



Mr Raju

Compassion  
Self-discipline Love  
Honesty Forgiveness  
Respect Hope

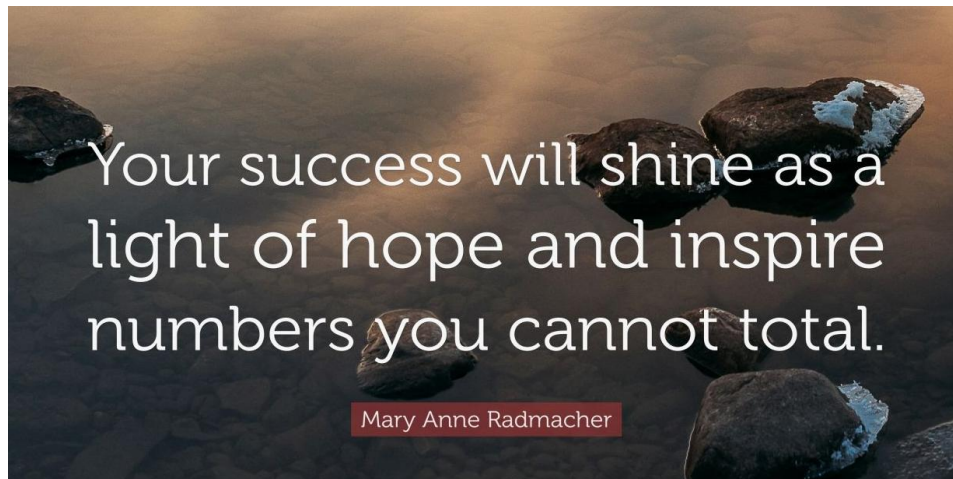
# Vision and Values

- ▶ Create, Aspire and Excel to 'Live life in all its fullness' (John 10:10) through our dedication to the seven Christian values of love, hope, self-discipline, compassion, forgiveness, respect and honesty.

“The world celebrates people who achieve great things - athletes, musicians, entrepreneurs and more”

Their success stories remind us that with hard work and self-discipline, we can also achieve amazing goals.

Just look at Emma Raducanu, who won the US Open at only 18 - her journey shows what determination and focus can achieve.



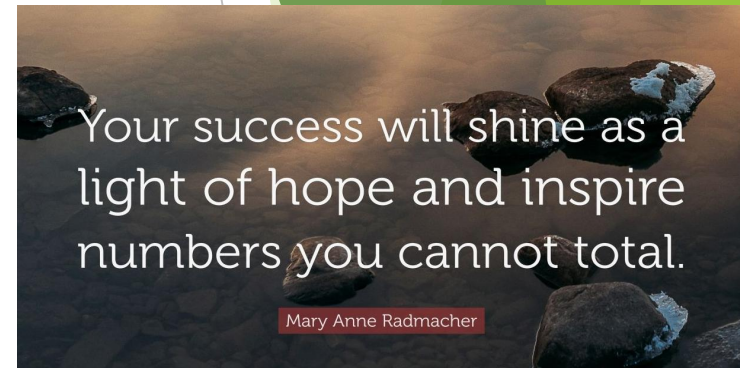
Other inspiring UK role models include Sir Mo Farah, whose dedication and perseverance made him one of the greatest long-distance runners in history;

Malala Yousafzai, who has shown incredible courage and advocacy for education;

Sir David Attenborough, whose lifelong passion for nature has educated and inspired millions;

Adele, whose talent and hard work have earned her worldwide acclaim.

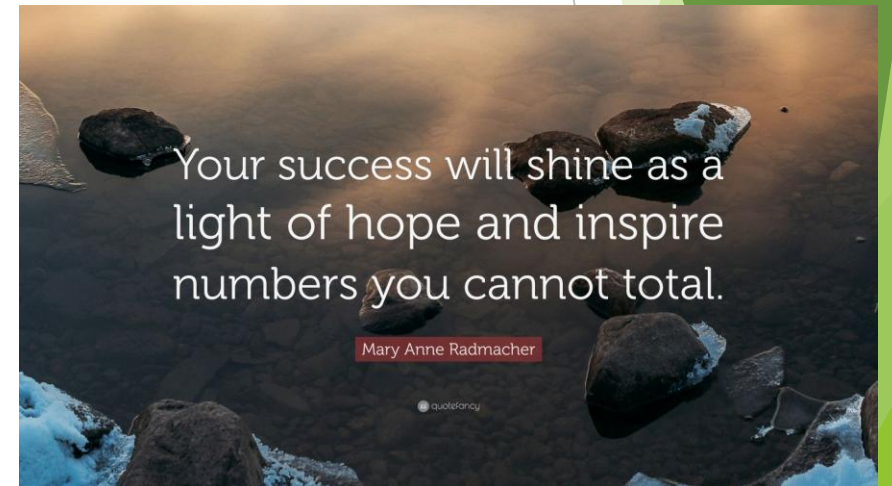
These individuals demonstrate that with commitment, resilience, and a clear vision, remarkable achievements are possible.”



