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SECONDARY MOTTOES

Years 10 - 12

(in three year cycle)

YEAR 1

TERM I

Virtue: *Personal Presentation and Bearing*

Ideas

Week 1	“Manners maketh man.” (English proverb)	Personal presentation and behaviour is a measure of the respect we have for others. Ultimately it can indicate our <u>fundamental</u> attitudes to other people. Out of charity we should make others feel at ease and welcome.
Week 2	“The eyes are the window of the soul.” Shakespeare	Do I look at others when I talk to them? Do I give my full attention to the person I am talking to? Do I smile when I greet people? Do my eyes reflect happiness and peace in my heart?
Week 3	“Fair words break no bones.” (English proverb)	Am I a gentleman’s gentleman? Do I <u>know</u> how to conduct myself graciously? Do I know how to put others at ease, and make them feel very welcome with my words?
Week 4	“Yes: that’s how we dress when we’re ruined,” said she. Thomas Hardy, 1840-1928 “The Ruined Maid”	Clean, well looked after clothing is a mark of respect for others, and a reflection of the value we give to human dignity. A dishevelled appearance often betrays low self-respect, and a selfish “I don’t owe anything to anyone else” attitude.

Virtue: *Fortitude in Work and Studies*

Week 5	“A diamond is a chunk of coal that made good under pressure.” (Anon)	A daily timetable of homework and study is a must. We must learn to put pressure <u>on ourselves</u> . We human beings only put our whole heart and effort into activities that we commit <u>ourselves</u> to do.
Week 6	“The best managers know how to manage <u>themselves</u>.” (Peter Drucker)	Good management of my timetable includes planning assignments <u>well</u> before they are due, daily revision of classes, time for background and literature reading. We must accept no excuses from ourselves.
Week 7	“In tenui labor at tenuis non gloria.” Though the work be small, its value is great. (Virgil)	Do I create a good environment around me? Or do I distract myself with music or TV? I should do the small assignments and the major assignments with the same industriousness.
Week 8	Where many people go wrong in trying to reach their goals is in constantly looking for the big hit, the home run, the magic answer that suddenly transforms their dreams into reality. The problem is that the big hit never comes without a great number of little hits first. Andrew Wood	Orderliness and constancy in my study are much more important than the occasional big block of study. Am I waiting for the "big hit", or am I doing the "little hits" every day?
Week 9	I can accept failure; I cannot accept not trying. Michael Jordan	Do I realize it is more important to try than to succeed? It is more important to give my best than to be the best.
Week 10	It is not because things are difficult that we do not dare; it is because we do not dare that they are difficult. Seneca	Sometimes our lack of fortitude in work and studies is simply a reluctance to get started. We have to "dare" to get started and then keep up that "daring" every time we are faced with a task. Each journey begins with the first step.

YEAR 1

TERM II

Virtue: *Service to Others*

Ideas

Week 1	<p>“In the Dalebura tribe a woman, crippled from birth, was carried about by the tribes people in turn until her death at the age of sixty-six.”</p> <p><i>Aboriginal Chronicle</i></p>	Compassion at the misfortunes of others. Do I “have a heart” for others? Do I think of <u>practical</u> things I can do? Do I read the news to know what is happening around us?
Week 2	<p>“Actis aerum implet, non segnibus annis.”</p> <p><i>Ovid</i></p> <p>(He fills his space with deeds, and not with lingering years).</p>	Spirit of service to others. Do I start at home and with my relatives and friends? I have a duty to do more for my parents.
Week 3	<p>“The destructive siren, sloth should ever be avoided.”</p> <p><i>Classical Common Sense</i></p>	Be productive. Habits of laziness can be doubly hard to overcome later on. Am I tough on time spent watching TV, vegging out to music, “doing nothing” sleeping in, etc...
Week 4	<p>“God is won over by the last coin.”</p> <p><i>Spanish proverb</i></p>	Not being stingy. Life is a big challenge ahead of me. Am I preparing myself by growing in strength of character, self-control, real generosity?
Week 5	<p>“...the good of grace in one is greater than the good of nature in the whole universe.”</p> <p><i>St Thomas Aquinas 111 113 9</i></p>	A proper scale of priorities. We have a duty to look after the material well being of others, but their spiritual wellbeing is even more important.

