

# ASPIRE

Secondary Students Take Action



# DIRECTIONS

This resource is designed to provide secondary students with actions they can take to foster Self-Worth, Engagement, and Purpose.

**Self-Worth** flourishes when students and staff know they are valued members of the school community, have people in their lives they can trust and learn from, believe they have the ability to achieve, and know their efforts and hard work are recognized and celebrated in a variety of ways—academically, personally, and socially.

**Engagement** takes root when schools ensure that students and staff are deeply involved in the learning process, showing enthusiasm and a desire to learn new things, as well as a willingness to take positive, healthy steps toward the future.

**Purpose** in school is fostered when students and staff take responsibility for who and what they want to become, both in terms of professional careers and by being confident, responsible members of their community.

Teachers can facilitate this resource in a variety of ways. For example:

- Challenge students to complete an activity of their choosing each week and then provide time to share their experiences.
- Randomly ask a student to choose a class challenge each week.

Most importantly, students and teachers should continually revisit how the completion of an action supported the appropriate Guiding Principle. Also note that each action supports student voice through the Listen, Learn, Lead model.



**LISTEN:** Truly hear what others have to say.



**LEARN:** Understand another person's point of view.



**LEAD:** Take action together.

**Voice** is sharing thoughts and ideas in an environment underpinned by trust and respect, offering realistic suggestions for the good of the whole, and accepting responsibility for not only what is said but also what needs to be done. Work with a peer or by yourself to brainstorm 10 challenges that develop your Self-Worth, Engagement, and Purpose.

You can track your progress by marking the corresponding boxes at the end of this booklet when each action has been completed.

# SELF-WORTH ACTIONS

## KEY



LISTEN













LEARN



LEAD



1. Share your ideas in a class you usually remain quiet.	
2. Help a student whose native language is not English understand an assignment's directions.	
3. Write a paragraph sharing your greatest achievements in and out of school.	
4. Attend an after school club meeting just to learn about their goals and purpose.	
5. Ask a teacher to share their favorite college class and why.	
6. How would you design a school that honors students' cultures? Draw inspiration from ethnic and indigenous patterns to design the architecture of the building. Share your design with your class.	
7. Make time to get to know a student who has special needs.	
8. Develop an idea to make school more welcoming for new students. Then take action and make it happen! <a href="https://www.wikihow.com/Welcome-the-New-Kid-at-School">https://www.wikihow.com/Welcome-the-New-Kid-at-School</a>	
9. Create a special event or an award to honor a hero in the school and/or community. <a href="https://www.educationworld.com/a_lesson/00-2/lp2284.shtml">https://www.educationworld.com/a_lesson/00-2/lp2284.shtml</a>	
10. Walk up to someone you have never met before in the lunchroom and start chatting with them.	

# ENGAGEMENT ACTIONS

Secondary

## KEY



LISTEN













LEARN



LEAD



11. Next time you disagree with a peer, take the time to listen to their point of view.	
12. Ask a teacher to recommend a new podcast. Listen and share what you learned.	
13. Raise your hand and ask at least one question during your next class.	
14. Attend a school event (play, sports) that you've never attended before.	
15. Research both sides of an ongoing local, national or international conflict. Share your findings.	
16. Ask someone who speaks another language to teach you how to say a few phrases.	
17. Read your school's website and write a thoughtful idea on how to highlight more students.	
18. Propose a new afterschool club. Develop a plan and be willing to lead the club. <a href="https://blog.prepscholar.com/how-to-start-a-club-in-high-school">https://blog.prepscholar.com/how-to-start-a-club-in-high-school</a>	
19. Ask a teacher if you can co-teach a lesson with them. Help plan and present the lesson.	
20. Create a video with tips to help new students adjust to your school.	

# PURPOSE ACTIONS

## KEY



### LISTEN













### LEARN



### LEAD



21. Develop a public service campaign related to local environmental issues.	
22. Consider the following leadership skills: <a href="https://teambuilding.com/blog/leadership-skills">https://teambuilding.com/blog/leadership-skills</a> . Reflect on your strengths and the skills you could improve – what can you do to improve these?	
23. Talk to at least 5 adults about post-secondary education opportunities including career apprenticeships. Ask for their advice.	
24. Explore some extracurricular activities you can do from the comfort of your own home, saving time and allowing you to explore your interests more deeply. <a href="https://admityogi.com/blog/impressive-and-unique-extracurriculars">https://admityogi.com/blog/impressive-and-unique-extracurriculars</a> .	
25. What are your dreams for the short and long term? Use a vision board as your starting point and to get you thinking! <a href="https://jackcanfield.com/blog/vision-board/">https://jackcanfield.com/blog/vision-board/</a>	
26. Look for opportunities to be involved in planning, informing, and consulting with the wider student body through any leadership or council processes that exist.	
27. Offer to tutor elementary and middle school students. Or, if you excel in a subject, offer to be a peer tutor.	
28. Show your teacher how much you appreciate them: write a thank you note, get them a gift card, buy some flowers, or surprise them with their favorite snack.	
29. Use different observed holidays and awareness dates (mental health awareness month, teacher appreciation week, homecoming, etc.) to plan activities for your fellow students. <a href="https://nationaltoday.com/activity-holidays/">https://nationaltoday.com/activity-holidays/</a>	
30. Provide some positive, actionable suggestions to your student government. Be prepared to take action.	

# CREATE YOUR OWN VOICE ACTIONS

## KEY



**LISTEN**



**LEARN**



**LEAD**



31. (Example: Use your voice to share your opinion in class).
32.
33.
34.
35.
36.
37.
38.
39.
40.

Challenge yourself to complete all 40 actions.  
Mark the ones you complete.

<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
<b>31</b>	<b>32</b>	<b>33</b>	<b>34</b>	<b>35</b>	<b>36</b>	<b>37</b>	<b>38</b>	<b>39</b>	<b>40</b>