

HOW WE LEARN AND WORK TOGETHER

The Board of Education recognizes its obligation to provide all members of our school district community with a positive climate and a safe, healthy environment.

As we learn and work together, we will...

- 1 Show respect for the diversity of the members of our school and district community.**
- 2 Behave in a safe, considerate and courteous manner.**
- 3 Not threaten, harass, intimidate or assault, in any way, any person within our school district community, through physical violence, print or electronic media.**
- 4 Not be in possession of weapons, dangerous articles, alcohol or illegal drugs while in school or work.**
- 5 Show respect and pride in our school district buildings and equipment through care and appropriate use of school district property.**
- 6 Respect the non smoking environment of our schools and school district facilities.**

Our expectations for how we learn and work together shall apply to everyone in our schools and at school functions.

The complete code of conduct
is available online at:
sd38.bc.ca/codeofconduct





ÉCOLE SECONDAIRE **ROBERT A. McMATH**
SECONDARY SCHOOL

2023-2024 STUDENT AGENDA

Mr. J. Johnstone
PRINCIPAL

Mr. L. Banta and Ms. A. Naidu
VICE PRINCIPALS

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Telephone: 604-718-4050

Absentee Line: 604-718-4004

Stay Connected!

Website: <https://mcmath.sd38.bc.ca>

Twitter: @RAMcMath

E-Mail: mcmath@sd38.bc.ca

Instagram: @mcmathsecondaryschool

This agenda belongs to:

Name: _____

Student #: _____

McMath PRIDE: Together we learn.



A MESSAGE FROM THE ADMINISTRATIVE TEAM

Dear Students and Parents:

We acknowledge and thank the First Peoples of the hən̓q̓əmi̓ñəṃ (hun-ki-meen-um) language group on whose traditional and unceded territories we teach, learn and live.

We are so happy to welcome all our new students to Wildcat Country and returning students back. Your stay here at McMath will go by quickly. Whether you are entering your final year in grade 12 or just beginning your adventure as a grade 8, make the most of your year. Make a positive difference here in the school. Continue to make this school the best it can be.

We encourage you to balance your course work with involvement in school activities – join a club, play on a team, participate in Student Council activities. There is a lot to select from here at McMath. These opportunities produce lasting memories and unique learning possibilities that may not be found elsewhere. Your involvement will benefit *you* as well as continuing to make McMath a better school.

While it is important to have a growth mindset, be resilient, and strive to *be the best version of you*, it is also important to ask for help when you need it - we care about you and we want everyone to be successful.

We look forward to another year of learning and celebrating together!

Have a great year!

Sincerely yours,

Mr. J. Johnstone
Principal

Mr. L. Banta
Vice Principal

Ms. A. Naidu
Vice Principal



WE ARE HERE TO SUPPORT *YOUR* SUCCESS!

Your Teachers: All your teachers are here to support YOU! Talk to them about accessing extra help and resources, *if needed*.

Your Counsellors: Ms. C. Bagnall (A-F), Mr. M. Luistro (G-L), Ms. F. Arvanitis (M-Sh) and Mr. C. Arena (Si-Z)

Your Career Advisor: Ms. S. Carter

Your Teacher Librarian: Ms. L. Santos-Cox
Website: <https://mcmath.sd38.bc.ca/library>



GENERAL INFORMATION

SCHOOL MOTTO: Together we learn

SCHOOL COLOURS: Blue and White

SCHOOL MASCOT: Wildcat

SCHOOL VISION:

McMath Secondary School is distinguished for its strong, positive interpersonal relationships. These relationships are the foundation for learning and personal growth and exist in the school to enable and include all learners. The McMath community honours the primacy of teaching and learning within an atmosphere of acceptance, belonging, and mutual respect. Members of the school community are encouraged to strive for their personal best as citizens, leaders, and life-long learners.

In support of this fundamental goal our school is:

- Focused on the Needs, Interests and Abilities of the Individual Learner
- An Inclusive School
- Organized to Actively Support the Student-Teacher Relationship
- A Collaborative Teaching and Learning Community
- Organized to Actively Support Integrated Instruction
- Committed to Excellence

SCHOOL-WIDE BEHAVIOURAL EXPECTATIONS – McMath PRIDE

Students and staff are to exhibit the following core values of our school at all times, whether within the school and its facilities, or acting as ambassadors while out in the surrounding community, or on field trips representing our school. At McMath we believe that students and staff shall demonstrate a:

Positive Attitude – to recognize and develop opportunities to create positive environments for myself and others.

Respect – to value myself, others, and my environment.

Integrity – to be honest, trustworthy, and ethical.

Diversity – to accept and welcome all individuals.

Effort – to establish goals and expectations, choosing to persevere, even when situations are difficult.

These principles (developed by students, staff and parents), will serve as the foundation for school conduct for all members of our school community. The complete PRIDE rubric which outlines our school's expectations in the classroom, in common areas of the school, and on-line is found in classrooms and on the website.

MULTICULTURALISM AND DIVERSITY

At McMath Secondary we recognize, accept, and celebrate that our school, like the city of Richmond, is a diverse and multicultural society. We encourage all members of the McMath community to learn about, communicate with, and

better understand all cultures and groups in our school. Because our community is so important, any expressions of racism or bigotry are unacceptable and will be dealt with seriously by all people concerned, including students, parents, counsellors, teachers, and the administration.

TIMETABLE

McMath runs on a semester system with four blocks a day with a block rotation that occurs halfway through the semester.

PERSONAL LEARNING TIME

Twice each week, students have “self-directed” learning time with their teachers. This includes academic support as well as other educational opportunities for personal development. Students are given choice and ownership over their learning. The goal of PLT is to teach students the skills to use unstructured time in a way that benefits their individual learning. PLT will take place most Tuesdays and Thursdays from 8:30-9:25am.

Questions to guide PLT:

- *What do I need to be successful in my classes?*
- *What supports do I need to access during PLT?*
- *What skills do I need to develop further? What skills do I want to feel more confident in?*
- *Who can I seek out for help in my classes? Who can I seek out to develop more confidence in my skills?*
- *What do I not understand and need further help with?*
- *How can I deepen my understanding and my learning?*
- *What am I wondering about and who can I ask about my wonderings?*
- *What am I passionate about and want to learn more about?*
- *What strategies do I need to develop to maintain my emotional and mental well-being (i.e., stress and time management)?*
- *How can I work or collaborate with my peers?*

PLT is YOUR TIME for YOUR LEARNING!

