WELCOME TO 2019
OUR YEAR OF MERCY THROUGH OPTION FOR THE POOR

MONTE MATTERS
1 February 2019 / TERM 1, WEEK 1
# Table of Contents

From the Principal .......................................................... 3

From the Deputy Principal Administration .......................... 5

Sr Lecia’s Thoughts ......................................................... 6

From the Manager, Library and Information Science ............. 7

Sports Report ................................................................. 8

Notices
1. Debating Program for Year 7 Students
2. Mulan Jr. Volunteers Needed ..................................... 11

Parenting Insights ......................................................... 12
5 Steps to Helping Your Anxious Teen Achieve Their Goals
FROM THE PRINCIPAL

"There is a distinctively wonderful vibrancy at Monte with the beginning of a new year, as there is opportunity for our girls to engage their curiosity and harness their strengths..."

Dear Parents and Friends of Monte,

It is with much joy that I welcome new and returning students, families and friends to our Monte community as we commence 2019, our dedicated year of Mercy through Option for the Poor.

There is a distinctively wonderful vibrancy at Monte with the beginning of a new year, as there is opportunity for our girls to engage their curiosity and harness their strengths through immersion in a diverse array of new ventures. As our College seeks to be relentlessly inviting and mentoring, inspiring and leading, our girls are encouraged to be free to choose programs and Co-curricular activities that reflect and meet their personal interests and passions. At this time much discussion and deliberation surrounds students’ enrolment in sporting and debating teams, art clubs, choirs, bands and advocacy groups such as Mercy Action Group (MAG), which are all vital opportunities for students to flourish intellectually, ethically, socially, emotionally, spiritually and physically.

This week, we take the opportunity to laud the formidable accomplishments of the Class of 2018 in both the Higher School Certificate (HSC) and IB Diploma Programme (IB DP), reflecting the culture of teaching distinction and academic excellence that has become a hallmark of learning at Monte. The outstanding attainments of our Year 12 graduates demonstrate their tenacity as significant seekers of knowledge, as enquirers, debaters, ethical problem-solvers and creators.
We know that success does not begin in the final two years of schooling. I would like to offer my heartfelt gratitude to our parents, friends and Monte staff for your unrelenting commitment to the important mission of the education of young women.

In the 2018 HSC school rankings, Monte rose 25 places in the last two years, placing 47th in the state. As many of you may be aware, published HSC League tables do not include the results of the IB Diploma Programme and therefore do not reveal a complete academic results picture. Monte’s position in the top 50 performing NSW schools does not take into account students sitting the IB DP examinations and their substantial achievements against world benchmarks.

It is also noteworthy, that the leagues tables highlighted single sex girls’ schools as significantly out-performing their male counterparts and co-educational schools, with girls’ schools producing a far higher student success rate.

Congratulations to the Class of 2018
Of the 2018 cohort, 144 students completed the HSC and 40 completed the IB DP.

We congratulate Abbey Simpson (IB DP) and Madison Ueland (IB DP) for achieving top honours with a UAC rank of 99.95, the eighth year Monte has achieved a perfect score of 45/45 in the IB DP.

Other Highlights Included:

• 10 students achieved ATARs over 99.05.
• 46% of students achieved an ATAR of 90+.
• 7 students were named on the Distinguished Achievers HSC All-Rounders List.
• 77 students were named on the HSC Distinguished Achievers List ( Honour Roll), with 268 individual mentions overall.
• 14 students achieved an AAIBS Distinction level status in the IB DP.
• 7 nominations for NESA showcase events.

State placements:

• Rebekah Parsons ranked equal 1st place in Ancient History and 3rd place in Indonesian Extension.
• Emily Smelt ranked 6th place in Studies of Religion 1.
• Bella Lawler ranked 7th place in Ancient History.
• Isabella Ward ranked 7th place in PDHPE.

As our nation acknowledges Australia Day, we pay our deepest respects to the Elders – past, present and emerging, particularly Uncle Max and Aunty Julie and acknowledge the significant role they play within our Monte community.

Wishing every member of the College community a joyful and fulfilling 2019.

God Bless.

Mrs Nicole Christensen
Principal
FROM THE DEPUTY PRINCIPAL
ADMINISTRATION

Mr Joe Galletta
Deputy Principal Administration

I would like to take this opportunity to welcome all students, staff and parents back to Monte for 2019. I hope that Christmas and the New Year break have allowed everyone to reflect, refresh and welcome the opportunities that 2019 will undoubtedly provide. A special welcome to our new Year 7 cohort and their families, as well as new students in Years 8-12. We hope you all feel part of the Monte community from the start.

