

BUILDING CHARACTER

in Carroll County

may 2009

This month, we celebrate the character trait of PERSEVERANCE. What is it? PERSEVERANCE is the ability to complete a task despite obstacles and difficulties. It is endurance, patience, and hard work. All successful people learn to persevere. Einstein, winner of the Nobel Prize for Physics, even said, "It's not that I'm so smart, it's just that I stay with problems longer." So, the next time you face a set-back, keep going, try again. PERSEVERE! It will lead to your eventual success. The Peer Facilitators at Winters Mill High School have created this bulletin. We hope you enjoy our perspective on this important trait!

Opportunities to PERSEVERE are presented to us every day. In school, during sports, or at work, we always have the choice to persist despite obstacles that may hold us back. Some of the people we most admire personify this trait, especially athletes. Nastia Liukin and Derek Redmond are two examples.



In 2004, Nastia Liukin was denied a spot on the U.S. Olympic team because she was one year too young to compete. Then, at the 2005 World Championships, Liukin missed the first place all-around award by .001 points. In 2006, she badly injured her ankle and was

only able to compete on the uneven bars at the World Championships. Regardless of these many obstacles, Liukin never settled for anything except success. She competed in the 2008 Summer Olympics in Beijing and won the gold medal for the all-around competition.

Derek Redmond, a former Olympic runner, is also well-recognized for displaying PERSEVERANCE. Despite major injuries and 13 consequent surgeries, Derek was able to participate in major world competitions. At the 1992 Olympic Games in Barcelona, Derek injured his hamstring in the 400 meter event. Derek, along with his father will be forever remembered for hobbling the remaining 250 meters together to the finish line.



When asked by reporters what kept him going through the pain and agony, Redmond replied, "*Stubbornness. Also, it's having the belief in what you are doing. I had an idea of how fast I could run 400 meters. Unfortunately I never ran that quickly – it wasn't that I wasn't capable of doing it, but injuries prevented me from doing it. For me, one of the driving forces was knowing I could run a lot faster than I had previously run. That was one of the things that kept me going.*"

"There is no telling how many miles you will have to run while chasing a dream."

~ Author Unknown

When looking for a good summer afternoon movie, consider the following movies that highlight the character trait of **perseverance**:

Wall-E (2008)
Amazing Grace (2007)
The Pursuit of Happiness (2006)
Finding Nemo (2003)
Ice Age (2002)



"Perseverance is the hard work you do after you get tired of doing the hard work you already did."

~ Newt Gingrich

Five ways to PERSEVERE during your senior year and beyond

- ◆ **Stay Focused.** You will soon reach the finish line!
- ◆ **Keep a positive attitude.**
- ◆ **Leadership.** Remember that most of your senior friends are feeling the same way you are. Help them out by talking about future plans to keep you both focused.
- ◆ **Never underestimate yourself.** Analyze your goals to make sure you are heading in the direction you want to go.
- ◆ **Be ready to start a new chapter in your life.** Make careful plans.



ATTENTION ALL 8TH GRADERS!

Peer Facilitators can Help you with the Transition to High School

For many eighth graders, the thought of starting high school can be intimidating. One of the goals of the peer facilitators is to make this new experience less overwhelming for incoming freshmen. Throughout the school year, the peer facilitators aim to give students a positive high school experience. A peer facilitator is always available to walk a new student to class and/or sit with them at lunch. The peer facilitators also host the New Student Breakfast, which provides a comfortable atmosphere where new students can get to know one another.

Peer Facilitators are found in every high school across Carroll County. See your school counselor to set up a meeting. The peer facilitators look forward to helping their fellow students have a successful high school experience!