CONNEXIONS CLASSES

Students will have 4 Connexions classes throughout the year. These classes will provide varied and engaging learning opportunities related to Career Life Education, which is a required component of the high school curriculum.

Connexions classes will be on a variety of topics which differ depending on grade.

CONFERENCE DAYS

Twice per year, students will participate in a day-long series of alternative experiences related to Career Life Education. Conference Days will have an alternate bell schedule with guest speakers, interactive events, and focussed in-class activities which will vary by grade.



MY SCHEDULE FOR 2023-2024

SEMESTER ONE: September 5, 2023 – November 10, 2023

Block	Class	Teacher	Room
A			
B			
C			
D			

SEMESTER ONE: November 14, 2023 – January 25, 2024

Block	Class	Teacher	Room
B			
A			
D			
C			

SEMESTER TWO: January 30, 2024 – April 19, 2024

Block	Class	Teacher	Room
E			
F			
G			
H			

SEMESTER TWO: April 22, 2024 – June 21, 2024

Block	Class	Teacher	Room
F			
E			
H			
G			

BLOCK ROTATION:

Semester 1: September 5 – November 10: ABCD
November 14 – January 25: BADC

Semester 2: January 30 – April 19: EFGH
April 22 – June 21: FEHG



BELL SCHEDULE 2023-2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
A/E BLOCK (8:30 am - 9:50 am)	PLT (8:30 am - 9:25 am)	A/E BLOCK (8:30 am - 9:50 am)	PLT (8:30 am - 9:25 am)	A/E BLOCK (8:30 am - 9:50 am)
	A/E BLOCK (9:30 -10:35 am)		A/E BLOCK (9:30 -10:35 am)	
B/F BLOCK (9:55 am - 11:15 am)	B/F BLOCK (9:55 am - 11:15 am)	B/F BLOCK (9:55 am - 11:15 am)	B/F BLOCK (9:55 am - 11:15 am)	B/F BLOCK (9:55 am - 11:15 am)
BREAK (11:15 am - 11:25 am)	B/F BLOCK (10:40 - 11:45 am)	BREAK (11:15 am - 11:25 am)	B/F BLOCK (10:40 - 11:45 am)	BREAK (11:15 am - 11:25 am)
	BREAK (11:45 am - 11:55 am)		BREAK (11:45 am - 11:55 am)	
C/G BLOCK (11:30 am - 12:50 pm)	C/G BLOCK (12:00 - 1:05 pm)	C/G BLOCK (11:30 am - 12:50 pm)	C/G BLOCK (12:00 - 1:05 pm)	C/G BLOCK (11:30 am - 12:50 pm)
LUNCH (12:50 pm - 1:35 pm)	LUNCH (1:05 pm - 1:50 pm)	LUNCH (12:50 pm - 1:35 pm)	LUNCH (1:05 pm - 1:50 pm)	LUNCH (12:50 pm - 1:35 pm)
D/H BLOCK (1:40 pm - 3:00 pm)	D/H BLOCK (1:55 pm - 3:00 pm)	D/H BLOCK (1:40 pm - 3:00 pm)	D/H BLOCK (1:55 pm - 3:00 pm)	D/H BLOCK (1:40 pm - 3:00 pm)

BLOCK ROTATION:

Semester 1: September 5 – November 10: ABCD
November 14 – January 25: BADC

Semester 2: January 30 – April 19: EFGH
April 22 – June 21: FEHG

Bell Schedule Collaboration Day	
Sept. 27, Oct. 25, Nov. 29, Dec. 20, Jan. 31, Feb. 28, Mar. 13, Apr. 24, May 29, Jun. 19	
8:30am – 9:25am	Collaboration Time
9:30am – 10:35am	Block A/E
10:40am – 11:45am	Block B/F
11:45am – 12:00pm	Break
12:00pm – 1:05pm	Block C/G
1:05pm – 1:55pm	Lunch
1:55pm – 3:00pm	Block D/H

Bell Schedule Connexions Class	
Semester 1: Oct. 4, Jan. 10 Semester 2: Apr. 10, May 8	
8:30am – 9:25am	Connexions Class
9:30am – 10:35am	Block A/E
10:40am – 11:45am	Block B/F
11:45am – 12:00pm	Break
12:00pm – 1:05pm	Block C/G
1:05pm – 1:55pm	Lunch
1:55pm – 3:00pm	Block D/H



SCHOOL POLICIES

In addition to the specific McMath PRIDE Code of Conduct, the Richmond School District Code of Conduct serves as the foundation for all schools in Richmond to establish their school rules and policies. At McMath, we firmly believe in providing and establishing a positive climate and a safe, healthy environment that encourages and supports thoughtful, effective teaching and learning.



ATTENDANCE PROCEDURES

ABSENCES

The semester is fast, and we expect students to be in attendance as much as possible. Parents/Guardians, please phone the school's Absentee Line (604-718-4004) if your teen is going to be away ill or will be late.

The school Early Warning System will call home to confirm an absence unless a prior telephone call is made to the school by the parent/guardian in the morning.

LATES

Be on time. Although arriving late to class can occasionally happen to all students, being late without a legitimate excuse on a regular basis is a concern. First, a student who is late often misses a significant amount of instruction. Secondly, by coming late to class, a student may interfere with the learning of others. Finally, we believe that the school should expect punctuality, as it is a personal attribute valued by society at large.

EARLY DISMISSAL

Students who need to leave before school ends should sign out at the office with a note from a parent/guardian or have their parent/guardian call the school. If a student becomes ill or is injured at school, we will contact a parent/guardian before the office staff approves an early dismissal.

It is important that a student not leave school early without first reporting to the office. If the student goes home for lunch and cannot return to school because of illness, we ask that a parent call to let us know. Safety of our students is important.

FIELDTRIPS / EARLY DISMISSAL FOR EXTRACURRICULAR ACTIVITIES

Students are responsible to make up all work missed in classes when they are away on a field trip or are a member of a school team or school event.

SCHOOL CONDUCT

At McMath, the rights of all members of our learning community are important. All members of McMath school follow our PRIDE matrix, school, and classroom rules. We have high expectations and a responsible student community. Students who behave inappropriately will face a range of school-based consequences.

VAPING/SMOKING

Smoking cigarettes or e-cigarettes, including vapes, is not permitted in the school or on the school grounds. In addition to school consequences, there may be a by-law fine.

DRUGS AND ALCOHOL

Students found in possession of, under the influence of, or selling drugs and/or alcohol will be dealt with firmly within the school and within the District. Possession of drugs or alcohol is a criminal offence.