Virtue: *Attention to Detail*

Week 6	<p>“The greatest of little things and the smallness of great things.”</p> <p><i>G K Chesterton 1874-1936</i></p>	Importance of little things. My life is made up of little actions, so I must ensure that each day I do many small good deeds.
Week 7	<p>“Little strokes fell great oaks.”</p> <p><i>Benjamin Franklin 1706-1790</i></p>	Patience and perseverance. Care in detail makes so much difference in my work. Daily study schedule, determination to prepare each test thoroughly, no corner-cutting, writing the full amount required, never copying from others...
Week 8	<p>“Just as the twig is bent, the tree inclined.”</p> <p><i>Alexander Pope 1688-1744</i></p>	Developing good habits when we are young. My good habits will stay with me all my life; my vices... (laziness, impatience, justifying myself) can easily become entrenched and debilitating.
Week 9	<p>“Admiranda tibi levium spectacula rerum.”</p> <p><i>Virgil 70-19BC</i></p> <p>(A might pomp, though made of little things.)</p>	The lives of each of us will be made of many small, hopefully good, deeds. At the end, Our Lord gives heaven with the words: “Because you have been faithful in small things, I have great things to commit to thy charge.” Matthew 25:21

YEAR 1

TERM III

Virtue: *Detachment from Material Things*

Ideas

Week 1	“It is not the possessor of many things whom you will rightly call happy. The happy man has learned the art whereby to use what the gods give, and who can endure the hardships of poverty.”	Is my happiness dependent on <u>having</u> things...the best chair, the front seat, the video I like, a new CD “cool” clothes, well cooked dinners, visits to McDonald’s? if so I need an attitude adjustment.
Week 2	‘Eat in order to live, not live in order to eat.’	Learn how to exercise self-control in eating and drinking. It is both healthy for the body and healthy for the spirit. Learn to control cravings for snacks and sweets.
Week 3	“They are sick that surfeit with too much as they that starve with nothing.”	Beware of the consumer society. It is easy to surround ourselves with more things yet things cannot satisfy us. We will always want more. No one has the right to surround himself with pampering comforts while others do not have necessities.
Week 4	‘Money is useful only if it serves to spread Christ’s love.’	Use money and goods to do good. We are “stewards” of our possessions. First we need to look after those who depend on us, and then, with what is left, do as much good as we can. Give generously.
Week 5	“Man’s happiness consists not in having but in being.”	We must strive to develop strength of character and, in love, give ourselves to others. Only short-term happiness can result from selfishness. Only love, giving of ourselves, can provide lasting peace and joy.

Virtue: *Piety*

Week 6	“Love prayer. Let yourself become aware of the need for prayer often during the day. And do it! Prayer makes the heart grow until it is able to contain God Himself.” <i>Mother Teresa</i>	Do I pray every day? Do I offer up the day? Do I visit the chapel every day to give some time to Our Lord?
Week 7	“There are only three kinds of persons: those who serve God having found Him; others who are occupied in seeking Him...while the remainder live without seeking Him, and without having found Him. The first are reasonable and happy, the last are foolish and unhappy; those between are unhappy and unreasonable.” <i>Blaise Pascal (1623-1662) Mathematician</i>	Do I stop long enough to make big decisions in my life? Do I see that my work and family duties are in God’s plan for me? Therefore do I do them as well as I can?
Week 8	“He who has God finds he lacks nothing. God alone suffices.” <i>St Teresa of Avila (1515-1582)</i>	When will we learn to put all of our concerns into God’s hands? Only if we pray daily will this become a reality.
Week 9	“Christianity taught men that love is worth more than intelligence.” <i>Jacques Maritain (1882-1963)</i> <i>A brilliant philosopher</i>	I can do everything with the intention of loving God through it. How often, however, do I work with self-centered intentions?
Week 10	Sometimes we turn to God when our foundations are shaking to find out it is God who is shaking them. <i>(Anon)</i>	Do we realise that life is often a challenge and our Lord can often test us to strengthen our faith? By looking at the lives of the saints do we see that those who struggled the most were often the greatest saints and that sanctity cannot exist without struggle?

