

How to give **STUDENTS** agency over their future

Student agency positions students to be proactive in their learning and personal growth. It's essential when it comes to helping them focus on the future so they can set goals and achieve them.

Here are five ways students can take agency over their life and move forward into a positive future.



1. QUIET THE VOICE OF DISQUIET

You do not get the life you deserve. You get the life you decide. If you keep saying you are lost, you will wallow in despair and keep going around in circles. Say out loud that you are excited about your future. Your actions and perspectives will follow your words.



2. SIT WITH DISCOMFORT

Recognise emotions in order to achieve personal growth. Many of us have been taught to suppress our feelings. By noticing and naming our emotions and sitting compassionately with ourselves through difficult times, we develop a stronger sense of well being.



3. STOP BLAMING OTHERS

Being positive in a negative situation demonstrates leadership. Young people must strive to influence the world and make it better, without wallowing in the dysfunction of their environment and pointing the finger at others.



4. BE COURAGEOUS

If you want to be rich or famous, you need to work for your success. We expect things from life, rather than from ourselves. To achieve success and reach our goals, we need to do hard things better than anybody else, with more courage.



5. TAKE PERSONAL RESPONSIBILITY

What can you do, despite the fact that you have problems? Your problems are not an excuse to do nothing. No matter what you are going through, at the end of every day, look yourself in the mirror and ask yourself, "Did I get better today?"