HARASSMENT, INTIMIDATION, AND FIGHTING No student should be subjected to physical, verbal, or written harassment. All students must feel at ease when attending school. Harassment and intimidation of other students will not be tolerated.

CYBER-BULLYING/CYBER-HARASSMENT

Everyone has the right to enjoy school life without fear of harassment or bullying via social network sites, texting, or chat rooms.



SCHOOL POLICIES

WEAPONS

A weapon is defined as anything used or intended for use in causing death or injury to persons, whether designed for that purpose or not, or anything used or intended for use for the purpose of threatening or intimidating any persons. A student found in possession of a weapon will be suspended and the RCMP will be contacted. The student must meet with a Board of Review at the School District Office prior to their re-admittance to the school.

THEFT

Taking someone's possessions without permission is theft. Students found to be involved in theft will face RCMP involvement, parent meetings and school suspension.

Note: students do not have to be the person who steals to be involved in theft (i.e., knowingly being in possession of stolen property).

CELL PHONES

Cell phones are wonderful devices, but they often interfere with classroom learning. They should not be used in class unless a teacher explicitly asks for students to use them (i.e., research purposes). Inappropriate cell phone use may result in the student's phone being confiscated to be returned at the end of the day. If misuse continues to be problematic, the student may lose the privilege of having a phone at school. In the event of an emergency, parents are advised to call the office whereupon the student will be notified immediately.

For privacy reasons, students are not permitted to take photos or videos of any students and/or staff at school unless directed by a teacher for learning purposes.

CLOTHING

Clothing should be appropriate for school. Please use your common sense. **Articles of clothing that**

promote alcohol or drugs, display offensive language or images, or that encourage racism or bigotry are not acceptable in our school.

VANDALISM

Vandalism is defined as the "willful damage to the school building or the contents of the building or the property of others." We take a lot of pride in our buildings as well as all our equipment and supplies that make up our school. Students who vandalize face possible suspension and will be responsible to compensate for any damage or destruction.

COMMUNITY CONDUCT

How we are seen in our immediate community reflects greatly upon people's perception of McMath Secondary. It is our task to be ambassadors in and around our surrounding neighbourhood.

Please respect the rights of the school's neighbours. Use crosswalks where available and avoid jaywalking. When students are using established pathways through neighbouring complexes, students are asked to proceed respectfully to their final destination.

All school rules apply when students are away on short and extended field trips (extended field trips are those of more than one day in duration - e.g., an athletic trip or band trip or exchange trip). As such, student conduct must be as good as if students were in school.

SUSPENSION PROCEDURES

Students who are suspended lose the opportunity to attend the school for a specified period of time. Suspended students may not attend any school related activity (curricular or extra-curricular) during the time of their suspension and may forfeit their participation in future school activities (e.g., field trips, teams, clubs, dances, etc.). While a student is serving a suspension, they are not to be on school property.



SCHOOL POLICIES

ACADEMIC MISCONDUCT PLAGIARISM

Part of writing responsibly is to neither purposely nor accidentally mislead people into thinking someone else's ideas or writing is your own. If you do, you may be guilty of plagiarism, which is defined as the act of presenting someone else's ideas as your own.

In word plagiarism, a researcher repeats the exact words of a source without giving the necessary credit. Paraphrase plagiarism occurs when a researcher says basically the same thing as an original source with just a few words changed. In spot or patchwork plagiarism, a researcher uses a source's key words or phrases as his or her own without giving credit. Lazy plagiarism is the result of sloppy notetaking or research short cuts that includes inadvertent use of another's language, sloppy and inadequate footnoting or page references, or the use of quotes from other sources as if they were from your own research.

Similarly, submitting the work of another student, tutors, parents, friends, etc. as your own work (even though it has been footnoted and referenced) is plagiarism and not acceptable at McMath. Tutors, parents, friends, etc. are not permitted to write, re-write, or edit large sections of work for a student. It is the **student's responsibility** to avoid deliberate or accidental plagiarism and to verify and account for all of their own writing.

CHEATING

Cheating is a broad term that encompasses all attempts by a student to dishonestly or unfairly give, use or obtain any information or material for a school test or assignment. At McMath, any and all of these examples are considered to be cheating:

1. Copying another person's work (in whole or in part) and claiming or misrepresenting authorship. This

includes essays, assignments, homework, lab reports, computer programs, drawings, sketches, designs, and video or audiotapes and all other assigned work, whether they are the product of another student or of someone outside the school, including previously published work.

2. Supplying information or work of any kind to another student in the knowledge that it may be copied or used, even if that knowledge includes an expectation that the copy will be changed enough to conceal the fact that it is a copy.
3. Copying from another person's test paper and/or knowingly allowing another student to copy from your test paper.
4. **Bringing unauthorized notes or equipment into a test or using unauthorized notes or equipment during a test (including electronic translators, programmable calculators, computers, etc.).**
5. Unauthorized communication of any kind during a test.
6. Being absent from a test and then consulting one or more classmates before making up the test.
7. Copying the work of another student who took the same course/exam prior to the student in question.
8. Missing a test or an assignment without a valid reason or justifying the reason under false pretenses (forged note or phone call).

CONSEQUENCES FOR ACADEMIC MISCONDUCT

Involvement in cheating and/or plagiarism is fundamentally dishonest and unethical, and they both violate what we value as a learning community at McMath School. Students found guilty of cheating or plagiarism may face exemption from the honour roll, scholarships, and bursaries for the year.

Parents/guardians will be contacted, counsellors and administration will be notified, and the incident will be documented at the main office.



HELPFUL INFORMATION

BASIC KEYS TO SUCCESS

You will do well at school and in many aspects of life beyond school if you remember and carry out the following basic keys to success:

- Regular attendance at school is essential. It is hard to learn at school if you are not there.
- Cooperation with your fellow students and school staff creates a positive learning environment for everyone at the school.
- Whatever your ability, you will achieve personal success if you try your best in all you do.

We urge you to make these three factors a part of your plan to be the best student you can be.

PUNCTUALITY

Be on time by being seated BEFORE the bell rings. Remember to bring all necessary supplies to class. Make sure you learn the routines for each of your classes. If you are absent from school, it is your responsibility to find out and complete what you have missed as soon as possible. If you know you will be absent, inform the teacher and discuss a procedure for catching up on missed work.

TEXTBOOKS

Take care of your textbooks as you will be required to pay for damaged and/or lost books at the end of the school year.

