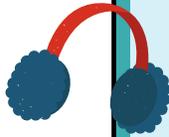


COUNSELOR'S CORNER

January 2026

Character Trait: Perseverance

This month, we are focusing on the character trait perseverance—the ability to keep trying even when something feels hard.



At school, we are learning that challenges are a normal part of learning. When we practice perseverance, we build confidence, problem-solving skills, and a growth mindset. Instead of giving up, students are encouraged to try new strategies, ask for help, and learn from mistakes.

At School:

- Try a challenging assignment again.
- Practice a skill to improve over time.
- Ask for help instead of quitting.
- Stay calm and focused when frustrated

At Home:

- Praise effort, not just results (“You worked hard on that!”)
- Share stories about times you had to keep trying
- Encourage problem-solving before stepping in
- Use phrases like:
 - “Mistakes help us learn.”
 - “Let’s try one more time.”
 - “You’re getting better because you didn’t give up.”



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