The world loves to shine a light on successful people. They could be an athlete, singer or business person. If they are a success story, you can bet our media will publish it.

We need to deprive ourselves in the short term, so we can get what we want in the long term. That means doing something we don't want to do, or not doing something we want to do. This is self discipline.

What does this mean?



# When learning is at its best, it thrives on self-discipline. Here are key steps to help you stay on track:

- **Understand Your Strengths and Weaknesses** - Identify what you excel at and where you need improvement.
- **Know When You're Most Motivated** - Learn the times and environments that help you focus best.
- **Acknowledge Your Challenges** - Be honest about obstacles and work to overcome them.
- **Maintain a Positive Mindset** - Stay optimistic, even when learning gets tough.
- **Seek Support** - Don't hesitate to ask for help from teachers, peers, or mentors.
- **Improve Your Time Management** - Plan your schedule wisely to balance learning and rest.



Self-discipline **is the**  
**persistence to keep going**  
**until you reach your goals**

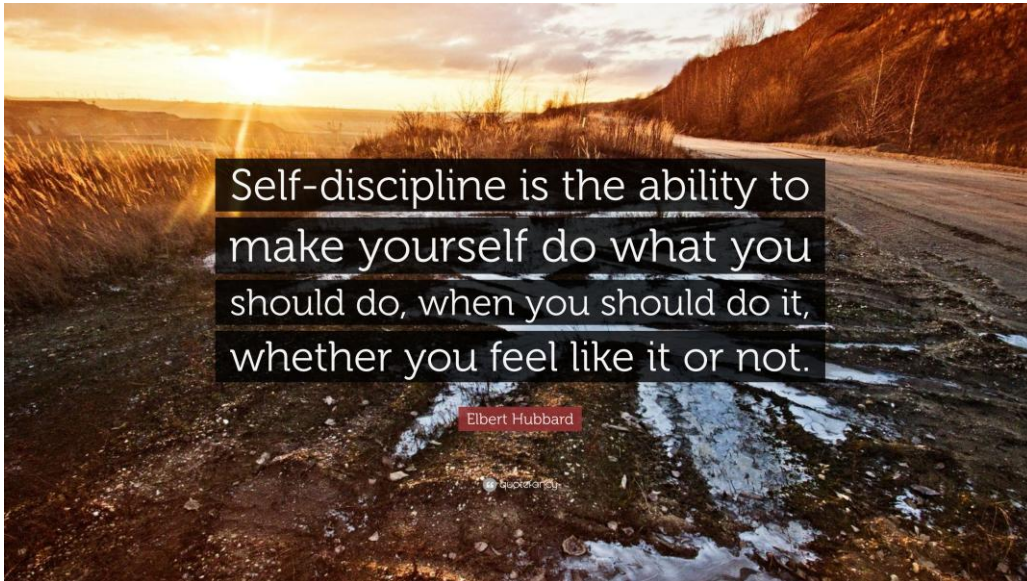
Self-discipline **wins every**  
**time**

“Self-discipline means sticking with something even when it’s hard.

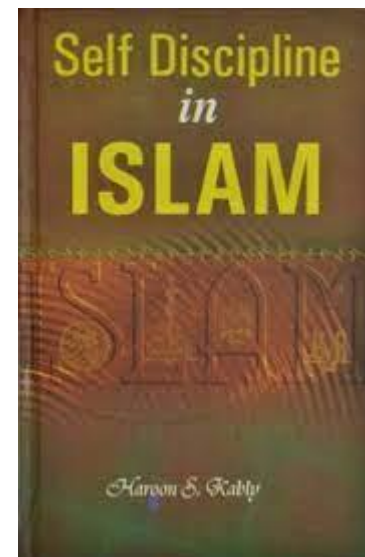
It’s about keeping your focus and not giving up until you reach your goals.

For example, if you want to get better at tennis, it’s not just talent—it’s practicing regularly, even on days you feel tired or distracted, that helps you improve.”