LOCKS AND LOCKERS

Homeroom teachers will assign locks and lockers. Keep your lock combination an absolute secret and try not to store valuables in your locker. Items missing will be your responsibility. Please take good care of your locker.

HOMEWORK/HOMESTUDY

At McMath, we value homework and see it as an integral part of the learning process. Although homework takes on several different forms, the primary purposes of homework at McMath are to: reinforce/reflect on learning; reinforce study habits and organizational skills; and develop and maintain a good work ethic. At McMath forms of homework will include, but not be limited to projects and research; completion of class work; critical thinking activities; studying for quizzes, tests; and daily review. The various forms of homework in our school will be relevant and tied to the learning outcomes of each course.

At McMath, our students, teachers, and parents have specific roles regarding homework. This partnership is built upon rapport, trust, and respect. There will be an open exchange of information to affect a positive and beneficial outcome for the student. The uniqueness of each learner will be respected by the partnership.

Time requirements for homework will differ depending on the grade level. Greater expectations and increased

independence will evolve as students progress to the senior grades.

EXTRA-CURRICULAR ACTIVITIES

Extra-curricular activities are important and valuable for balance and development of the WHOLE person. We are glad we're able to offer opportunities thanks to our staff volunteering.

LOST AND FOUND

If you should lose something, first check back in the last class you remember having it in, then go check the Lost and Found (next to the office). If you still can't find your missing item, please report it to the office.

LUNCH

Most students bring their lunches to school and eat part of it during Break. Our cafeteria is open if you forget your lunch. Please clean up your garbage after eating, and stack and return any chairs to their rightful place when done. Students may leave McMath at lunch time; it is important to note that all school rules apply. If you choose to leave the school property at lunch, it is important to be back to school on time.

BICYCLES

We're glad so many of our students bike to school! We have a lot of bike racks so please make sure you securely lock your bike up. Students should register their bikes with the RCMP. It's a good idea to engrave an ID onto your bike's frame.

PHYSICAL EDUCATION CLASS

If you are unable to take Physical Education for the day, you must bring a note from home on that day. If you are unable to take Physical Education for three or more days due to a medical reason, please bring a doctor's note.

****Please do not bring technology, phones, money, or valuables, including expensive clothing, to the gymnasium area or change rooms.***

CARS

We encourage students to get to school without being driven or driving a car themselves, when possible. Because we are a French Immersion school, we know that some of our students are coming from further away. Please make sure you give yourself enough time to get here without rushing.

There will be very limited parking onsite for student drivers. Those who live a long distance away or who have commitments immediately after school will be given preference for parking. An application form is required and will be discussed with the Vice Principal. Cars are not 'destinations' at break or at lunch. Student parking will be restricted.



STUDENT SERVICES

COUNSELLING SERVICES

Counsellors are available to assist students and parents with many aspects of school life. Students will be initially assigned to a specific counsellor who will address all academic and emotional/social issues.

Counselling services are available to students in the following areas:

Educational:

- Course planning leading to graduation, post-secondary education, and employment.
- Arranging assistance for students experiencing academic difficulties.
- Providing scholarship information and applications.
- Pre-registering students for some post-secondary institutions.

Career:

- Referring students to prospective employers who have contacted the school.
- Checking for pre-requisite courses and requirements for various occupations.

Personal:

- Crisis counselling involving home or school problems.
- Resolution of problems arising from difficulties related to class and/or school routines and policies.

CAREER RESOURCE CENTRE

Career and post-secondary information is available in the Career Resource Centre located in the Counselling area. Ms. Carter is our Career Advisor. She can provide up to date information to students, staff, and parents.

LEARNING STRATEGIES

Learning Strategies teachers support students who have difficulties with their academic course content, social skills, organization, and/or study skills. Instruction is undertaken in a small group environment and students receive a considerable amount of individualized instruction. If you think your teen would need this support, please contact their counsellor. Teachers can make referrals for students to go to the Learning Centre, or students can request to go to the Learning Centre for more individualized help with their course work.

LIBRARY LEARNING COMMONS (LLC)

In the Library Learning Commons, you will see Ms. Santos Cox, our librarian, and Ms. Cho, our library technician. The McMath Library Learning Commons celebrates and supports literacy in all its innumerable forms. We seek to nurture a love of reading in every Wildcat and support inquiry questions through access to knowledge and technology.

In the Library Learning Commons, Wildcats can find books for all reading levels, research materials covering a vast range of subjects, and 21st century educational technologies. To

support the future of *thinking, making, and communicating*, we also provide resources, tools, workshops, and lessons. Whether you're looking for a good novel or want to learn 3D printing, the LLC is here to help.

We seek to provide a space where everyone feels empowered, valued, and respected so that our students may go on to have a positive impact on the world.

Additional Services in the LLC include computers, printing, photocopying, iPads, 3D printers, microphones, video cameras, green screen, craft supplies, tools, and games.

RCMP LIAISON PROGRAM

The program is a cooperative venture of the Board of School Trustees, the City of Richmond, and the Richmond Detachment of the Royal Canadian Mounted Police. The objectives of the Liaison program are to:

- Promote a positive image of policing among the young people and enhance their knowledge and appreciation of the Criminal Justice System.
- Promote Crime Prevention and Public Safety programs within the ten secondary schools.
- Promote a visible deterrent to the undesirable elements that may trespass and/or affect the peace and security of schools.

RICHMOND PUBLIC HEALTH SERVICES

A public health nurse will visit our school twice a year to offer immunization to students in Grade 9 or 10.

RICHMOND YOUTH CLINIC

Free and confidential sexual health services for youth under 21, including: STI testing/treatment, birth control, morning after pill, pregnancy testing, PAP testing, mental health counselling/referral

Clinics: Mon/Fri appts only | Wed by appts or **drop in**
Call **604-233-3204** for more information or to make an appointment.

MENTAL HEALTH SUPPORT

The Foundry provides a welcoming and inclusive space for students and their families to find support for their wellness needs.

Call **604 674 0550** or visit 101-5811 Cooney Rd, Richmond.

SUSTAINABILITY

McMath is an environmentally conscious school with many active sustainability activities such as composting, paper, plastic, and beverage container recycling, gardening, and powering out campaigns.

Students and staff interested in getting involved in our sustainability activities are asked to get in touch with our Natural Club which helps organize weekly recycling and monthly educational campaigns.



STUDENT EVALUATION

STUDENT EVALUATION

McMath School publishes two formal report cards per semester and additional At-Risk Interims where needed.

Many classes use report card indicators, as shown below. However, some teachers will use proficiency scales.

