

School Counsellor Newsletter



Sense of Purpose

Edition One

“Feeling purpose is related to resilience, successful coping with stressful life events, and the ability to pursue goals despite hardships.”

(McKnight & Kashdan, 2009)

"In all things I have shown you that by working hard in this way we must help the weak and remember the words of the Lord Jesus, how he himself said, 'It is more blessed to give than to receive.'"

(Acts 20:35) Shared by Mr Macpherson in Chapel last week.

Throughout life, and especially when unsettling events happen, it is important to feel a sense of purpose. Young people belong to many groups and communities, such as schools, sports teams, music and drama groups, religious and cultural communities, and a variety of other groups.

Knowing that they are giving to, and are a part of, their communities will help them to see that they are part of something that is bigger than themselves, as well as give them a sense of direction and meaning in their lives. For example, encouraging and supporting team members; making sustainable choices for the future of the environment; doing extra jobs around home to donate pocket money to a charity; taking the time to notice a friend was absent from school and checking in with them.

As young people grow and develop a greater sense of self they will be figuring out which values are important to them, and how these values will motivate them and provide purpose in their life

To help your sons think about their sense of belonging and purpose you may like to engage in one of the following activities with them. It would be powerful to share your answers with your son as well.

1. You could discuss the Medbury Values with your son and ask him which three are most important to him and why?
 2. You could discuss the quote by Ghandi (below right) with your son so he can start to think about "How do I want to be?"
 3. "If there is one great secret to a resilient life of growth, wellbeing and good health, it is never giving up on giving."

(Stephen Post)

(Stephen Post

Have a conversation with your son following these prompts:

- Share a time you helped others.
 - In what ways do you currently give to others?
 - What are some other ways you can give to others that resonate with you?

Activities 2 and 3 from: The Institute of Positive Education, Geelong Grammar School.



Jenelle Hooson

Jenelle is a Registered Provisional Member with NZAC (New Zealand Association of Counsellors). Prior to Counselling, Jenelle taught Classical Studies and History for 15 years.

If you wish to discuss the services the school counsellor can provide or discuss an opportunity for your son to see the school counsellor, please contact Emma Gunn:
emma.gunn@medbury.school.nz

**“The best way to find
yourself is to lose
yourself in the service
to others.”**

Ghandi