

October 2010

“Learn from yesterday, live for today, hope for tomorrow. The important thing is not to stop questioning” - Albert Einstein



Dear Parents and SuperCampers,

We hope that all preparation for exams have been going well. We know that all parents are giving fantastic positive support.

In Parents' Corner, Bobbi DePorter helps us understand how teens respond and make choices for themselves.

In Campers' Corner this month, we provide you with an interesting read about how you should create an ability to speak with good purpose. Also, here's an

awesome clip from SuperCamp for you to look at <http://www.youtube.com/watch?v=gNupxbCx6Ek>

A quick update: We have a new programs page on our website. Please visit <http://www.supercamp.sg/programs.htm> to view all upcoming programs.

SuperCamp Nov/Dec 2010

Our November/December SuperCamp will be held from **Sunday, 28th November** to **Saturday, 4th December 2010**. Registration is open now on www.supercamp.sg.

Early bird savings closes on 31st October 2010. Do register before the end of this month to enjoy the great discount.

Parent's Preview Workshop

We will be having our parent's preview workshop for SuperCamp later this month. Parents who would like to find out more about SuperCamp are encouraged to attend. An email will be sent out once we have confirmed the venue.

Date: 30 October 2010

Time: 2pm-4pm

Venue: To Be Confirmed



Leadership Team

Due to popular demand, we will be having a Leadership Team for SuperCamp graduates who are age 15 year and above! Every member of the L-team will receive more specialized training as they assume higher levels of responsibility. They get the chance to serve as a role model for other students through their embodiment of the 8 keys of Excellence.

If you are interested in registering as a SuperCamper or an L-teamer, please feel free to contact Sheryn at sheryn@qln.com.sg or Kristine at Kristine@qln.com.sg.

SuperCamp Grad Coaching Program

As mentioned before, in 2011 we are offering the **VIP SuperCamp Graduates Coaching Program!**

SuperCamp graduates will now be able to connect one-on-one every week with a SuperCamp coach and have unlimited text/email access to this coach!

Everyone can benefit from having a coach on their team and SuperCamp grads are no exception!

To know more about the program and the fees, please feel free to contact Sheryn at sheryn@qln.com.sg or Kristine at kristine@qln.com.sg.



Campers Corner

“Well, You Look Mighty Nice Today” – Creating Your Ability to Speak with Good Purpose

By Jake Smith

Mark Twain said the difference between the right word and the almost right word is “the difference between lightning and a lightning bug.”

Everyone can think of a time when they said something that was “almost right” to another person and the result was a situation that became incredibly amusing, dangerous, or embarrassing very quickly. Often, it’s completely unintentional – yet the damage is done. What about those times though, when it’s very much intentional?

Someone who has a full vocabulary – and uses it well – has that Twain-ish ability to create a “lightning” effect with their words. With that capacity, he has an almost startling power to affect others; a well-placed compliment or cutting insult can determine a person’s emotional well-being for days, weeks, or even years. The choice is clearly there in front of us every time we open our mouths.

When we make the right choice – the choice to empower and inspire rather than disparage and hurt – we are living one of the 8 Keys of Excellence: **Speak With Good Purpose**.



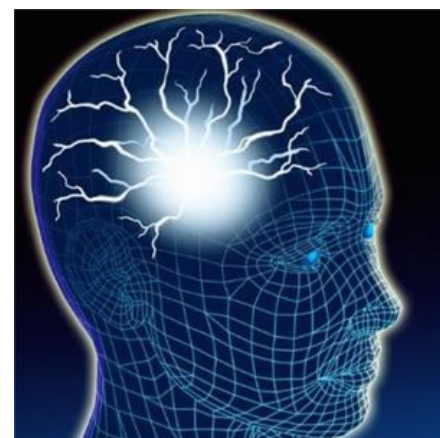
SPEAK WITH GOOD PURPOSE: Speak honestly and kindly; Speak in a positive sense with good intent, being responsible for honest and direct communication.

When SuperCamp facilitators present the idea of Speaking With Good Purpose, they speak of communicating clearly and honestly, while also being attentive to the feelings our words create in others.

If we use the example of the person above with the sweet vocabulary skills, we expect them to be accountable for what they say, because one would assume that with an ample vocabulary a person has a lot more flexibility in what they enunciate.

And for those of us who aren’t verbal gymnasts – what then? Can we blame our lack of extensive vocabulary for our negative words? The simple answer is yes. The more complicated answer still involves *choice*.

From years of research on the brain and language, science shows us that words are stored in our memory through frequency and relation. In other terms, the words we use most frequently are the words that are easiest for us to retrieve. If someone constantly uses the word “idiot” to describe a friend or classmate, they are cementing the connection between the insult and the person being insulted.