- A – Excellent (86-100%)**
- B – Very Good (73-85%)**
- C+– Good (67-72%)**
- C – Satisfactory (60-66%)**
- C– Min. Acceptable (50-59%)**
- I – Incomplete**
- F – Fail**

Proficiency Scale

➔			
Emerging	Developing	Proficient	Extending
The student demonstrates an initial understanding of the concepts and competencies relevant to the expected learning.	The student demonstrates a partial understanding of the concepts and competencies relevant to the expected learning.	The student demonstrates a complete understanding of the concepts and competencies relevant to the expected learning.	The student demonstrates a sophisticated understanding of the concepts and competencies relevant to the expected learning.

We encourage students to select a breadth of courses to expand their opportunities. The secondary years are an excellent time to explore. Remember, our timetable is built upon student selections, so it is very challenging to change courses once the year has begun.

Course Selection and Changing a Course

Every February, Counsellors lead the process of course selection for the next school year. This process takes weeks to complete, and we are asking everyone to engage in the process, staff, students, and parents/caregivers. Our goal is to schedule all the courses students select. Sometimes, we have to use their alternative choice. In the spring, students are asked to confirm their courses. There will be some changes in the fall; however, there is little space in the fall with new registrations.

Students may drop/change a course that they no longer need or do not feel is a good fit within a very short period at the beginning of the year and may be scheduled into a replacement course at that time.




Course withdrawal after initial school start up is significant and may result in a 'W' (Withdrawn) letter grade on the report card and school transcript. Later in the semester, after a percentage mark has been assigned through a reporting period, course withdrawal may result in a percentage mark appearing on the report card and school transcript. Instead, in most cases, we would encourage a student to remain in the course and do their best. Please see the school calendar for these dates.

CORE COMPETENCIES/PRIDE








Our PRIDE core values, in combination with the curriculum's Core Competencies will be part of your evaluation. Students will be completing self-assessments on their growth in these important areas throughout the year. These *Core Values & Competencies* are highly valued by our society and many of these characteristics are on the top of the list of what universities, companies and businesses are looking for. At McMath, we work diligently to build these most important values and habits. Students will set a goal to improve in all areas of PRIDE and Core Competencies every semester.

Thinking about Myself as a Learner

As you learn throughout the year, think about your strengths and stretches, and areas of growth. Below are the BC Core Competencies, which are the proficiencies that students grow and develop over time. Throughout the year, you will have the opportunity to reflect on your learning and growth.

 C	 T	 PS
Communication - The Communication competency encompasses the knowledge, skills, processes and dispositions we associate with interactions with others. Through their communication, students acquire, develop and transform ideas and information, and make connections with others to share their ideas, express their individuality, further their learning, and get things done. The communication competency is fundamental to finding satisfaction, purpose and joy.	Thinking - The Thinking competency encompasses the knowledge, skills and processes we associate with intellectual development. It is through their competency as thinkers that students take subject-specific concepts and content and transform them into a new understanding. Thinking competence includes specific thinking skills as well as habits of mind, and metacognitive awareness. These are used to process information from a variety of sources, including thoughts and feelings that arise from the subconscious and unconscious mind and from embodied cognition, to create new understandings.	Personal and Social - The Personal and Social competency is the set of abilities that relate to students' identity in the world, both as individuals and as members of their community and society. Personal and social competency encompasses what students need to thrive as individuals, to understand and care about themselves and others, and to find and achieve their purposes in the world.

Some ways for you to think/reflect about your learning:

-  **Collaborating**
 - What did you learn about yourself when working with others? What did you learn about sharing opinions and information with others in order to complete a shared task?
-  **Communicating**
 - How did you show that you were listening thoughtfully? In what ways do you think your ability to speak with others has developed this year?
-  **Creative Thinking**
 - What helps you get new ideas? Tell me about a time when you felt really good about a new idea you had.
-  **Critical and Reflective Thinking**
 - What strategies did you use to decide whether to believe something you read on a social media site? How did you develop these strategies? What advice would you give a younger student about figuring out what is true?
-  **Personal Awareness and Responsibility**
 - Tell me about one of your learning goals for next year. How did you come to choose that goal? Tell me about something you are doing to help you work on that goal.
-  **Positive Personal and Cultural Identity**
 - What are your strengths as a learner?
-  **Social Awareness and Responsibility**
 - How did you use words and actions to encourage other students who might have felt a bit sad or discouraged?



STUDENT RECOGNITION

HONOUR ROLL AND SCHOLARSHIPS

We encourage all our students to do their best and value learning for its own sake. As our understanding of assessment grows, we are examining our practices of recognizing student achievement, specifically Honour Roll, Principal's Honour Roll and Service Awards. Major Awards and Scholarships information may be found on the website.

SCHOLARSHIPS

There are numerous school and District based scholarships available for graduating seniors with post-secondary plans. Scholarships and bursaries are awarded based upon a variety of criteria including but not restricted to academic standing, attendance, school service, community service, athletics, fine arts, or financial need. Scholarship applications will be available each Spring for student submission. Please contact your counsellor for more information.

ATHLETIC AWARDS

These individuals excel in athletic ability, self-motivation, desire, sportsmanship, and leadership. In their pursuit of excellence, they have been outstanding representatives of McMath. All of these young people are exceptional athletes and leaders on their teams, and most importantly, they model the dedication and commitment to their teams and to McMath that we value in our Athletic program.

MOST SPORTSMANSHIP

This award recognizes a grade 11/12 student athlete who not only competes at a very high level in their chosen sports, but who also consistently models and demonstrates all that we value and admire in athletics. Things such as: a sense of fair play, a healthy sense of perspective in the importance of competition, and the ability to truly model and lead by example.

CAMPBELL CUP

This award is named after our first principal, Mr. Alex Campbell. Mr. Campbell initiated and provided tremendous support in the area of athletics. This award is presented to a senior student who has outstanding athletic ability, demonstrates exceptional sportsmanship, and maintains solid academic standing.

ACADEMIC AWARDS

TOP ACADEMIC STUDENTS

Presented to the student in each grade who achieves the highest overall academic achievement in all subject areas.

TOP ALL ROUND STUDENTS

Presented to the student in each grade who has excelled in all aspects of school - academic excellence, dedicated volunteer service to the school and active participation in extracurricular activities.

MAJOR AWARDS

GILLIAN COOPER LEADERSHIP AWARD

The criteria for this award include: leads by example; commands immense respect from peers and staff; is comfortable in or out of the spotlight; and provides service in both the school and community.