YEAR 1

TERM IV

Virtue: *Sincerity*

Ideas

Week 1	“Esto quo esse videris.” (Be what you seem to be.)	Sincerity means that our thoughts should correspond to our words and actions. When do I try to impress people? When do I try to win popularity?
Week 2	“Vice thrives by concealment.” <i>Virgil</i>	We need to be honest about our mistakes. This means admitting them, making good any harm we have caused, and apologising. Humility is an indispensable virtue.
Week 3	“Who has deceived thee so often as thyself?” <i>Benjamin Franklin</i>	Self-delusion is a sad vice. We can easily rationalise our laziness, justify our unkindness to others, hold grudges against others and generally not take an objective look at ourselves which is needed if we are to improve our character.
Week 4	“It is much easier to be critical than correct.” <i>Benjamin Franklin</i>	Criticalness, uncharitableness and judging others are all forms of insincerity. If we recognised our own failures and weaknesses we would be very understanding of those of others.
Week 5	“Father, I cannot tell a lie, I did it with my little hatchet.” <i>George Washington 1732-1799</i>	Not even “white” lies are okay... Do I set things right after a mistake by telling the truth? Lies too easily lead afterwards to greater errors like theft, hypocrisy and pride.
Week 6	“With his mouth was he full of ‘Yea’, but his heart was set on ‘Nay’.” (Ancient Babylonian Transcript)	Sincerity is showing with our words and deeds what is going on in our minds. Sincerity starts in my mind. Do I face the truth and then courageously <u>act</u> on it?

Virtue: *Moderation*

Week 7	“Alium silere quod valeas primus sile.” <i>Seneca</i>	Many of us have a tendency to want to have the last word...this is a form of vanity; pride at not wanting to be shown-up or outdone. Have I learned to be the <u>first</u> to apologise after an argument?
Week 8	“Anger manages everything badly.” <i>Stadius</i>	Anger is a lack of self-control and of charity in 99% of cases. A man or woman who can control <u>themselves</u> earns the respect of <u>others</u> and the right to give them direction and advice.
Week 9	“Ignorance, want of education and stupidity beget boldness of speech; reflection begets hesitation in giving one’s opinion.” <i>From the Ancient Greek</i>	Speak less. Listen more. Only by listening can I learn. Nobody ever learned anything by talking. Am I opinionated, or do I ask others for their thoughts?
Extra	“Too much of something is good for nothing.” <i>From the Ancient Greek</i>	Am I moderate in my enjoyment of food, drinks that I like, games, music, etc? Do I habitually take the smaller serving? Have I learned to master my appetite?
Extra	“Bonarum rerum consuetudo pessima est.” <i>Publius Syrus</i> (Too constant use even of good things is a very bad thing.)	Do I create needs for myself – getting lifts where I want to go, expecting a certain level of allowance, wanting foods I am used to...? Do I complain when I have to go without something I am used to?

YEAR 2

TERM I

Virtue: *Personal Presentation and Bearing*

Ideas

Week 1	“Manners maketh man.” <i>English proverb</i>	Personal presentation and behaviour is a measure of the respect we have for others. Ultimately it can indicate our <u>fundamental</u> attitudes to other people. Out of charity we should make others feel at ease and welcome.
Week 2	“The eyes are the window of the soul.” <i>Shakespear</i>	Do I look at others when I talk to them? Do I give my full attention to the person I am talking to? Do I smile when I greet people? Do my eyes reflect happiness and peace in my heart?
Week 3	“Fair words break no bones.” <i>English proverb</i>	Am I a gentleman’s gentleman? Do I <u>know</u> how to conduct myself graciously? Do I know how to put others at ease, and make them feel very welcome with my words?
Week 4	“Yes: that’s how we dress when we’re ruined,” said she. <i>Thomas Hardy, 1840-1928</i> <i>“The Ruined Maid”</i>	Clean, well looked after clothing is a mark of respect for others, and a reflection of the value we give to human dignity. A dishevelled appearance often betrays low self-respect, and a selfish “I don’t owe anything to anyone else” attitude.

