

INTEGRITY

october 2020

Choosing to be truthful in whatever you say and do

WEEK ONE: Truth in words

What we say tells who we are. Having integrity with our words is more than just not telling lies - it includes knowing when to speak and when to stay quiet. It includes keeping confidences and not advancing "drama."

FOCUS:

Integrity includes what we say.

WEEK TWO: Truth in actions

"Actions speak louder than words" is something we hear a lot. Where do we see this play out in the teenage years? How have you seen people be dishonest (or not have integrity) with their actions? How might you walk the walk and prove yourself to have integrity?

FOCUS: What we do needs to match what we say

WEEK THREE: Academic integrity

Why is it important to have academic integrity, even when others around you do not? Breaking the rules is serious and has long term consequences, but even more importantly, it tells others who you are as a person.

FOCUS: Having academic integrity has external and internal repercussions

WEEK FOUR: Reputation management

There are several places to think about our reputation and what it means for us in the short and long term:

- In real life: What's perceived is believed
- In school: Letters of recommendation won't come from the best people because they won't want to endorse you
- Online: Social media searches done by colleges and employers

FOCUS: How does your personal integrity impact your reputation?