



# learning for life

embracing core values

## your details

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## favourite quotations

"It does not matter what you do. What does matter is that you do it the best. If you are a street sweeper, then be the best street sweeper there ever was. Do your work with pride, and do it with dignity, and in so doing it, you will be doing it with greatness!" Martin Luther King Jr

I like this quote. I like it because Martin Luther King does not focus on what you are, or what you do, but how you do it. He is telling you it does not matter what you do, but you do it the best you can so it shows that you take a pride in your work and you are thankful for having it.

"Turn your face to the sun and the shadows will fall behind you".

I think that this quotation is a lot like having positive outlook. It is telling you to look on the bright side, the good things. If you look at all the good things, then the bad thing will fall behind you. That is not to say that they will disappear or be forgotten about. But at least you won't be focusing on them, instead you will be looking at the good things which is always better.

## favourite stories

**The Boy Who Cried Wolf**  
The boy who cried wolf is a story about a boy whose job it was to look after the sheep and shout wolf if he saw one. But this boy cried wolf so many times when the wolf was not there, when it finally did turn up and he shouted for him, nobody believed him so nobody came and the wolf ate all of their sheep.

I think that this is a very good story because it teaches you not to lie. In the story the boy starts telling a lie, he tells this lie so much that nobody believes him any more, and because of this he lets a whole load of people down, because nobody ever believes a liar .... even if he is telling the truth.

**Foxy Rooster**  
A fox sneaked into a farm and grabbed a prize rooster. The farmer saw him and raised the alarm and he and his dog started chasing the thief. The fox, though he was holding the rooster in his mouth, was running very fast. "Get him! Get him!" shouted the farmer to his dogs. "No!" suddenly screamed the rooster. "Don't come near me!" "My master was very cruel to me" explained the rooster to the fox. "Tell him to stay away from me" the fox was delighted. "He wants you to stay away from him," he shouted at the farmer, in the process releasing his hold on the rooster. The rooster flew up into a tree and stayed there until he was rescued by his master.

Moral of the story: think twice before you open your mouth to speak.

## 01 personal development

- positive outlook
- gratitude
- love
- enthusiasm
- happiness/joy
- perseverance
- generosity
- honesty/integrity
- humility/modesty
- wisdom

### your choice:

I think that having a positive outlook is very important because you should always look on the bright side of life. If you don't, and look at all the negative things, it will get you down. You will become depressed and probably not a very nice person. So you should see the good things that you have and not the bad.

## 02 successful living

- creative thinking
- learning
- focus
- work
- ideals
- purpose
- courage
- friendship
- confidence
- self-discipline

### your choice:

To get anywhere in life, you have to know something. To know something, first you have to learn it. I think learning is very important because it gives you lots of opportunities in life. What you know determines what you do in your life. To do anything first you must learn how to. If you don't learn how to do something you won't be able to do it.

## 03 turning things around

- problem → solutions
- potential → actual
- loss → gain
- pessimism → optimism
- worry → moving on
- mistakes → learning
- anger → calm
- put it off → do it now
- fear → fearlessness
- stress → stillness

### your choice:

Learning from your mistakes is a very good skill to have. If you make a mistake, it is not a very good thing. If you make the same mistake again, then you can't be very bright. To learn from your mistakes you must look at how it happened, if you do, it will never happen again.

## 04 personal relationships

- co-operation
- responsibility
- empathy
- trust
- kindness
- forgiveness
- respect
- volunteering/service
- listening
- openness

### your choice:

I think respect is a very important value to have. The golden rule is "Treat other people as you wish to be treated". In other words you must respect one and other. If you don't respect other people, I very much doubt that they will respect you.

## inspirational figures

### Terry Fox

Terry Fox is one of Canada's well-known heroes for running across Canada to raise money for cancer research.

Terry was born on the west coast of Canada and as a teenager he was very involved in sports. At the age of 18 he was diagnosed with bone cancer and his right leg had to be amputated above the knee. Whilst he was in hospital he met many other people (mostly children) who had fallen victims of cancer. He was so overwhelmed about how many people had cancer that he decided to run across Canada to raise money for cancer research. He called this journey "the marathon of hope".

He trained for 18 months before. He started his run by dipping his leg in the Atlantic Ocean and aimed to dip it again in the Pacific Ocean. He wanted to run 42 km every day, this was something no one had ever undertaken before.

He did not finish his run. The cancer had spread to his lungs so he had to stop. He had run 5,373 km in 143 days. After he had stopped running the media became involved in his cause, they organised a huge run in Toronto that raised millions of dollars.

Terry Fox died when he was 22, one month before his birthday. The Terry Fox Run is run all over the world every year to raise money for cancer research. I admire him because he fought against what was happening to him, and he fought against it so it would not have to happen to others. He is remembered every year all around the world. It is great that his efforts have not been forgotten and are still being carried out today.

## personal reflection

### Life and death

For all of my life that I can remember, I have understood the concept of death. I think the way I learned about death is probably when one of my cats caught a mouse and killed it. From that time in my life I knew you did not live forever.

I think the first time I ever felt sad about a death is when my cat, Sam, died from old age. I knew what him being dead meant but I did not understand why he had to die. I did not really dwell on his death. I was still very young and it meant to me that one cat was gone, and wasn't coming back. We would get another one, and a kitten is much more exciting and fun than an old cat that would not play.

But still yet in my life I have never known a death of a person that I knew. I don't think that when I was younger the thought of death really bothered me, mainly because I didn't think about it. Now because I am older, I think about death. You can't not. You hear a lot about people dying in the news, with the soldiers in Iraq, the shooting in America and the people who die from accidents. There are adverts on the TV about how every 3 seconds a child dies in Africa. If you pay attention to these, it makes you think about all the deaths in the world, and the possible death of the people you love. And thinking about that makes death a whole lot scarier.

The first time I thought properly about death is when my granddad was put into a care home 2 years ago. I thought that if he was in a care home then the next step would be death. I wondered how much longer he would live for, I mean, he is 87, and that's pretty old. I never thought that he would live this long, but he's still here and I'm glad of that, even though he doesn't have a clue of who I am.

But it might not be an old person that gets tapped on the shoulder by death. At least old people have lived their life. But what age do you define old? People are living longer than they did before, we have a growing population of old people. But what if somebody dies who is very young. Today, people are living into their 90s so when people reach the age of 40 or 50, it's not actually classed as very old. I think it's sad when you hear about these kids who have died, they still had their whole life ahead of them - what they made of it was up to them. I don't think it's fair when a young person loses their life, and old who dies of natural causes, maybe, but for a young person it's not fair, but then life's not fair.

I have wondered about the day that will come, saying that somebody I love is no longer with us. I wonder how I will feel. Will I be sad, upset, will I cry or just reminisce about the time I had with them. I don't know. I just hope that all of that is far off in the future, but it's got to happen some day.

So yeah, I am scared of the thought of death. Not my own death, because then I won't be around afterwards to have to deal with it. No, I'm scared of the people I love dying. The fear of death is lurking in the back of our heads because we know it's going to happen some day.

But you can't let it get to you, if you do, you will lose your own life by worrying about it instead of spending it with the time you and others have left with what you want to do with it.

Does thinking about death make me paranoid? I don't think so. I think it makes me conscientious, a person who cares. At least I've thought about it, so I know it's going to happen. I think that's better than trying to not think about it and shut it out. Death is going to catch up on you one day. So, "you should live life to the full", because you only live once.

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