Virtue: *Fortitude in Work and Studies*

Week 5	“A diamond is a chunk of coal that made good under pressure.” (Anon)	A daily timetable of homework and study is a must. We must learn to put pressure <u>on ourselves</u> . We human beings only put our whole heart and effort into activities that we commit <u>ourselves</u> to do.
Week 6	“The best managers know how to manage themselves.” <i>Peter Drucker</i>	Good management of my timetable includes planning assignments <u>well</u> before they are due, daily revision of classes, time for background and literature reading. We must accept no excuses from ourselves.
Week 7	“In tenui labor at tenuis non gloria.” Though the work be small, it’s value is great. <i>Virgil</i>	Do I create a good environment around me? Or do I distract myself with music or TV? I should do the small assignments and the major assignments with the same industriousness.
Week 8	“If you refuse to accept from yourself anything but the best, you very often get it.” <i>(Anon)</i>	Do I cut corners? Do I leave out bits of homework? Do I rush to finish or write the minimum? Have I realised that once a person is an adult he must set his own challenging standard?
Week 9	“80% of success is turning up”	Do I honour my commitments and meet my obligations? Am I ready to give my best endeavours to the task at hand? Is my attitude co-operative and my focus attentive?
Week 10	Live as if you were living already for the second time and as if you had acted the first time as wrongly as you are about to act now. <i>Victor Frankl.</i> <i>Man’s Search for Meaning</i>	If we could only imagine that we were living for the second time we’d understand how finite things are and this would stimulate us to use our time very well. Let’s make use of the time now so that we never have to regret it later on.

YEAR 2

TERM II

Virtue: *Friendship*

Ideas

Week 1	<p>“Amicum perdere est damnum maximum.”</p> <p style="text-align: right;"><i>Publius Syrus</i></p> <p>(To lose a friend is the greatest of all losses.)</p>	Do I treasure my friends? Or do I take others for granted by forgetting about them when they are sick? ...by holding grudges? ...by not being the first to apologise?
Week 2	<p>“Fair weather friends are no good in a stormy world.”</p>	Friendships I am forging now are for life. Do I put care for my friends above my own comfort? Do I share whenever my friend is in need?
Week 3	<p>“A thing not given is lost.”</p> <p style="text-align: right;"><i>Tagore</i></p>	Without generosity there can be no real friendship. Do my friendships cost me anything? ...time? ...money? ...prayers?
Week 4	<p>“Love one another.”</p> <p style="text-align: right;"><i>Anonymous billboard motto</i></p>	We can say that love is the capacity to give oneself to another. The virtue of generosity is the training we need for love. Only by generosity which is not self-interested can we build firm relationships with others.
Week 5	<p>“Charity is the mother of unity.”</p> <p style="text-align: right;"><i>St. Augustine</i></p>	When we want what is best for each of the people around us we find many ways to be of service and to build friendships. Only when there is indifference...”that’s his problem!” ...do friendships die.

Virtue: *Humility*

Week 6	<p>“When you point a finger at a man your other three are pointing at yourself.”</p> <p style="text-align: right;"><i>Thales of Miletus</i></p>	When I find fault with others, I must do so in a way which helps them. Each of us is too full of weaknesses and flaws to be sitting in judgment on others.
Week 7	<p>“Est proprium stultitiae aliorum cernere vitia, oblivisci suorum.”</p> <p style="text-align: right;"><i>Cicero</i></p> <p>(Fools see the faults of others and forget their own.)</p>	A common problem we have is to complain about particular faults in others, when we have those same faults in our own character. Think about it.
Week 8	<p>“To understand is to forgive.”</p> <p style="text-align: right;"><i>Ben Chifley</i></p>	When we side with a person, understand his or her difficulties, and genuinely try to help, we will never hold grudges, become bitter or be unable to forgive. A person who can’t forgive keeps himself unhappy.
Week 9	<p>“Mediocrity knows nothing higher than itself, but talent instantly recognises genius.”</p> <p style="text-align: right;"><i>Sir Arthur Conan Doyle</i></p>	Do I genuinely applaud the achievements of others? Do I remember to congratulate others? Do I recognise the good in others’ character and achievements?
Week 10	<p>“How little we are... We must all receive and learn not only from our predecessors but also from our contemporaries... Many good people do not realise this and spend half their lives groping in the dark with their dreams of originality.”</p> <p style="text-align: right;"><i>Goethe</i></p>	Sometimes we can let ourselves become too independent of others... of our parents and family especially. The deeper our sharing with others, the richer is our life. The more we learn from others, the more successful will our work be.