A Muslim can discipline himself by: 1- worshipping Allah, keeping in contact with Him and submitting to Him, 2- reading Quran, 3- reading useful religious books, 4- attending educational programs, 5- Keeping company with righteous people...



## Why Am I Not More Disciplined?

How many times have you made some resolve, let it fall by the wayside, and wondered why you're not more disciplined? I've done it more times than I care to admit. What's our problem?

Well, first let's acknowledge that we're complex beings and numerous factors can play into our capacities for self-discipline. Our genetics, conditioning, past trauma, various kinds of mental health struggles, and many other issues all affect us to differing degrees. And God understands how they affect each of us. He knows we don't all have the same capacities for self-discipline and doesn't hold us all to the same expectations. Jesus's principle applies here: "Everyone to whom much was given, of him much will be required" (Luke 12:48). So, we must be careful when assessing ourselves in comparison to others, and very careful and gracious when judging others.

But these factors don't change the fundamental fuel that powers the capacities we do have for self-discipline and self-denial: the joy of a reward set before us (Hebrews 12:2).





<https://www.theguardian.com/world/2023/may/21/ex-gurkha-soldier-with-no-legs-reaches-summit-of-mount-everest>

## Double amputee Gurkha veteran reaches summit of Mount Everest

**Hari Budha Magar reached the peak despite being a double amputee since an explosion in Afghanistan**



Read the news article and discuss what it must have taken for this man to climb the worlds highest peak!



No discipline seems pleasant at the time, but painful. Later on, however, it produces a harvest of righteousness and peace for those who have been trained by it.

Hebrews 12:9-11

<https://youtu.be/cPn3UOt1lxw?si=EuhbX9nr58WFrRdb>

Watch this short animated video on self-discipline

# Why Self-Discipline matters more than ever

## Modern Challenges:

- ▶ Teens today face more distractions than ever—especially from smartphones, social media, and constant notifications

## Self-Discipline:

- ▶ Is not just about school: Self-discipline helps with sports, friendships, hobbies, and even managing emotions.

# Latest Research: What Works for Teens

## Self-Regulation vs. Self-Discipline

- ✍ Managing your thoughts, feelings, and actions is even more important than just 'forcing yourself' to do things.
- ✍ Positive Discipline: set goals, reflect on mistakes, and build habits for success.

# Latest Research: Digital Distractions The Biggest Challenge

## Social Media & Focus

- ▶ Most teens say social media is their #1 distraction. Spending more than 3 hours a day on social media doubles the risk of anxiety and low self-esteem.

## Tips That Work:

- ▶ Use apps to limit screen time.
- ▶ Set 'phone-free' study times.
- ▶ Try the Pomodoro Technique: 25 minutes focused work, 5-minute break.
- ▶ Make your bedroom a 'no phone' zone at night for better sleep.



# AI and Self-Discipline in Learning

- ▶ Schools worldwide, including **Greece and India**, are giving students access to AI tools like **ChatGPT**.
- ▶ Some **UK schools** are exploring AI for homework, revision, and creativity