From an administrative perspective, it has been a busy break as we prepare for the upcoming year. The process, which began last year with Year 11 and Year 9 subject selection, reached its climax as students received their timetables on their first day. New teachers, new classes and new rooms make for an exciting start to the year. This new beginning is a chance for students to rekindle their passion for learning and it is a chance to commit to new curriculum, new faces and new activities.

There are a number of big community and academic events throughout the first few weeks, including iLearn rollouts for Years 7 and 10, the Laureate Assembly in Week 2, the College Swimming Carnival on Friday 8 February at North Sydney Pool, Parent Information Evenings, the Year 7 Welcome Mass & Dinner, the Year 12 Father Daughter Dinner Dance and the College Welcome Cocktail Party.

If any parents or carers have questions about their daughters' subject selections or combinations, please don't hesitate to contact me at jgalletta@monte.nsw.edu.au. I will endeavour to assist in any way possible. Have a great 2019!
It is with gratitude that I tell you how privileged I feel to be writing this column for you again this year. I trust that you have enjoyed the holidays, having survived the rush of Christmas and New Year activities and now feel ready to begin this new year with our Monte community.

Many of our activities in 2019 will focus on the theme of Mercy through Option for the Poor, which is a source of comfort for the needy, and nourishment for our own spiritual wellbeing. Right now however, my mind is occupied by a small quote from scripture: Isaiah 43:18-20, where the Prophet conveys God’s Word to the Israelites and also to us:

“No need to recall the past, to think about what was done before. See, I am doing a new deed, even now it comes to light: can you not see it? Yes, I am making a road in the wilderness, paths in the wilds. The wild beasts will honour me, jackals and ostriches, because I am putting water in the wilderness, rivers in the wild to give my chosen people drink. The people I have formed for myself will sing my praise.”

This does not mean we should not recall the past. In fact, it is a very good thing to do at times, but it does mean that God’s great wonders are not just miracles of the past, because God’s care for us, often in ways we cannot even imagine, will never cease. The rivers of God’s grace are forever opening up anew. How apt is this in our time of severe droughts, bushfires, climate change, pollution of our river systems, and the terrible plight of the poor in our world. Can we trust God to take care of us with his new deeds, brought about through us - a people he has formed for Himself, so that we might declare his praise? Or will we remain blind to God’s marvelous deeds, even oblivious of and ungrateful for God’s power to save?

In Isaiah 43:1-5 (and Chapter 49, if you have time) we find more comfort:

“Do not fear, for I have redeemed you. I have called you by name, you are mine. Should you pass through the sea, I will be with you. Or through the rivers, they will not swallow you up... for I am Yahweh your God, the Holy One of Israel, your saviour... You are precious in my eyes and I love you... Do not be afraid, for I am with you.”

I hope you saw the recent Australia Day Awards. They remind us that God created us and formed us to be his chosen servants and witnesses.

I leave you now, delighting in your Monte connection, and wishing you the consolations of a rewarding and faith-filled New Year.
From the Manager, Library and Information Science

Ms Deborah Brown
Manager, Library and Information Science

Open Books, Open Doors

The buzz in the air during the first week of a new school year is palpable. While staff and students alike relish downtime from work and study, part of the joy in returning to Monte is sharing post-holiday updates about family, travel, activities and (hopefully) the unputdownable books that were discovered and read by the beach, snow or air conditioner.

Every morning this week, from my desk, I watched as tentative groups of Year 7 students independently came into the library before and after school. In small packs they browsed the shelves, looked at the displays and checked out the study areas. I imagine that they are ‘trying on’ the library to see how it fits them and they fit in it.

I picture the College Library as an iceberg: 10% immediately visible and 90% waiting to be discovered or revealed. The 10% starts with the spectacular architecture – the vaulted, cathedral ceiling, two Titanic-esque staircases, and hundreds of metres of tantalising books. The other 90% lies in wait for our students – they will discover it over the course of their six years at Monte. Our digital presence is akin to a whole additional school campus – dozens of virtual collections tailored for our students of academic journals, ebooks, audiobooks, online newspapers, magazines and primary sources. There are also online tools to support academic honesty, referencing, researching and recreational reading. This part of the library, the online presence, is open and accessible anytime and anywhere.

This ‘library iceberg’ is enveloped by a guiding philosophy that informs everything we do: we want students to feel that they belong here and are always welcome here. There is something for every student in this library – it is a place to print, to work collaboratively, read silently, find a book for a friend, find a friend, ask for a reading recommendation, record a podcast, research an assignment, ask for help, watch a movie and take time out.