AWARDS OF DISTINCTION

The McMath Award of Distinction is presented to a student or students who have dedicated hours and leadership in a particular area or event that has benefited the school or community.

MCMATH PRIDE

Presented to a student who has dedicated countless hours and demonstrated outstanding leadership in the organization of events and activities that benefited and enriched the lives of all students at McMath.

THE ALEX CAMPBELL HUMANITARIAN AWARD

This award will be presented to the student that best exemplifies humanitarian values outside of the school and who models the values of global citizenship, selflessness, and compassion.

SPIRIT OF THE FRASER

Presented to the student who has demonstrated outstanding growth as a student and as a person through courageousness, determination, and commitment.

ENVIRONMENTAL IMPACT AWARD

The Environmental Impact Award goes to the student or students whose contributions have been significant and who has also shown leadership with environmental issues.

SERVICE HOURS

Service to the school is an integral part of making McMath run smoothly, and it gives students an opportunity to contribute to the school in a variety of ways. There are three levels of service awards: Level 1: 10-30 hours, Level 2: 31-60 hours, & Level 3: over 60 hours.

Criteria: Unpaid volunteer service that is done at, and for, the school can be considered service and may be included on this form. This is for service that exceeds the normal and expected participation in a club, group, team or activity, or organization of a specific event such as Remembrance Day, First Responders, Fruits and Vegetables, Breakfast with Santa. Activities NOT eligible for service are volunteer service that is a part of course requirements such as Planning, PE, Leadership, Yearbook, Fine Arts, Work Experience.

Listen to PA announcements for more information on how to apply.



McMATH SECONDARY SCHOOL

Basic School Calendar 2023-2024

Note: A more detailed school calendar will be posted on the school website.

SEPTEMBER 2023

Tues	5	First Day Homerooms & Gr 8-12 Assemblies
Wed	6	Regular Classes Begin
Mon	18	Photo Day
Tues	19	PAC Meeting 7:00pm
Thurs	21	Grad Kick-Off 3:15pm
Thurs	21	Grade 12 Parent Info Night 5:30pm
Thurs	21	Meet the Teacher 6:30pm
Fri	22	Pro-D Day

OCTOBER 2023

Mon	2	Recognition of Truth & Reconciliation Day (School Closed)
Fri	6	Grad Boat Cruise
Mon	9	Thanksgiving Day (School Closed)
Fri	13	Semester 1 Learning Updates Sent Home
Tues	17	PAC Meeting 7:00pm
Wed	18	Photo Retake Day (PM)
Fri	20	Pro-D Day (School Closed)
Mon-Tues	30-31	Grad Assessments

NOVEMBER 2023

Wed	1	Gr 9 Take our Kids to Work Day
Wed-Fri	1-3	Grad Assessments
Sun	5	Daylight Savings Ends
Wed	8	Immunization Clinic #1 (Gr 9/10)
Fri	10	Remembrance Day Ceremonies
Mon	13	Recognition of Remembrance Day (School Closed)
Thurs	16	Semester 1 Learning Update (MyEd@4pm)
Tues	21	PAC Meeting 7:00pm
Wed/Thurs	22/23	Parent/Teacher Conferences

DECEMBER 2023

Fri	1	Pro-D Day (School Closed)
Thurs	7	Winter Music Concert 6:30pm
Wed	13	At-Risk Interim Reports Sent Home
Fri	22	Last Day before Winter Break
Mon	25	Winter Break begins

JANUARY 2024

Mon	8	School Reopens from Winter Break
Tues	16	PAC Meeting 7:00pm
Mon-Fri	22-25	Graduation Assessments
Thurs	25	End of Semester 1
Fri	26	Semester Turnaround Day (School Closed)
Mon	29	Pro-D Day (School Closed)
Tues	30	First Day of Semester 2

FEBRUARY 2024

Thurs-Fri	8-17	Grad Mobile Pictures at McMath
Thurs	8	Semester 1 Learning Summary (MyEd@4pm)
Thurs	15	Grade 7 Parent Information Night 6:00pm
Fri	16	Pro-D Day (School Closed)
Mon	20	Family Day (School Closed)
Tues	20	PAC Meeting 7:00pm

MARCH 2024

Fri	8	Semester 2 Learning Updates Sent Home
Thurs	14	Last Day before Spring Break
Fri-Mon	15-29	Spring Break

APRIL 2024

Mon	1	Easter Monday (School Closed)
Tues	2	School Reopens after Spring Break
Mon-Fri	15-19	Grad Assessments
Fri	19	Semester 2 Learning Update (MyEd@4pm)
Wed/Thurs	24/25	Parent/Teacher Conferences

MAY 2024

Wed	8	Immunization Clinic #2 (Gr 9/10)
Thurs	16	Fine Arts Showcase Night 6:30pm
Fri	17	Pro-D Day (School Closed)
Mon	20	Victoria Day (School Closed)
Tues	21	PAC Meeting 7:00pm
Fri	24	Semester 2 At-Risk Interims

JUNE 2024

Fri	7	Grad Assembly & Valedictory Rehearsal @ 1:00pm
Mon-Tue	10-11	Missed Graduation Assessments
Wed	12	Valedictory Ceremony
Thurs	21	Yearbook Distribution & McMath Carnival
Thurs	27	Semester 2 Learning Summary (MyEd@4pm)
Thurs	27	Grad Dinner & Dance
Fri	28	Administrative Day (School Closed)

September 2023

Monday	Tuesday	Wednesday
4 Labour Day (School Closed)	5 Welcome Back!	6 HR-ABCD Homeroom @ 8:30am
	First Day Homeroom & Gr 8-12 Assemblies	Classes begin; ADST 8 Rotation 1
11 ABCD	12 PLT-ABCD	13 ABCD
18 ABCD	19 PLT-ABCD	20 ABCD
Photo Day (AM start)	PAC Meeting @ 7:00pm	
25 ABCD	26 PLT-ABCD <i>Mawlid-al-Nabi (26-27)</i>	27 CT-ABCD Collaboration Day
		School starts at 9:30am

September 2023

Thursday	Friday	Saturday/Sunday
	1	2/3
7 HR-ABCD Homeroom @ 8:30am	8 HR-ABCD Homeroom @ 8:30am	9/10
14 PLT-ABCD	15 ABCD Rosh Hashana (Sept 15-17)	16/17
Course Change Requests forms due by 3:00pm		
21 PLT-ABCD	22 Pro-D Day (School Closed)	23/24 Kol Nidrei/Yom Kippur (24-25)
Grad Kick-Off @ 3:15-4:30pm		
Grade 12 Parent Info Night @ 5:30pm		
Meet the Teacher @ 6:30pm		
28 PLT-ABCD	29 ABCD Orange Shirt Day	30/Oct 1 National Day of Truth and Reconciliation (30)



