



You grew in **6 of 6** precepts this year. Your strongest is **Care** (Exemplary, 752). Your biggest growth is in **Contribution To Society**, 613 → 731, and your service story is why.

IN YOUR OWN WORDS

YOUR TOP THREE STRENGTHS

CARE

COMPASSION · EXEMPLARY

752

"...I make an impact in others' lives and that I'm connected to other people in ways that I don't always see."

You noticed what someone needed, acted, and saw what it meant to them.

CONTRIBUTION TO SOCIETY

PURPOSE · ADVANCED · +118

731

"I began applying for hotlines and volunteering my time to genuinely help people, not for money or any other gain."

Your reason for serving is your own. That is the line between Competent and Advanced.

A COMMUNITY OF GRATITUDE

GRATITUDE · ADVANCED

702

"His kindness inspired me to help people who need it, and to be thankful for what I have."

You named a specific gift and connected it to how you now give back.

ALL SIX

EVERY PRECEPT, FALL TO SPRING

CARE

Compassion



CONTRIBUTION TO SOCIETY

Purpose



A COMMUNITY OF GRATITUDE

Gratitude



HONESTY AND INTEGRITY

Self-Control



LOYALTY AND SPIRITED DEVOTION

Grit



COURTESY AND CONSIDERATION

Perspective-Taking



○ Fall 2026 ● Spring 2027

Bands: Developing 370-529 · Competent 530-609 · Advanced 610-739 · Exemplary 740-800

LOOKING AHEAD

CAREERS AND COLLEGE PATHS WHERE THESE STRENGTHS MATTER

COUNSELING

Listening closely, staying steady, and caring about the person in front of you.

CARE CONTRIBUTION

NURSING AND MEDICINE

Care under pressure, with honesty about what a patient needs to hear.

CARE HONESTY

TEACHING

Noticing who is left out and staying with a student until it clicks.

GRATITUDE LOYALTY

PUBLIC HEALTH

Turning service to one person into better systems for many.

CONTRIBUTION CARE

Majors to explore: **Psychology · Public Health · Human Development · Education · Nursing**

1 YOUR NEXT STEP

Courtesy And Consideration is your growing edge, Competent at 581. Next time you disagree with someone, say their side back in one sentence before you give yours. Then notice what changes.

2 FOR YOUR COLLEGE COUNSELOR

Start here: "You said you volunteer 'not for money or any other gain.' What did a hard moment on the hotline teach you that a class could not?" The answer belongs in a recommendation letter.

SERVICE REFLECTION

THE WHY BEHIND YOUR HOURS

46 3

service hours service stories
this year you told

- ◆ Crisis text line volunteer training
- ◆ Lower School reading buddies

"I've always been interested in mental health and supporting others..."

YOUR OWN REASON · 3 OF 3 STORIES