We build connections with and between students through annual events such as Write a Book in a Day and our Ladies & Literature book club. We welcome connecting with parents and carers too, and our fabulous teacher librarian, Cathie-Jane Wotherspoon, hosts a book club for adults twice each term. It provides a great incentive to commit to some quality reading and chatting. Keep an eye on Monte Matters to find out when the next meeting is.

Additionally, in Term 2 we will be launching a parent/student reading partnership program to explore what can happen when you and your daughter sign-up to both read the same book. Drop me an email at dbrown@monte.nsw.edu.au if you’d like to be on the advisory group for this pilot program.

The library is open from 7:30am every school morning to 5:30pm each evening (4:00pm on Fridays).
"The struggle you're in today is developing the strength you need for tomorrow. Don't give up!"

Robert Tew

2019 Sport Department Staff

Mr Michael Vandervelde
Sports Program Manager
Water Polo, Tennis, Football (Soccer), Cricket and Taekwondo.
9409 6420 | mvandervelde@monte.nsw.edu.au

Mrs Liz Morgan
Sports Administrator
Hockey, Dance, Aerobics, and Softball.
Mrs Morgan works on Monday, Tuesday and Thursday.
9409 6421 | lmorgan@monte.nsw.edu.au

Mrs Tania Dorahy
Head Netball Coach, Coaching Development Triathlon, AFL, Cross Country and Emerging Athlete Support Program.
9409 6422 | tdorahy@monte.nsw.edu.au

Ms Katie Barton
Netball, Monte Active, Snowsports, Volleyball and Duke of Edinburgh Award.
9409 6423 | kbarton@monte.nsw.edu.au

Mr Matthew Rowan
Touch Football, Rugby 7s, Basketball and Athletics.
9409 6487 | mrowan@monte.nsw.edu.au

Mr Jon Bell
Swimming Coach
Located at the College pool before and after school hours.
jbell@monte.nsw.edu.au
Upcoming Representative Events (over the next three weeks)

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
<th>Time</th>
<th>Venue</th>
</tr>
</thead>
<tbody>
<tr>
<td>CGSSSA Softball Carnival</td>
<td>11 Feb</td>
<td>8:00am-3:30pm</td>
<td>North Curl Curl</td>
</tr>
<tr>
<td>CGSSSA Cricket Carnival</td>
<td>19 Feb</td>
<td>8:00am-3:30pm</td>
<td>Queens Park</td>
</tr>
<tr>
<td>CGSSSA Touch</td>
<td>27 Feb</td>
<td>8:00am-3:30pm</td>
<td>Queens Park</td>
</tr>
<tr>
<td>All Schools Triathlon (Teams)</td>
<td>1 Mar</td>
<td>8:00am-1:30pm</td>
<td>Penrith</td>
</tr>
</tbody>
</table>

The Sport Department conducts and publicises trials for these Monte Representative Teams. Please check with Sport staff if you are unsure.

Upcoming Individual Representative Trials (over the next three weeks)

<table>
<thead>
<tr>
<th>Event</th>
<th>Nominations</th>
<th>Trials</th>
<th>Venue</th>
</tr>
</thead>
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<tr>
<td>CCC Cricket</td>
<td>21 Feb</td>
<td>25 Feb</td>
<td>Raby</td>
</tr>
<tr>
<td>CCC Softball</td>
<td>15 Feb</td>
<td>26 Feb</td>
<td>Milperra</td>
</tr>
<tr>
<td>All Schools Triathlon</td>
<td>20 Feb</td>
<td>28 Feb</td>
<td>Penrith</td>
</tr>
<tr>
<td>CCC Tennis</td>
<td>25 Feb</td>
<td>4 Mar</td>
<td>Parramatta</td>
</tr>
</tbody>
</table>

For more details, please contact the Sport Department prior to the nomination closing date. Trials are for high-level representative players and are subject to approval from the Sports Program Manager.

Further details can be found on the NSWCCC website.

Communication

Most of the communication regarding Sport will be sent to students directly via their email. Relevant sporting information will be accessible through MonteConnect.

MonteConnect

MonteConnect will host information relevant to each sport and activity in the Monte Sport Program (eg draws, venues, rules, training times, information notes, permission slips, etc).

Parents can access this information via the home page of the College website through the MonteConnect button.

College Swimming Carnival

The College Swimming Carnival is on Friday 8 February. The carnival is a half day and it is compulsory for all students to attend. A detailed information note was distributed via email this week. The parent information note and the carnival program are available on MonteConnect – Swimming Carnival section. A draft of the competitor/start list is now available. The final list will be confirmed on Tuesday 6 February.

