



Monthly Counseling Topics & Character Traits

SEPTEMBER

Good Citizenship – Having concern for the common good and the community; having respect for authority, law, justice, and the rights of others; being free from prejudice; having gratitude and school pride, being courteous, fair, and patriotic; and making responsible decisions.

Character Trait – **Respect** –

Treating others the way I want to be treated. Being considerate and honoring the feelings, opinions, and property of others.

- Be tolerant and accepting of differences
- Use good manners, not bad language
- Be considerate of the feelings of others
- Don't threaten, hit or hurt anyone
- Deal peacefully with anger, insults, and disagreements

Leadership Habit: **Seek first to understand then to be understood**

- I respectfully listen to others
- I look people in the eye when talking with them
- I try to understand how others think and feel

OCTOBER

Self-Discipline – Having the ability to control yourself and to make yourself work hard or behave in a way without needing anyone else to tell you what to do. The ability to give up automatic and immediate gratification or pleasure, in favor of some greater gain or more satisfying results, even if this requires effort and time. Ability to force yourself to do something you know you should do, whether you want to do it or not.

Character Trait – **Proactive** –

Acting in anticipation of future problems, needs, or changes.

- Thinking beyond the short-term
- Having self-control
- Looking for a solution

Leadership Habit: **Stay Focused**

- I show initiative
- I accept blame when appropriate
- I do the right thing without being asked, even when no one is watching
- I have a good attitude

NOVEMBER

Perseverance – Quality that allows someone to continue trying to do something even though it is difficult; continued effort to do or achieve something despite difficulties, failure, or opposition.

Character Trait – **Determination** –

- Desiring
- Setting goals
- Believing in self
- Having will-power
- Making good habits

Leadership Habit: **Begin with the end in mind**

- I plan ahead
- I set goals
- I take the steps to reach my goals

DECEMBER

Gratitude – Feeling of being grateful for something; an ability to understand the worth, quality, or importance of something; an ability to value someone or something

Character Trait – **Thankful** –

- Focusing on positives
- Meditating
- Journaling
- Focusing on others' intentions

Leadership Habit: **Synergize**

- I help others
- I work well on teams
- I value others ideas and strengths
- I am humble

JANUARY

Responsibility – The state of being the person who caused something to happen; a duty or task that you are required or expected to do; something that you should do because it is morally right or legally required.

Character Trait – **Accountability** –

- Being diligent
- Showing perseverance
- Having self-control
- Being able to self-manage

Leadership Habit: **Put first things first**

- I set priorities
- I spend time on important things
- I work first – then I play

FEBRUARY

Caring – Displaying kindness or concern for others; the work or practice of looking after those unable to care for themselves, especially sick and elderly people

Character Trait – **Interpersonal Skills** –

- Showing charity
- Showing compassion
- Showing consideration for others
- Cooperating

- Showing empathy
- Showing generosity
- Showing kindness
- Being patient

Leadership Habit: **Think of Others**

- I am available
- I listen
- I truly get to know others
- I am honest
- I show respect

MARCH

Trustworthiness – the ability to be relied on as honest or truthful; something you can believe in; deserving of trust or confidence; reliable; dependable

Character Trait – **Honesty –**

- Showing integrity
- Being loyal
- Being punctual
- Showing reliability

Leadership Habit: **Expect the best from self and others**

- I am supportive of everyone, not just those I like
- I am consistent
- I am self-less
- I am respectful

APRIL/MAY

Self-Confidence – A feeling of trust in one's abilities, qualities, and judgment; confidence in oneself and in one's powers and abilities

Character Trait – **Self-Esteem –**

- Doing what you believe to be right even when others make fun of you
- Willing to take risks and go the extra mile to get better results
- Admitting your mistakes, learning from them, and taking responsibility for choices
- Letting others congratulate your accomplishment instead of touting them yourself
- Accepting compliments graciously

Leadership Habit: **Think Win-Win**

- I encourage others
- I work with others to solve problems
- I am a bucket filler
- I pay it forward