

School Counsellor Newsletter



What is right with you?

Edition Six

How often do we ask ourselves, “What is right with me?” More often than not we instead say, “What is wrong with me?” Yet, it is far more helpful for us to build on our strengths than focus on our weaknesses. It is also very helpful for you to role model this to your sons.

Starting back into a new term after a break away from routines and school settings can be a time when doubts and worries are more present. Perhaps the start of Term 3 could be a useful time for you to talk with your son/s and remind them of what is right with them, reminding them of their strengths.

The newsletter at the start of Term 2 discussed the importance of goal setting and this could be done in combination with identifying strengths.

One way you could do this would be to share the strengths that you see in other members of your family. We are often not aware of some of our strengths until someone else points them out to us. In fact, we often see some of our strengths as weaknesses until we see them from a different perspective.

You might like to take turns around the dinner table sharing a strength, and an example, for the person sitting to your right. Or you could create a chart on the fridge with each family member's name in a space with room for other members to write a strength and

example below it. No doubt your family will be able to think of a way to do this which will suit you!

Here are some examples to get the conversation started:

Mum, I see patience as a strength of yours. For example, when you ask me to do something and I do not always act right away you give me time to think about it and make the right decision. Sometimes you need to remind me but I appreciate that you give me space to get there in the end.

Dad, I really notice that you persevere. When you were building the deck it didn't always work out the way you planned but you kept on trying, sought advice, and learnt how to do things a different way when you got stuck. It took you much longer than you had hoped but the end product is something you can be really proud of!

Son, I am so impressed by your kindness. When your friend missed that soccer goal which would have given your team the win you went straight up to him and told him that he had given his best. You reminded him of what a great game he had that day and that without him the game would not have been as close. You were disappointed but you put your friend's feelings first.

It could be useful for each person to respond and reflect on whether they had noticed this as a strength

of theirs and how helpful it was to hear this example from another family member.

The next newsletter will continue to focus on strengths and “What is right with me?” by introducing Character Strengths.



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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
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