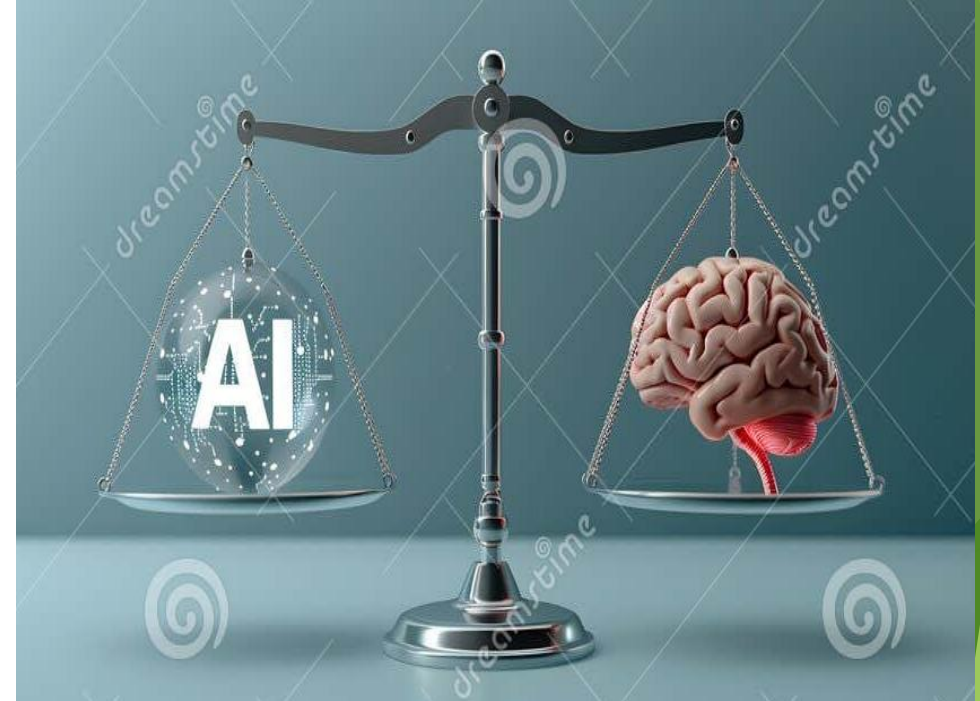


## ? Big Questions:

- ▶ Should AI be allowed in **exams**?
- ▶ Are we **relying on AI too much** instead of developing our own skills?

# AI and Self-Discipline in Learning

- ▶ “AI can be a helpful tool, but it can also make learning easier in a way that reduces our **self-discipline**.”
- ▶ True learning comes from **persistence, effort, and practice**—skills AI cannot replace.
- ▶ We need to ask ourselves: Are we using AI to **support learning** or **replace effort**?”



# Using AI Wisely

## ☑ Good AI Use:

- ▶ Get ideas for homework or projects
- ▶ Check facts and explanations
- ▶ Practice problems with guidance
- ▶ Enhance creativity and learning

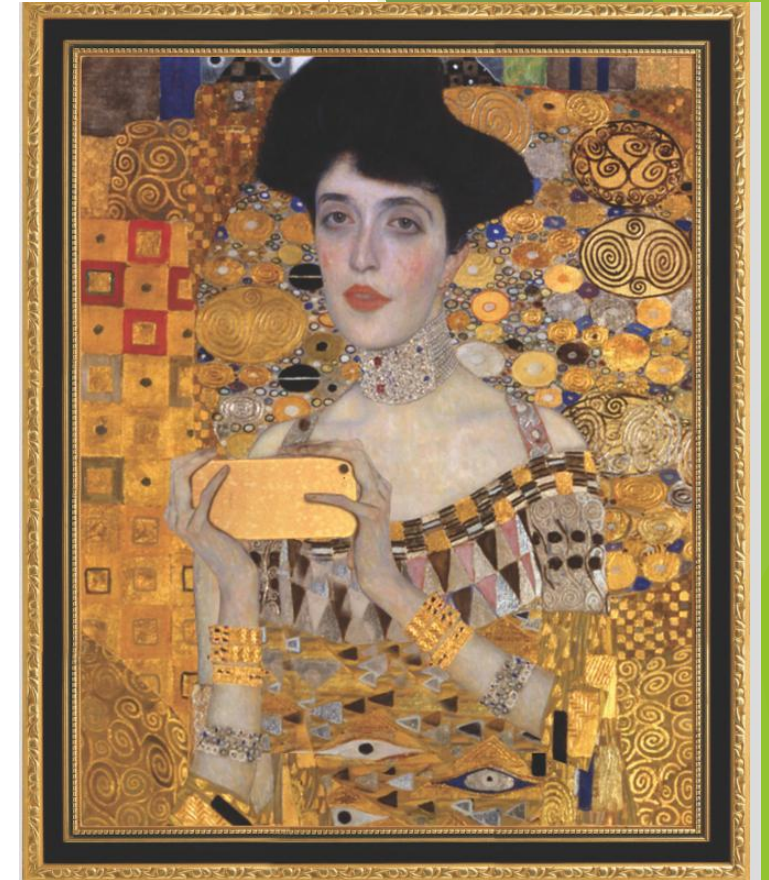


## ✗ Over-Reliance:

- ▶ Let AI do all the work for you
- ▶ Copy answers without understanding
- ▶ Skip practicing skills
- ▶ Depend on AI instead of thinking independently



# Our perception of ourselves?....



“Selfie” was the word of the year In the Oxford dictionary 2013  
What we see on social media are not the real things that give life meaning

Increase in Body Dysmorphic Disorder cases

# Reflect.....

Seeing our differences for what they are is important. We all have different ethnicities, cultures, religions, family backgrounds, appearances, interests and abilities

We have similar thoughts, feelings, wants and dreams. We all need to be appreciated for who we are. And we need to feel connected, like we belong.

Sometimes its difficult to get beyond our differences. We are uncomfortable with them, maybe even afraid of them, so we tease and taunt, or even worse act superior to others who are different from us. This sets up division, barriers, prejudices and bad feelings that can led to mistrust, even hatred.



Thank you