YEAR 2

TERM III

Virtue: *Sincerity*

Ideas

Week 1	"In primis hominis est propria veri inquistio atque investigatio." To seek out and investigate the truth should be man's goal. <i>Cicero</i>	Man is fulfilled by truth and love. We must never run away from the truth, even when it is hard to face. Hard realities... the need to work harder, the need to say sorry... must be faced.
Week 2	"Fallacia alia aliam tradit." One falsehood produces another. <i>Terrence</i>	Dishonesty quickly weaves a complicated web of unhappiness. The best course is always to be up front and straightforward.
Week 3	"Honestas aliquando cum utilitae pugnat." Honesty can conflict with pragmatism <i>Cicero</i>	A sincere man often realizes that his values are in conflict with comon values in society, and sometimes even with official policies of government. It is necessary to have the strength to stand up for one's conscience.
Week 4	"Hateful to me as the gates of Hades is that man who says one thing, and hides another in his heart." <i>Iliad Homer</i>	An upright man has no guile. His actions, words and thoughts are in harmony. Do I always speak without any dissembling or deceit to my parents and friends?
Week 5	"Veritatis simplex oratio est." Truth speaks simply. <i>Seneca</i>	Am I honest with my friends, talking to them simply if there is a problem or if I can give them a hand with something?

Virtue: *Detachment*

Week 6	"The contented man is never poor; The discontented man is never rich." <i>local wisdom</i>	How attached am I to material goods and comforts? A sign of attachment is to be overly concerned or worried about material needs or wants.
Week 7	"...in age... we are more worldly, more close fisted, more grasping, than is either needful or becoming." <i>Terrence</i>	I must give Christian example in a consumeristic society. How sad it is to see some older people whose last years are made unhappy by needless worries.
Week 8	"When once this rust and love of gain has taken possession of the soul, can we imagine it capable of noble thoughts, or of poems worthy to be kept in cases of cypress and cedar?" <i>Horace</i> N.B. In Rome, precious documents were rubbed with cedar oil and kept in cypress cases.	The virtue of detachment makes it possible to rise above material things, seeing that man's spiritual side is only satisfied by spiritual goods...truth, beauty, peace, friendship, etc.
Week 9	I don't know what your destiny will be, but one thing I know; the only ones among you who will be really happy are those who will have sought and found how to serve. <i>Albert Swchweitzer</i>	In life our priority has to be to serve others... our friends, our family, our clients at work. This may often mean leaving our own plans aside, but it is in serving that happiness is found.
Week 10	The fewer needs that a man has the closer he is to God. <i>Socrates (5th Century BC)</i>	The more we find ourselves focused on material things, the harder it is to live a spiritual life. Consumerism surrounds us, and we have to be on guard not to put our hearts in bright and shiny things that only fade and grow old, yet cannot fulfil us.
Week 11	Remember this! Very little is needed to make a happy life'. <i>Marcus Aurelius</i>	<i>Do I create needs for myself? Do I need the latest electronics, the latest music, the latest IT technology? Or do I realize that these things don't bring happiness in themselves.</i>

YEAR 2

TERM IV

Virtue: *Determination*

Ideas

Week 1	A first class brain and a second class will, will always be defeated by a second class brain and a first class will." <i>Jack Gibson</i>	Responsibility in studies is one of the most important duties for a student. Constant work habits and self-discipline are indispensable. Do I keep to my timetable? Do I truly set challenging goals for myself?
Week 2	"Never forget that only dead fish swim with the stream." <i>Malcolm Muggeridge</i>	I must set my own goals, certainly with others' advice, ... but they have to be my goals. An adult has the privilege of using his own free power to make decisions... and the duty to make decisions that are in this own and others' best interests.
Week 3	"Victory is a thing of the will." <i>Field Marshall Foch</i>	Do I win the small battles, such as getting up on time, handing in all assignments on time, having a fixed afternoon schedule which I am very determined to keep?
Week 4	"Labor omnia vincit." (Work conquers all.) <i>Virgil (70 -19BC)</i>	What is the quality of my work like? Do I take pride in my presentation of work? Do I learn from my mistakes? Am I determined to prepare better than ever for the coming exams?
Week 5	"Iron rusts from disuse, stagnant water loses its purity, and in cold weather becomes frozen; even so does inaction sap the vigours of the mind." <i>Leonardo da Vinci (1452-1519)</i>	Active study techniques take more effort but are much more effective. Do I study with a pen in my hand? Do I make sure that my notes are up to date? Do I ask questions when I realise that I need to focus my work to be more efficient?

