

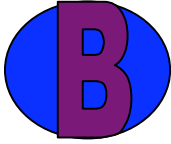



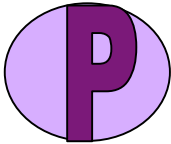





**Success Helper
Behaviours DEADLY!**

**Success Stopper
Behaviours GAMMIN!**

I can be respectful and kind. 	I can't be kind and respectful. 
I can try hard and do my best. 	I give up. I can't do it! 
I am ready for SUCCESS. 	I am not ready for SUCCESS. 
I can control my feelings. 	I can't control my feelings. 
I am worthwhile. 	I'm not worthwhile. 

Stuart High School



Rational Emotive Behaviour Education –Education for SUCCESS

‘General capabilities are a key dimension of the Australian Curriculum. They encompass skills, behaviours and dispositions that students develop and apply to content knowledge and that support them in becoming successful learners, confident and creative individuals and active and informed citizens.’ *The Australian Curriculum*

At Stuart High school we want our students to be successful. We believe that success is:

Working hard to achieve our personal and learning goals, doing our personal best and feeling good about what we are doing or have achieved.’

At Stuart High we want to help our students to develop their capacity to be successful learners and to develop life skills that will hold them in good stead in their journey onwards.

Teachers teach students about the 5 essential SUCCESS HELPER (DEADLY!) capabilities that will help them achieve SUCCESS in school and in life. The coloured spots represent them. These behaviours are based on these beliefs:

- I can work hard to reach my goals - BLUE
- I can be respectful of others and the environment -YELLOW
- I can manage my time and set goals - GREEN
- I can manage my feelings effectively - PURPLE
- I am worthwhile no matter what - RED

We are mindful of the SUCCESS STOPPER (GAMMIN!) actions and THINKING that stops us from achieving our goals and which cause hurtful negative emotions like anger, depression and anxiety. These behaviours are based on SUCCESS STOPPER (GAMMIN) thinking like:

- I can't do the tough stuff
- I don't care about others and the environment
- I can't set goals and manage my time
- I can't control my feelings
- I am worthless and hopeless