Cricket

We are currently trialling for the Monte Representative Open Cricket team to play in the CGSSSA Championships on Tuesday 19 February. Further details are available on MonteConnect. Trials are on Wednesday afternoons at St Leonards Park.

AFL

We still need a few more players for AFL in Term 1. Games are on Saturday afternoons 2:00pm-5:00pm at Pymble. Interested students who have not yet signed up should contact Ms Tania Dorahy in the Sports Office.

Swimming at Monte

Monte offers Swimming squads for fitness and/or for competition all year. The Swimming page on MonteConnect contains all the information. Contact Mr Jon Bell with any queries.
Softball

Games recommence on Saturday 9 February with a 12:00pm game and umpiring at 10:15am.

Touch Football

Year 7 training/final trials are on Friday 1 February at Forsyth Park. Departure is from the main College gates (walking with Coaching staff) at 3:30pm.

Competition matches for all teams commence on Saturday 9 February. Details have been emailed to all the players. The top two Senior and Junior teams have games on Saturday 2 February. These students will be emailed all the details.

Netball

Netball grading began this week. The details have been emailed to students. Students are expected to attend EVERY trial date for their age group and permission notes MUST be returned prior to being allowed to trial. All students will be put into a team if they trial at Monte.

Water Polo

Competitions will commence on Saturday 9 February. The details will be emailed once the draw has been finalised. Many teams and team numbers have changed from last term as girls move from Year 7 into Juniors, and Juniors into Seniors. Girls will be emailed their new teams and training times this week.

Tennis

Training begins next week and competitions will commence on Saturday 9 February. The details will be emailed once the draw has been finalised. Some teams and team numbers have changed from last term. Students will be emailed their new teams during this week. Year 7 players will have a practice match on Saturday 2 February at Wakehurst Tennis Centre, 9:00am-11:00am.

Sailing

Monte are once again looking to put together a sailing team for the NSW All Schools Sailing team. Anyone interested should contact Mr Vandervelde as soon as possible.

Activities Program

The first class is free, so come and try!

The following activities are running in Term 1.
Details are posted on the MonteConnect Sport page
- Yoga: Tuesday, 3:30pm-4:30pm in OR401.
- Yoga: Friday, 7:00am-8:00am in OR401.
- Taekwondo: Monday, 3:30pm-4:30pm in Mercy Hall or CMP.
- Monte Active Fitness commences next week. The details will be emailed to students

Sports Fixtures Newsletter

Each Friday when you receive your link to Monte Matters you will notice a second link to our weekly Sports Fixtures Newsletter. On it you will find the draws for all Monte teams for the weekend and week to follow.

Training Attendance

As a condition of playing sport at Monte, students are required to attend all training sessions. The ONLY reason you would not attend training is if you are absent because you are sick or injured. If you happen to be sick or injured you MUST notify the Sport staff coordinating your sport or your coach prior to training. Any student who has an unexplained absence from training or who is absent from training on a day when she is at school will be issued with a notification.

Training is an extremely important aspect of team sports. When students are away from training it can cause major disruptions to the session and makes the coach’s job difficult. It is also unfair on students who do attend regularly. We ask that parents DO NOT make arrangements or appointments during training time.

Uniform Expectations

Students who choose to play sports at the College do so with the understanding that they are to wear the correct uniform for that particular sport. This also includes travel to and from the sport. Notifications will be issued to students who do not wear the correct uniform to training and games.

I look forward to meeting and speaking with many of you throughout the course of 2019. If you see me, please don’t hesitate to introduce yourself and say “hello”.

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Debating is a dynamic Co-curricular program that offers students the opportunity to develop confident public speaking skills, as members of a collaborative and cohesive team.

We encourage all Monte girls to discover and exercise her voice; and Debating is a sociable activity that develops this valuable life skill. We operate an all-inclusive model, whereby any student is welcome to participate. Supported by experienced coaches, students learn how to present and counter persuasive perspectives using structured, evidence-based arguments.

Debating also offers opportunities to expand students’ world views. Successful debaters are well-informed, aware of current affairs, engaged with world events and able to articulate diverse perspectives on contemporary issues.

Students interested in trying Debating in 2019, can register for trials by clicking HERE.

If you can sew a straight line, join us.
If you can help with ironing costumes, join us.
You will be welcomed with open arms as we create a vision of ancient China.

