

SSE Student Profile Attributes

- **R**: Reflective
- **O**: Open-minded
- **C**: Communicator
- **K**: Knowledgeable
- **I**: Inquirer
- **T**: Thinker
- **R**: Risk-taker
- **P**: Principled
- **B**: Balanced
- **C**: Caring



“**R****O****C****K** **I****T** **R**eeze’s **P**eanut **B**utter **C**up.”

SSE Character Strengths

The Student Profile Attribute “Caring” is the umbrella attribute to the character strengths. A caring student strives to always do his or her best from both performance and moral points of views.

- Kindness
- Self-control
- Grit
- Gratitude
- Empathy
- Zest
- Integrity
- Optimism
- Social Intelligence
- Curiosity



Kindness

You are considerate, friendly, generous, and nice to other people.



Self-control

(School Work)

You are always prepared, pay attention, resist distractions, remember and follow directions, and begin working right away without procrastinating.



Self-control

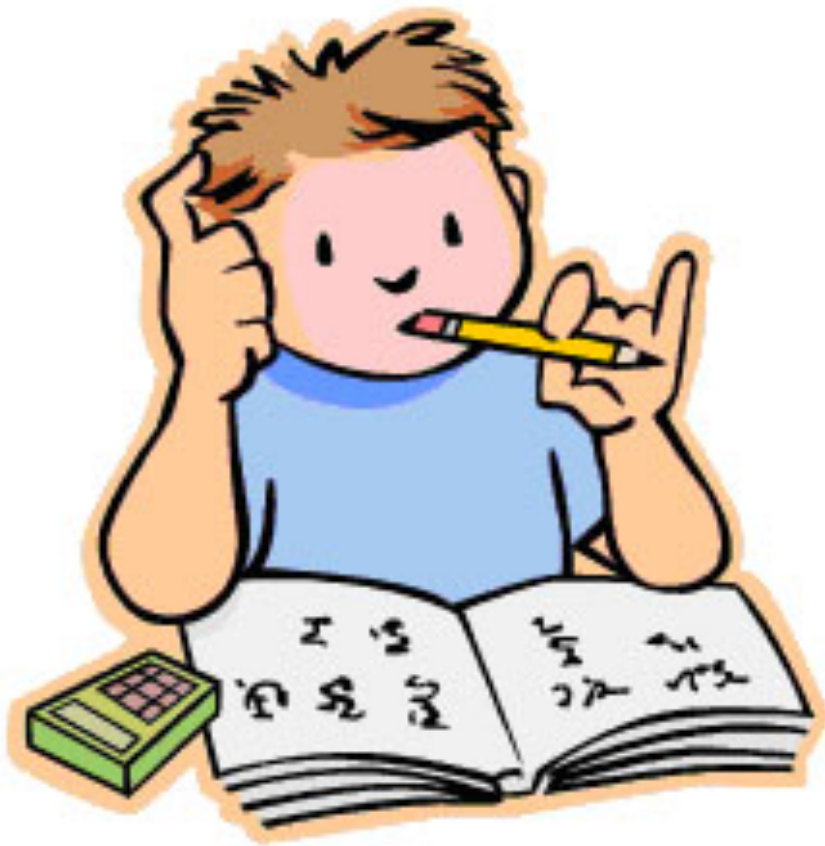
(Interpersonal)

You remain calm even when criticized or provoked, allow other people to speak without interrupting, be polite to adults and peers, and keep your temper in check.



