



learning for life

embracing core values

your details

name/names: **Lucas Paas**

year: **52**

school: **High School of Dundee**

teacher: **Ms Quigley**

favourite quotations

"The individual has always had to struggle to keep from being overwhelmed by the tribe. If you try it, you will be lonely, and sometimes frightened. But no price is too high to pay for the privilege of owning yourself" - Friedrich Nietzsche

favourite stories

I was driving home from work one day, I stopped to watch a local Little League baseball game that was being played in a park near my home. As I sat down behind the bench on the first-base line, I asked one of the boys what the score was. "We're behind 14 to nothing", he answered with a smile. "Really", I said. "I have to say you don't look very discouraged". "Discouraged" the boy asked with a puzzled look on his face. "Why should we be discouraged? We haven't been up to bat yet".

There are so many times when I feel daunted with the prospect of work for school, exams and years of university and work ahead. This story is about not getting down and defeated before you've even begun. The thought of doing something is often worse than doing it and if you remain positive the likelihood is that you will not only manage, but do well. Every challenge is an opportunity and even if it appears that you have been unsuccessful, the process of taking part must be a positive learning experience.

01 personal development

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

your choice:

Positive outlook is very important as it means you believe in yourself and your ability to succeed. A positive outlook will also help you through bad and sad times.

02 successfuliving

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

your choice:

I believe that focus is a very important component in successful living as it helps turn dreams into reality. You can focus on many aspects of your life including relationships, work and sports.

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:

Life is too short to put off for tomorrow what can be done today.

04 personal relationships

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

your choice:

One of the most important things in a relationship is kindness. Unkind people will not be able to establish friendship or love.

inspirational figures

Camila Batmanghelidj

The most inspiring people are the everyday people who choose to spend their time helping others, for example are person who looks in on their elderly neighbours and waits for a chat, for volunteers who give up their time to befriend a family in need of support. Celebrities do a lot to promote good causes, but the real work is done by many unrecognised individuals in small and large ways, day after day.

Most of our family discussions involve a lot of talk about the many good people my mum meets through her work. It is easy to feel that we live in a selfish society because of the news we hear, but when you scratch beneath the surface there are a lot of good things going on. An example of a great person is Camila Batmanghelidj, Founder of Kids Company. Camila was recently honoured as the 'most dynamic woman of the year' by Clarins. She trained as a psychologist before dedicating herself to improving the lives of vulnerable children. Over the past 10 years, the charity has worked to give the abused and abandoned children in London with little or no parental care, the chance to improve their education, get counselling and live in a safer environment. The Kids Company now works with more than 7,000 children in London.

When Camila realised that many children in need of medical and social services could only get help when accompanied by an adult, she chose to be the accompanying adult. The charity Kids Company has developed from there, and so has her importance as a powerful advocate for improving children's services.

Camila is inspiring to me because not only did she acknowledge the problem, she chose to do something about it. She also knew that if she was going to do it properly, she would have to give up a lot of time and energy, which most of us would not manage to do for any length of time. As a psychotherapist and from a wealthy family, Camila will have had many choices open to her, but all of which to help others was obviously greater than any 9-5 career.

I'm inspired by all people who choose to help when they see a need, rather than looking and walking on. I hope to be a person like Camila and so many others, because they choose to help others and try to make a difference.

personal reflection

Why is individuality so important?

This year, my friends and I are now in second year and have had to make some very important decisions about subject choices. We have all had to think a lot about what we enjoy doing, what we're good at and what we might like to do as a career. This has been quite daunting, and has made me wonder about myself as a person, my ambitions and motives. Recently, I saw a very interesting programme on television about genetic manipulation, where scientists were attempting to reproduce the exact copies of animals. It was interesting that, despite their successes at cloning, they found that they were unable to clone the animals fully, because personality and behaviour could not be copied. I really wonder about what makes us individual, and its importance.

My sister and I are genetically very close, we are being brought up in the same environment, and have been treated the same, but we are still very different people in terms of our thoughts and opinions. The boys in my year at school gets similar grades, enjoy the same interests, but our views, opinions and responses are very different. We are all brought up to follow the rules of society, and at the same time to develop an identity. Without individual thought, there would be no imagination, no originality, no works of art, no interventions, and no love - but probably no wars, criminals or ruthless people either. Individuality is very important, because despite attempts through slavery, authoritarian regimes, religion and media in the past and present to make people look and think in a certain way, only a minority of people go along with this.

I believe that every person is meant to have an individual thought and spirit, which should be used to help solve problems and move society forwards. When many great and good people come together, a lot of good can be achieved. It's just when strong individuals with bad ideas push their way forwards that problems are created. We should respect people's individuality without feeling insecure or threatened by it. I hope that I have started to make the right choices, which will allow me to be the person I want to be and do all the things I want to do!

Our goal is to help individuals build a firm foundation of lifelong practical wisdom



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