October 2023

Monday	Tuesday	Wednesday
2 <i>In Recognition of National Day of Truth & Reconciliation (School Closed)</i>	3 PLT-ABCD Canadian University Event (CUE) 6:30-9:00pm Delta Hotel, Burnaby	4 CC-ABCD Connexion Class #1 in HR
9 <i>Thanksgiving Day (School Closed)</i>	10 PLT-ABCD <i>World Mental Health Day</i> SFU School of Business A105 2 1:05-1:50pm	11 ABCD
16 ABCD University of Calgary A105 12:50-1:40pm	17 PLT-ABCD PAC Meeting @ 7pm	18 ABCD Photo Retakes (PM); PSI BC 1:00-2:30pm in Rotunda Trades Expo Colverdale 9am-2:30pm
23 ABCD ADST 8 Rotation 2	24 PLT-ABCD <i>Dussehra</i>	25 CT-ABCD <i>Collabation Day</i> School starts @ 9:30am
30 ABCD GLA 10	31 PLT-ABCD <i>Halloween</i> GLA 10	

November 2023

Monday	Tuesday	Wednesday
		1 ABCD
		GLA 12
		Take Gr 9s To Work Day
6 ABCD	7 PLT-ABCD	8 ABCD <i>Indigenous Veterans Day</i>
		Gr 9/10 Immunization Clinic #1
13 <i>In Recognition of Remembrance Day (School Closed)</i>	14 PLT-BADC New Block Rotation	15 BADC
	SFU Presentation at McMath 1:05-1:50pm	
20 BADC	21 PLT-BADC	22 BADC
		Parent-Teacher Conferences 2-4pm;
	PAC Meeting @ 7pm	Early Dismissal @ 12:55pm (Alt. Bell Schedule)
27 BADC	28 PLT-BADC	29 CT-BADC Collaboration Day
Education and Career Fair		
Vancouver Convention Centre 9am-3pm		School starts @ 9:30am

November 2023

Thursday	Friday	Saturday/Sunday
2 PLT-ABCD	3 ABCD	4/5 Daylight Savings Ends (Clocks back 1 hour)
GLA 12	GLA 12	
9 PLT-ABCD	10 AB¹B²CD	11/12 Remembrance Day (11)
	Remembrance Day Ceremonies (BLOCK B)	
	UVic Business School A105 @ lunch	
16 PLT-BADC	17 BADC	18/19
S1 Learning Update Published in MyEd @ 4pm		
23 BADC (No PLT)	24 BADC	25/26
Parent-Teacher Conferences 2-4pm & 6-8pm;		
Early Dismissal @ 12:55pm (Alt. Bell Schedule)		
30 PLT-BADC		



December 2023

Thursday	Friday	Saturday/Sunday
	1 Pro-D Day (School Closed)	2/3
7 PLT- BADC Hannukah (7-15)	8 BADC	9/10 Human Rights Day (10)
Winter Music Concert @ 7:00pm		
14 PLT-BADC	15 BADC	16/17
21 PLT-BADC	22 BADC	23/24 Christmas Eve
	Breakfast with Santa (Alt. Bell Schedule); Candy Gram Distribution; Last Day before Break	
28	29	30/31 New Year's Eve



January 2024

Monday	Tuesday	Wednesday
1 <i>New Year's Day</i>	2	3
8 BADC	9 PLT-BADC	10 CC-BADC Connexion Class #2 in HR
Welcome Back		
15 BADC <i>Black Excellence Day</i>	16 PLT-BADC	17 BADC
	PAC Meeting @ 7pm	
22 BADC	23 PLT-BADC	24 BADC
		LFT 12 ORAL
29 Pro-D Day (School Closed)	30 PLT-EFGH	31 CT-EFGH Collaboration Day
	Semester 2 Begins; ADST 8 Rotation 1	School starts @ 9:30am

February 2024

Thursday	Friday	Saturday/Sunday
1 PLT-EFGH	2 EFGH	3/4
8 PLT-EFGH	9 EFGH	10/11 Lunar New Year
Course Change Request due by 3pm		
Grad Mobile Pictures at McMath (Feb 8-17)		
S1 Learning Summary Published in MyEd @4pm		
15 PLT-EFGH <i>Canada Flag Day</i>	16 Pro-D Day (School Closed)	17/18
Gr 7 Parent Info Night @ 6pm		
22 PLT-EFGH	23 EFGH	24/25
29 PLT-EFGH		



March 2024

Monday	Tuesday	Wednesday
4 EFGH	5 PLT-EFGH	6 EFGH
11 EFGH	12 PLT-EFGH	13 CT-EFGH Collaboration Day
		School starts @ 9:30am
18	19 Spring Equinox	20 Int'l Day of Happiness
25 Holi	26	27

March 2024

Thursday	Friday	Saturday/Sunday
	1 EFGH	2/3
7 PLT-EFGH	8 EFGH <i>Maha Shivaratri</i> <i>International Women's Day</i>	9/10 <i>Daylights Saving Begin (10)</i> <i>(Clocks ahead 1 hour)</i>
14 PLT-EFGH	15 Spring Break (March 15 - April 1) (School Closed)	16/17 <i>St. Patrick's Day (17)</i>
Last Day Before Spring Break		
21	22	23/24 <i>Earth Hour 8:30pm (23)</i>
28	29	30/31



April 2024

Monday	Tuesday	Wednesday
1 Easter Monday (School Closed)	2 PLT-EFGH	3 EFGH
Last Day of Spring Break		
	Welcome Back!	Euclid Math Contest
8 EFGH	9 PLT-EFGH <i>Eid-al-Fitr</i>	10 CC-EFGH Connexion Class #3 in HR
15 EFGH	16 PLT-EFGH	17 CT-EFGH Collaboration Day
		School starts @ 9:30am
GNA 10	GNA 10; PAC Meeting @ 7pm	GNA 10
22 FEHG New Block Rotation <i>Pesach/Passover (22-30) Earth Day</i>	23 PLT-FEHG <i>World Book Day</i>	24 FEHG
		P/T Conferences 2-4pm;
		Early Dismissal 12:55pm (Alt. Bell Schedule)
29 FEHG	30 PLT-FEHG	