**Costuming sessions will be held at Monte at these times:**
- Wednesday 6 February 3:30pm-5:00pm
- Sunday 10 February 9:00am-1:00pm
- Wednesday 20 February 3:30pm-5:00pm
- Sunday 24 February 9:00am-1:00pm
- Wednesday 27 February 3:30pm-5:00pm
- Wednesday 6 March 3:30pm-5:00pm
- Wednesday 13 March 3:30pm-5:00pm

If you can help with any of the above, please email Ms Deborah Brown at dbrown@monte.nsw.edu.au.
5 steps to helping your anxious teen achieve their goals
by Dr Jodi Richardson

Anxiety and avoidance go hand in hand. Since anxiety is a response to a perceived threat or danger, it’s perfectly natural that when your teen is feeling anxious, turning away from whatever is provoking that feeling feels like the logical thing to do. However, while this might feel like a helpful strategy in the short term, it only serves to make the anxiety worse over time. Helping your teenager to identify what matters most and to set goals is a way to help them turn in the direction of what’s important, taking their anxiety along for the ride.

We all have things we want to do and achieve, and teenagers are no different. Helping them formulate their goals, plan how they’re going to achieve them and then supporting their progression will do wonders for their mental health.

Foundations of a flourishing teenager
In addition to building their self-confidence, striving towards a goal creates opportunities for your teen to engage in activities that hold meaning, experience the positive emotions that come from progress, enjoy the sense of pride and achievement that comes from accomplishing their goal, and experience opportunities to connect with you and others on their journey, building relationships. Each and every one of these outcomes are the foundations of flourishing.

Instead of waiting for the anxiety to pass

The process of setting goals and then setting out to achieve them is going to help your anxious teen practice what’s called ‘goal-directed action’. Instead of waiting for anxiety to pass, goals empower teenagers to choose behaviours that move them in the direction of what they care about, despite their anxiety or other obstacles. All along this will build in them the strength, courage and confidence to live a vibrant, meaningful, rich life.

1. Start with values
To create meaningful goals it’s important to start with values. We all have them. They’re the things in life that matter to us most. Our values are our principles and the standards of behaviour that we uphold ourselves to. They come from within us, and we’re free to choose them. Teenagers each have their very own set of values, though if you start by asking them what they are, you’re bound to be disappointed. Being able to name your values is a really hard thing to do without any resources. It’s much more effective to give your teen an opportunity to choose their values from a list. Get them to start by casting a wide net. Here’s a list to get you both started.
<table>
<thead>
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<th>Acceptance</th>
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<th>Achievement</th>
<th>Adventure</th>
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</tr>
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</table>
2. Evaluate top values
When your teen has circled the values that are important to them it’s time to start a conversation about what was chosen and why. You’ll know whether or not to carve out time to talk or to casually throw a question their way. Open-ended questions are always good. You could simply start by saying, “Tell me a little about why you chose ‘originality’ as a value” and then see where the conversation goes. It’s a good idea for you to create a values list too, then compare lists. Sharing your values and showing your teen you remember and respect their values and why they matter is a wonderful way to strengthen your bond and understanding of each other.

3. Choose a value to work towards
With a clearer understanding of what’s important to them, your teen can begin to look at their values and contemplate what they can do to live more fully by them. It’s natural at this stage for some teens to feel disconnected from their values, now that they can see them in black and white. This is their opportunity to start reconnecting with their values by choosing a value to ‘work on’. A value to align their behaviour with as they move forward.

4. Time to set a goal
Say your teen chose ‘adventure’ as a value but struggles to do adventurous things because their anxiety gets in the way. Have them name something adventurous that they can set themselves as a goal. With their recognition that adventure is one of their carefully chosen values combined with a willingness to move in the direction of this value, your teenager is already taking a step towards doing what matters despite their anxiety. In his work with anxious teenagers, Dr Chris Peterson talks to teens about considering ‘the good stuff’ and ‘the challenging stuff’ as two sides of the same coin. You can’t have one without the other. Talk to your teenager about the challenging ‘stuff’ they might encounter as they pursue their goal and how they might handle any challenges that arise.

5. Start Small
Small, achievable goals are the place to start. Your adventurous teen might like to start by walking to the local shops alone to build confidence step-by-step towards the ultimate goal of an overseas gap year after school finishes. Remind them to reward themselves for achieving small goals, and to be kind to themselves if they don’t quite get there the first time.

Dr Jodi Richardson
Jodi is a happiness and wellbeing speaker and writer, and is mum to two primary school aged kids who light her up. For more great ideas on flourishing mental health for the whole family, subscribe to her newsletter at drjodirichardson.com.au and say hello on facebook.com/DrJodiRichardson. Enquiries to jodi@drjodirichardson.com.au