Virtue: *Detachment*

Week 6	"The true measure of the justice of a system is the amount of protection it guarantees to the weakest." <i>Aung San Suu Kyi , Nobel Peace Prize Winner, 1991 – under arrest in Myanmar</i>	Do I ever carelessly criticise or mock anyone who is not in a position to defend him or herself? My nobility as a person is largely determined by the respect that I have for others, regardless of my personal likes and dislikes.
Week 7	"Quemcumque miserum videris, hominem scias." (Attend to any poor wretch as your fellow man.) <i>Seneca</i>	What opportunities arise during the day for me to help others? Do I share my things and my time with any and all of my classmates? Do I know how to give generously to worthwhile causes?
Week 8	"Quantum a rerum turpitudine abes, tantum te a verborum libertate se iungas." (We should be as far from speaking ill as from doing ill.) <i>Cicero</i>	How often do I use my words to do good? Do I actively encourage others? Do I know how to offer advice without showing off? Do I know how to show kindness and affection with my words? Do I always stand up for right causes, having the self control to talk calmly rather than to get upset?
Week 9	"Let us always meet each other with a smile, for the smile is the beginning of love, and once we begin to love each other naturally we want to do something." <i>Mother Teresa</i> <i>- Nobel Peace Prize Winner 1979</i>	Christmas is a joyous season, and the joy of Christmas must start in the hearts of each of us. Have I discovered how to cheer others up, or am I an emotional explosive which must be handled with care?
Week 10	"The fewer needs a man has, the closer he is to God." <i>Socrates</i>	When my thoughts and imagination revolve around things, it is hard to fit in people, and harder to fit in God. I must avoid "creating" needs for myself: junk food, comfort, etc.

YEAR 3

TERM I

Virtue: Responsibility in my work

Ideas

Week 1	Work is not what we do for a living, it is what we do with our living. <i>William J Bennett</i> <i>Former US Secretary of Education</i>	Much of my life will be spent working. My work will be a very practical contribution to making the world a better place. In my work the quality of my character will shine through.
Week 2	Heaven helps those who help themselves. <i>Aesop</i>	Human virtues are the basis of supernatural virtues. Another way of looking at this is the saying: Do your best and God does the rest. This gives great peace of mind to a person of Faith.
Week 3	One today is worth two tomorrows; Never leave that till tomorrow which you can do today. <i>Benjamin Franklin</i>	Do I treat my time as a limited treasure? I must make my minutes and hours count. Do I find ways to be more efficient in my use of time? Is relaxation a change of activity, rather than just doing nothing?
Week 4	There is no treasure without toil. <i>Aesop</i>	A life of ease and luxury has much superficial appeal, but cannot be the aspiration for a man who has compassion for the plight of his fellow man.

Virtue: Kindness and compassion

Week 5	It's a pity that when they built the Statue of Liberty, they didn't also build the Statue of Responsibility! <i>Victor Frankl</i>	Do we realise freedom without responsibility is only an illusory freedom? Have I developed a sense of responsibility so that I can be depended upon to fulfill any task given to me?
Week 6	And it isn't the thing you do dear, it's the thing you leave undone Which gives you a bit of heartache at the setting of the sun. <i>Margaret E Sangster</i>	I have a responsibility to develop my talents so I can make a real contribution in my life. Am I keen to improve my character and my knowledge so I can do all the good I am meant to do in my life?
Week 7	The quality of mercy is not strain'd. It blesseth him that gives, and him that takes. <i>The Merchant of Venice</i> <i>William Shakespeare</i>	Compassion comes down to practical concern for each person around us—it would be absurd to be frightfully concerned about world peace, and then ourselves be very hard to get on with.
Week 8	For he offered his life for the people's sake. <i>The Ride of Collins Graves,</i> <i>John Boyle O'Reilly</i>	Kindness sometimes requires great courage. Do I have the courage to tell my friends the truth even when it is hard to do so? Do I give generously of my free time in works of social service?
Week 9	I have been a selfish being all my life, in practice though not in principle. <i>Mr D'Arcy in Pride and Prejudice</i>	If I don't plan ways to help others (in meals, house jobs, weekends) I will end up well-intentioned but quite selfish. How much do I end up thinking of myself?
Week 10	O Captain! My Captain! Our fearful trip is done;.... <i>Walt Whitman</i>	Many men and women have given their lives in their work for others, and, no doubt, would do so again if given the chance. Am I idealistic, or materialistic? Is my life centered on myself or on principles outside myself?
Extra	"Beautiful hands are they that do Deeds that are noble, good and true."	I must "do good" in my life. How do I set about "doing good"? It is not enough to be concerned for others... we must find ways to help practically.