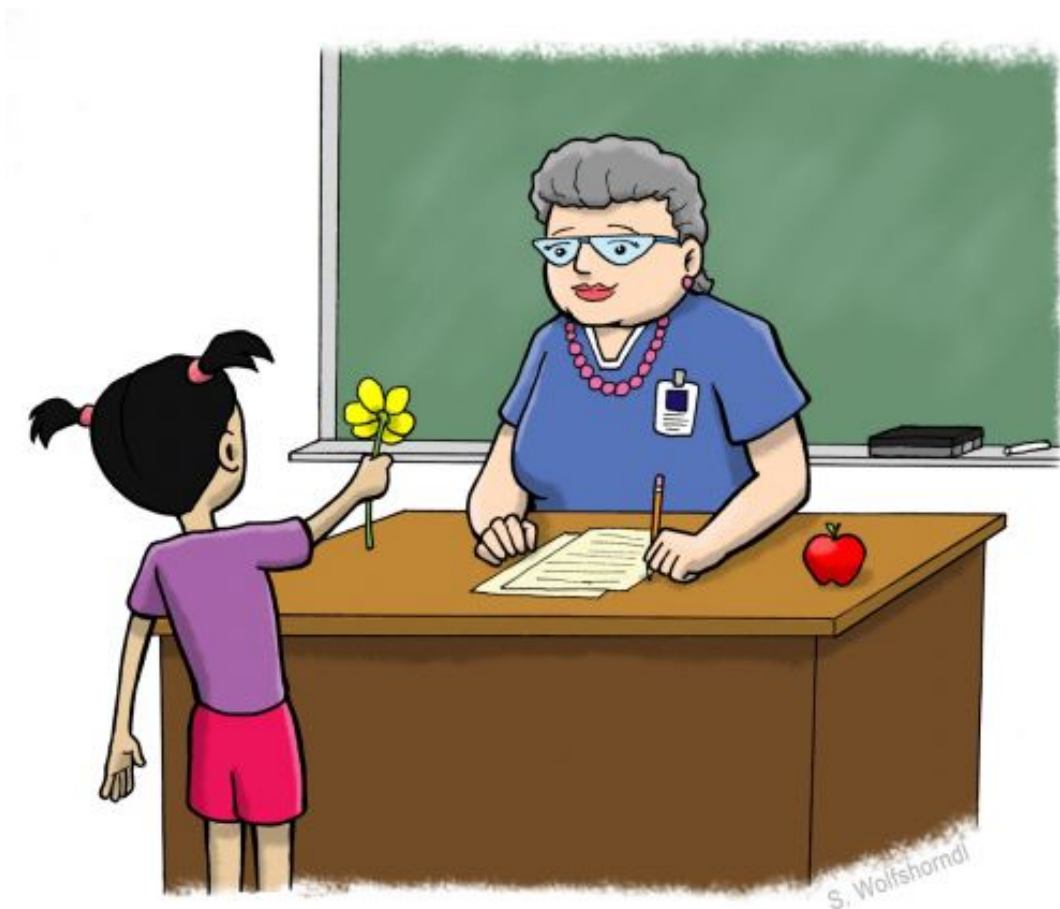
Grit

You finish whatever you begin, continue to try hard even after failing, and work independently with focus.



Gratitude

You recognize and appreciate others and for your opportunities.



Empathy

You imaginatively project yourself into the situations of other people to understand their thoughts, reasoning, and emotions. You treat others like you want to be treated.



Zest

You actively participate, show enthusiasm, and invigorate other people.



Integrity

You have moral courage to make your actions consistent with what is right and wrong. You always tell the truth.



Optimism

You get over frustrations and setbacks quickly and believe effort will improve the future.



Social Intelligence

You find solutions during conflict with other people, demonstrate respect for the feelings of other people, and know when and how to include other people.



Curiosity

You are eager to explore new things, ask and answer questions to deepen understanding, and actively listen to other people.



Proceduralize It

BELIEVE IT AND MODEL IT

James Baldwin wrote: “The children are ours. Every single one of them... children have never been very good at listening to their elders but have never failed to imitate them.” If you believe in what you are doing and model it, your student will too!

NAME IT

Give the intangible and often-unnamed a name. (ROE—7Cs, Common Language). Only by labeling and talking about character strengths using a common language can we embark on the journey to strengthen them.

FIND IT

Introduce students to real-world and fictional examples that display the various character strengths. <http://www.viacharacter.org/www>.

FEEL IT

Help students and adults feel the positive effects of focusing on, and developing their own character strengths. (FISH! Philosophy: Make Someone’s Day)

INTEGRATE IT

Create dual-purpose experiences and lessons that involve the character strengths.

ENCOURAGE IT

Provide your students with praise when they exhibit a growth mindset around character. (Target talk)

TRACK IT

Record and discuss progress toward character goals regularly.

