your strengths could you use to help you with this current challenge?
- Let's check in 6 months time to see if some of your strengths have developed.....



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If you wish to discuss the services the school counsellor can provide please see your son's homeroom teacher or Amos Pilgrim amos.pilgrim@medbury.school.nz.