YEAR 3

TERM II

Virtue: *Self discipline*

Ideas

Week 1	Beowulf had been the mildest and the gentlest of the kings of the world. <i>Anglo Saxon Chronicle</i>	Control of one's moods, temper, and passions is the mark of a fine personality. Kindness and gentleness can be signs of strength, not softness. It is possible to put forward a point of view kindly but nevertheless very firmly and courageously.
Week 2	One should never strike a woman, not even with a flower. <i>Hindu, Book of Janet</i>	Respect for all others and especially for all girls and woman is a feature of great strength of character. Familiarity with a woman can lead a man to take advantage of her, to drop his own standards of conduct, or accept that she acts cheaply to gain his attention.
Week 3	'Nature and reason command that nothing uncomely, nothing effeminate, nothing lascivious be done or thought.' <i>De Officiis Cicero</i>	Self control of our passions is not just a commandment of Christianity. Our human nature can only find peace and happiness in upright conduct. Sometimes lack of self control (anger, revenge, over-eating, pornography) is seen as acceptable by some people, but this type of behaviour is still very damaging.
Week 4	The scholar who cherishes the love of comfort is not fit to be deemed a scholar. <i>Origin uncertain</i>	Study and serious commitment to school work take self discipline and perseverance. Frequent giving in to TV, or computer games, undermines one's character.
Week 5	To improve is to change; to be perfect is to change often <i>Speech to the Commons 1925 by Winston Churchill</i>	Do I know how to grow from my mistakes? How to have another go at something? Am I scared of the prospect of having to admit mistakes?

Virtue: *Optimism*

Week 6	There is no road has not a star above it. <i>Ralph Waldo Emerson</i>	Optimism is not wishful thinking or a lack of toughness. A son of God, with a ticket to Heaven, has every reason to be optimistic.
Week 7	Bode good and get it. (Bode = expect) <i>Anon</i>	If we allow ourselves to become compulsively critical, hard to please, and suspicious, we will undoubtedly end up convinced we are the only ones who are realistic, and we will be able to justify our position with selective examples. But such sterile, bitter pessimism can bleaken and person's whole life and oppress others.
Week 8	After the typhoon there are pears to gather up. <i>Oriental adage</i>	Good should come out of every crisis. Do I know how to find it? Sometimes out of family tragedy can come deeper relationships and personal growth. From children's misbehaviour arises the opportunity to perceive and attack the cause of the problem. From personal failure comes, at least, humility.
Week 9	Never was cat or dog drowned that could but see the shore. <i>Elizabethan proverb</i>	It's never too late to make the best of a situation. Often, a night's study, and apology, a heart to heart chat, a good confession, changes the whole panorama.

YEAR 3

TERM III

Virtue: *Using Freedom Responsibly*

Ideas

Week 1	If you fail to prepare, prepare to fail. <i>Oxford collective wisdom</i>	When I am realistic, I realize that good intentions are not enough. I need to put all my willpower and energy into each worthwhile goal.
Week 2	The successful person has the habit of doing things that failures don't feel like doing. <i>E M Gray, The Common Denominator of Success</i>	I can't let my decisions get 'hijacked' by my feelings. Just because I don't 'feel like' something doesn't mean I ought not do all I can to achieve it.
Week 3	No progress but by painful effort. <i>Motto of the School of Athens, 400BC</i>	When I work steadily and patiently I will always achieve more than an overloaded last minute dash. Have I followed the right set of priorities in my work?
Week 4	With God and self discipline in your life anything is possible. <i>P W Quinn, 1994</i>	I have great ideas in my heart, and the capacity to achieve a great deal in my life. Doing so, I know will mean that I have to be very responsible. It's worth it.