April 2024

Thursday	Friday	Saturday/Sunday
4 PLT-EFGH	5 EFGH	6/7
11 PLT-EFGH	12 EFGH	13/14 Vaisakhi
18 PLT EFGH	19 EFGH	20/21
Missed Grad Assessments	S2 Learning Update Published in MyEd @ 4pm	
25 PLT-FEHG	26 FEHG	27/28
P/T Conferences 2-4pm, 6-8pm; Early Dismissal @ 12:55pm (Alt. Bell Schedule)		



May 2024

Monday	Tuesday	Wednesday
		1 CC-FEHG Connexion Class #4 in HR
6 FEHG	7 PLT-FEHG	8 FEHG
		Gr 9/10 Immunization Clinic #2
13 FEHG	14 PLT-FEHG	15 FEHG <i>Buddha's Birthday</i>
		Gauss Math Contest
20 Victoria Day (School Closed)	21 PLT-FEHG	22 FEHG
	PAC Meeting @ 7pm	
27 FEHG	28 PLT-FEHG	29 CT-FEHG Collaboration Day
		School starts @ 9:30am
		FI 12 Luncheon

May 2024

Thursday	Friday	Saturday/Sunday
2 PLT-FEHG	3 FEHG	<i>4/5</i> Red Dress Day (5 th)
ADST 8 Rotation 3		
16 PLT- FEHG	17 Pro-D Day (School Closed) <i>Int'l Day Against Homophobia, Biphobia & Transphobia (IDAHOBIT)</i>	18/19
Spring Showcase Night @ 6:30pm		
23 PLT-FEHG Vesak	24 FEHG <i>Buddha's Day</i>	25/26
	At-Risk Interims Sent Home	
30 PLT-FEHG	31 FEHG	
	GR 8 FI Field Trip; Gr 7 Orientation	



June 2024

Monday	Tuesday	Wednesday
3 FEHG	4 PLT-FEHG	5 FEHG
10 FEHG	11 PLT-FEHG	12 FEHG
Missed Graduation Assessments (Gr 10-12)	Missed Graduation Assessments (Gr 10-12)	Valedictory Ceremony UBC Chan Centre
17 FEHG	18 PLT-FEHG	19 CT-FEHG Collaboration Day
		School starts @ 9:30am
		Locker Clean Out in HR (Alt. Bell Schedule)
24	25	26
"I" Removal	"I" Removal	

June 2024

Thursday	Friday	Saturday/Sunday
		1/2
6 PLT-FEHG	7 FEHG	8/9
	Grad Assembly & Rehearsal 1:00-3:00 pm	
	All Library Books Due	
13 PLT-FEHG	14 FEHG	15/16 Father's Day (16)
20 PLT-FEHG	21 HR-FEHG <i>Indigenous Peoples Day</i>	22/23
	Homeroom; Yearbook Distribution; Grad Walk; StuCo Carnival; Early Dismissal (Alt. Bell Schedule)	
27	28 Administrative Day (School Closed)	29/30
Last Day of School; S2 Final Learning Summary Published to MyEd @4pm; Grad Dinner Dance @6pm		



A Year in Review...

Congratulations on completing your year at McMath! Take some time to reflect on all that you experienced this year.

1. What is something you did this year that you think you will remember for the rest of your life?
2. What is something you accomplished this year that you are proud of?
3. What was the nicest thing someone in your class did for you this year?
4. What was the most challenging part of this year for you?
5. If you could change one thing that happened this year, what would it be?
6. What are three things you did this year to help your classmates?
7. What are the three most important things you learned this year?
8. What person at our school has made the biggest impact in your life this year? Why?
9. Knowing what you know now, if you could write a letter to yourself that would travel back in time so that you would receive it at the start of the school year, what advice would you give your younger self?
10. What are you most looking forward to in the next school year?

Growth Mindset Continuum



FIXED



GROWTH

FIXED

LOW GROWTH

MIXED

HIGH GROWTH



WORLD VIEW

See yourself as **UNCHANGING AND UNCHANGEABLE.**

See that **GROWTH IS LIMITED** and impossible in some areas.

See yourself as **CAPABLE OF GROWTH** in most areas of life.

Understand that you can **CONTINUOUSLY GROW AND CHANGE** in all areas of life. Actively seek for ways to grow.



OBSTACLES & CHALLENGES

GIVE UP immediately and **AVOID CHALLENGES.**

TRY FOR A WHILE and take on **EASY CHALLENGES** with immediate goals.

PERSIST WHEN SEEING PROGRESS and enjoy **OPEN-ENDED TASKS.**

PERSIST FOR LONG PERIODS even with setbacks and **EMBRACE CHALLENGES** even when path is not clear.



EFFORT

EFFORT IS ASSOCIATED WITH FAILURE. Expect things to be easily accomplished.

Recognize that effort is sometimes required, but **SUSTAINED EFFORT IS A BAD THING** and unnecessary.

EFFORT IS A GOOD THING. Experienced successes due to efforts in the past.

Understand that **EFFORT CAN LEAD TO MASTERY.** Actively seek strategies for more effective effort.



MAKING MISTAKES

HIDE OR IGNORE MISTAKES. Make excuses or attribute blame to others.

Understand that mistakes occur and that **MISTAKES CAN BE CORRECTED.**

Recognize that **MISTAKES MADE ARE LEARNING OPPORTUNITIES.**

Actively stretch your capabilities so **ERRORS HAVE LEARNING POTENTIAL** for further growth.



FEEDBACK, CRITICISM, AND SUPPORT

IGNORE useful criticism and **TURN DOWN** help and support. Take negative feedback as a list of faults.

Tend to **FOCUS ON POSITIVE FEEDBACK** and **TOLERATE** support. Do not like to ask for help or be seen to need help.

Accept and **LEARN FROM FEEDBACK. ACCEPT HELP** and see feedback as a way to improve.

SEEK OUT help and support from experts and **REQUEST FEEDBACK AND CRITIQUE.**



SUCCESS

MISATTRIBUTE SUCCESS of others to luck or natural ability. **FEEL THREATENED** by comparisons and competitions as they are perceived to highlight deficits.

ENJOY PERSONAL SUCCESSES and will engage in competitions or comparisons to look good.

FIND LESSONS AND INSPIRATIONS in the success of others. Enjoy competitions and comparisons for the challenges they bring.

Admire excellence. **SEEK OUT EXPERTS AND MASTERS** to learn why they succeed. Competition is seen as a way for all participants to grow, learn, and improve.