# **CAEP ACTIVITY**

1. **Based on your character strength survey results completed last week,**
2. List your top 8 strengths
3. Describe a time that you believe you have shown each strength in your school, community and at home.
4. List 5 strengths that you are not as strong as in and 2 things you will be doing in each to grow in them.
5. Describe 2 strengths that you misuse, overuse or underuse.

***Introducing terms such as SMART Goal and Action Plan.***

1. **SMART Goal:**
2. Explain the word ‘SMART’ mean in SMART goal?
3. Write down one SMART goal for yourself in the following areas:
   * + - 1. **CAEP subject**
         2. **Academic Learning and performance**
         3. **Friends and family**
4. **Action Plan:**
5. Describe what an ‘Action Plan’ is?
6. List the criteria to developing a good action plan?
7. Why should a person develop an action plan?

*Use the template on the next page to complete your task.*

1. Based on the character survey result generated last week:

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Character Strengths** | **1.** | **2.** | **3.** | **4.** | **5.** | **6.** | **7.** | **8.** |
| **School** |  |  |  |  |  |  |  |  |
| **Community** |  |  |  |  |  |  |  |  |
| **Home** |  |  |  |  |  |  |  |  |

|  |  |  |
| --- | --- | --- |
| **Character Strengths that are not as strong** | **Strategy** | **Strategy** |
| 1. |  |  |
| 2. |  |  |
| 3. |  |  |
| 4. |  |  |
| 5. |  |  |

|  |  |
| --- | --- |
| **Character Strengths** | **Misuse, Overuse or Underuse**  **(select the most appropriate one)** |
| 1. |  |
| 2. |  |

2.

|  |
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| **SMART Goal:** |

|  |  |
| --- | --- |
| **Areas** | **SMART Goal** |
| 1. **CAEP** |  |
| 1. **Academic learning and performance** |  |
| 1. **Friends and family** |  |

3.

|  |
| --- |
| **Action Plan** |

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| **Criteria for a good action plan** |

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| **Why develop an action plan** |