Virtue: *Thoughtfulness*

Week 5	By his deeds we know a man. <i>African proverb</i>	Do I end up taking Mum and Dad, and all their efforts for me over the years, for granted? Am I kind to all or only to people whom I like? Do I ever speak badly to anyone?
Week 6	I have been a selfish being all my life, in practice though not in principle. <i>Mr D'Arcy in Pride and Prejudice</i>	If I don't plan ways to help others (in meals, house jobs, weekends) I will end up well-intentioned but quite selfish. How much do I end up thinking of myself?
Week 7	True generosity gives recognition. <i>Goethe</i>	Do I remember the birthdays of my relations and friends? Do I know how to simply and honestly congratulate anyone who deserves recognition? Are there some people I would never congratulate?
Week 8	Slow help is no help. <i>Northumbrian wisdom</i>	Am I quick to think of others in need? Am I quick to visit people who are sick? Do know how to anticipate others' needs?
Week 9	Giving much to the poor doth enrich a man's store. <i>Hungarian Adage</i>	Am I generous with my money and time to help others less fortunate than myself. Am I generous enough to realize that I have a responsibility to the common good. I am a 'steward' of my possessions.
Week 10	Love is deeds and not sweet words <i>St Josemaría Escrivá</i>	When we say that we love and care about someone, this is shown in how we treat them - not only in our words but above all in our deeds. Do we remember important events in the lives of those we love? Do we try to make life pleasant and agreeable for others? Do we realize that this may mean not doing what I want but what others want? Do I always try to arrange things just to suit myself?

YEAR 3

TERM IV

Virtue: *Love for Truth*

Ideas

Week 1	Sincerity and truth are the basis of every virtue <i>Confucius</i>	Humility, facing the truth about oneself, enables a person to develop his weaker points. Do I seek out positive criticism? Do I ask for advice from my parents and teachers?
Week 2	The easiest thing of all is to deceive oneself, for what a man wishes he generally believes to be true. <i>Demosthenes 385-322BC</i>	Sincerity to ourselves is a daily struggle. It is very easy to rationalise, to convince yourself that you are right... that you should not bother working now, that you should sleep in, that Dad doesn't understand, etc.
Week 3	To myself I seem to have been only a boy... (with) the great ocean of truth all undiscovered before me. <i>Sir Isaac Newton, 1642-1727</i>	The most intelligent men in history have needed great humility. They realised in wonder they had only grasped a tiny understanding of the order and plan of the natural world.
Week 4	... and the truth of man leads to the truth of God. <i>Address at Sydney University, Pope John Paul II</i>	By courageously seeking the truth through our work and study, we will find it more and more easy to understand the goodness of God. Study and learning make it easier for us to be happy.
Week 5	Don't wear different faces in different places. <i>Fr Joseph Pich, former chaplain of Redfield</i>	No matter where I am, am I myself or do I try to impress? Do I waste time thinking about how I appear to others? Do I live by my own thought-out convictions or do I try to measure up to socially acceptable standards?

Virtue: *Value of work*

Week 6	Where there's a will there's an A. <i>A Redfield Parent</i>	Am I focused on the upcoming exams? Am I doing enough study? Do I have a thorough revision plan... or am I leaving it up in the air? Have I really learned how to do my best?
Week 7	That which is well done is twice done. <i>Village wisdom</i>	Diligent work does not need re-doing. Exams for which I have studied hard will not need redoing. Putting work off is a lost opportunity to use one's talents and give glory to God. Start homework early and punctually. Duties first.
Week 8	Laziness is the habit of resting before fatigue sets in. <i>Jack Gibson</i>	Hard work serves others and improves our own character. Laziness has nothing to show. Am I setting goals to improve the quality of my work? Am I analysing my exam performance to learn from my mistakes?
Week 9	Plough deep while others sleep and you shall have corn to sell and to keep. <i>Farmers proverb</i>	How am I going to make my holidays productive? What will I teach myself? How will I spend my time enjoyably but usefully? What new friends will I have by the end of the holidays?