Personal Advancement and Development Programme



Hai Sing Catholic School

Session I: Integrity

What is Integrity?

Integrity is when your actions and words reflect the best self you can be



7 Habits of Highly Effective Teens

It provides a framework for personal growth and leadership, focusing on practical habits like being proactive, setting goals, and prioritising.

Habit #1: BE PROACTIVE!

Being proactive means I make choices based on values. I can be proactive when:

✅ I recognise I can't control everything that happens to me, but I can control what I do about it.

✅ I stay calm, cool, and in control

✅ I think before I act



☑ Debrief: Storytelling

What would be the most honest and responsible action to take?
What are the potential consequences of different choices?
How can you apply Habit 1 (Be Proactive) to act with integrity?



Reflection

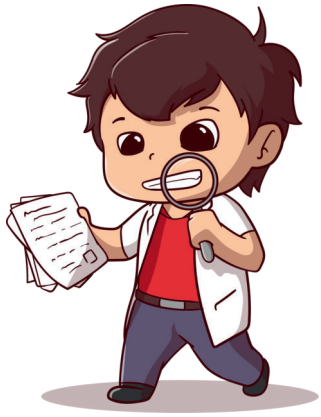
What have you learnt from this session?



Session II: Adaptability

What is Adaptability?

Adaptability is the ability to adjust one's approach to handle new or unexpected situations effectively.



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HABIT #5: SEEK FIRST TO UNDERSTAND THEN TO BE UNDERSTOOD

I seek first to understand, then to be understood when:

✅ I value others and the need to listen before imposing my ideas

✅ I create an atmosphere of trust and sincere problem-solving



Adapt by taking time to see situations from other perspectives before reacting.



Session II: Adaptability

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HABIT #6 – SYNERGISE

Synergising is the habit of creative cooperation. I synergise when:

✅ I collaborate, apply open-mindedness, and show interest in finding new solutions to old problems

✅ I am a team player

✅ I work together for greater achievements



Work effectively with others by adapting to different ideas and collaborating on solutions.

☑ Debrief: Storytelling

How can your perspective help you adapt in the situation?
How can your friend’s perspective help adapt in the situation?
How can your teacher’s perspective help adapt in the situation?



Reflection

What have you learnt from this session?



Session III: Independence

What is Independence?



Independence is making decisions for ourselves, managing our own lives, and feeling confident in our abilities without overly depending on others.

Debrief: Balloon - Powered Car

How did you apply your problem-solving skills?
What are the strategies you applied in this activity? What are your successes?
What's the importance of taking initiative, trying different approaches, and seeking help when needed?





Class Pledge



Use this space to create a class pledge incorporating what you have learned today



Reflection

What have you learnt from this session?



School Values

INTEGRITY

Do my actions and words reflect the best self I can be (even when no one is watching)?

ADAPTABILITY

How can I adjust to this challenge to make the best of a tough situation?

INDEPENDENCE

Is there something I could try before I ask for help?

COMPASSION

What steps can I take today to support someone who might be struggling?

GRACIOUSNESS

Do I respond to criticism or setbacks with kindness and humility?

CONFIDENCE

Do I trust in my abilities to take on new challenges and achieve my goals?



Notes



Notes



Reflection

Use this section with your FT weekly as we go through the school year.

	What are some situations where I was **proud of myself** for showing these values, and why?	What are some situations where I **could have done better** in showing these values, and why?
Integrity Do my actions and words reflect the best self I can be (even when no one is watching)?		
Adaptability How can I adjust to this challenge to make the best of a tough situation?		
Independence Is there something I could try before I ask for help?		



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