So, let’s get back to the simple answer. If you consider yourself to be limited in your vocabulary, you are going to have a stronger tendency to say words or phrases that you use often. If you are used to using negativity to describe your friends, co-workers, classmates, family members – well, that’s going to come out instinctively. On the flip side, if your vocabulary is limited and you still use kind words to those around you, it’s going to be instinctive to speak with joy and positivity.

When you use uplifting words, you form the habit of Speaking With Good Purpose, even if you're not necessarily thrilled about a person or situation. Make it a habit to use the right words – all the time. Habits are hard to break, so let's form some good ones.

Parents Corner

It's better to act than react

By Bobbi DePorter (adapted version)

At SuperCamp we encourage teens to take charge of the way they respond to unfavourable situations. They gain empowerment by first getting a handle on how they feel, rather than lashing out or reacting in retaliation to something or someone.

As they work through their feelings about unpleasant events in their lives, they discover that they've made choices along the way. Some ways of responding to an event diminished them. Some made them stronger. The responses they chose were up to them. When they come to this realization they discover that in the future they can choose responses that have a better outcome. When it comes to their responses to an event, the power is all theirs.

We call this principle of taking responsibility for one's actions "taking ownership." Students really understand this concept by relating it to the term "pride of ownership," the way they felt about the first special their first valued possession, for example. When they realize they can feel that same pride of ownership about their behavior, their whole attitude changes. Owning their actions puts them in control. It allows them to move their lives in the direction they choose instead of being a passive recipient of someone else's choices.

What choices do they have? During our camps and enrichment programs, we have teens play the Ownership Game to learn more about the kinds of choices they make every day. In any given situation, everybody chooses behavior that's either Above the Line or Below the Line. Whenever they're making excuses, laying blame, justifying, or giving up, they're playing Below the Line. When they take responsibility, look for solutions, or follow through on plans, they're playing Above the



Line. They learn that playing Below the Line brings penalties like powerlessness, lack of trust, and loss of freedom. Playing Above the Line brings rewards like freedom, trust, respect, and success.

When teens play the Ownership Game they make a breakthrough discovery. Even in the most traumatic circumstances, when their lives seem to be in chaos, they still have control over one thing: they still can decide how they're going to respond!

Playing Above the Line means choosing positive attitudes and behaviors - and letting go of destructive ones. Young people sometimes respond to emotional pain by hanging on to resentment - blaming another person for their pain. They may resent one or both parents for a divorce or for moving them away from their old home. They might even blame a parent for dying and leaving them. But the tricky thing about resentment is that it hurts us even more than it hurts the person we resent.



One teen told a staff member of mine that she held a lot of resentment toward her father who wasn't around much after her parents divorced. Her new stepfather was involved in her life and came to all of her events but she kept him at arm's length for fear that if she got close to him he would abandon her too. She realized that by not allowing herself to get close to her step dad she was hurting herself, and missing out on the close relationship that was available.



When they're able to see it this way, they understand that resentment is a Below the Line choice. But it's not always easy for them to let go of resentment if they have been carrying it around a while.

We ask teens at SuperCamp, "How many of you have ever been hiking and gotten a rock in your shoe?" Most respond with a nod.

We tell them that resentment is just like that rock. "Rather than take your shoe off and remove the rock, you wiggle the stone around in your shoe until you find a place where it doesn't hurt as much. Then you leave it there. Instead of telling people about our feelings, we wriggle them off to the side, hoping they'll get better."

The campers are still nodding. Some are laughing. Most of them can see themselves in this story. "... But pretty soon the yucky feeling slips back up just like the rock. Eventually, your foot goes numb. Once you're in a dull, numb state, resentment starts wearing a hole in your soul too."

All around the room, you can practically see light bulbs going on in their heads. They totally get it. They realize that just like they do with the rocks they keep in their shoes on a hike, they're putting that pain on themselves. Resentment is pain they volunteer for. They can make it stop any time they want!



Teens who learn to Live Above the Line take a major step forward in the growing up process by taking ownership of and responsibility for their own emotions, reactions and responses to all situations.

Contact Information

If you have any queries or would like further clarification about SuperCamp or any of our other Singapore-based programmes, please contact Sheryn at 9863 0033 or sheryn@qln.com.sg
Thank you and enjoy the rest of this month!

Best Regards,

SuperCamp Team

Poh Lam, Sheryn and Kristine

Quantum Learning Network Singapore Pte Ltd

31 Ubi Rd 1
#03-01 Aztech Building
Lobby A
Singapore 408694
Tel: (65) 6590 9802 / 9803
Mobile Tel: (65) 9863 0033 / 0011
Website: www.supercamp.sg