



FINDING PASSION

WHAT'S INSIDE THIS ISSUE:

- **Article: Finding Passion**
- **Upcoming Events**
- **Students' Achievements**
- **Humbee Quiz 2022**
- **Exam Week**
- **Math Department's Article**
- **Soccer Friendly Match**
- **Open House 25 November 2022**

UPCOMING EVENTS

November

- 2-17** Y7-Y9 MYR Papers
- 11** Open House
- 11, 14-17** Y3-Y6 MYR Examination

Asking teens “What do you want to do?”, “What is your passion?” may seem harmless. For some teens these questions are loaded, and they can cause a lot of anxiety.

Discovering their passion and answering the question of what they want to do as adults can feel like a high-stakes test for teens. Some people know what they want to do with their lives from an early age. They don't have to wonder what they "should" be doing because their passion found them first. Finding a passion can be difficult, especially for a teen who has yet to experience many aspects of life.

How can teens find their passion and do what they love? Perhaps the following suggestions can help.

5 Research-Backed Techniques to Help Teens Develop Passion (<https://www.helloworldnetwork.org/post/5-research-backed-techniques-to-help-teens-develop-passion>)

According to [a landmark study by William Damon](#), the director of the Stanford Center on Adolescence, only 20% of people between the ages of 12 and 22 years old have a specific, lasting passion. The majority of kids fall into categories Damon calls “dabblers” or “dreamers.” They may be able to point to interests, hobbies, and a vague sense of direction, but struggle to fit it into a concrete commitment or plan.

Passion isn't stumbled upon—it's developed. It requires experimentation, exploration, and investment, all of which come with time and intention.

Below are five actionable and research-backed techniques for developing a passion. Encourage your teens to practice them in order to get unstuck, empowered, and on the path to developing a sturdy sense of passion.

1. Brainstorm and articulate potential passions

The first step toward developing a passion is taking stock of notable interests, skills, values, etc. Ideally, this doesn't happen internally but out loud.



11-17 NOVEMBER 2022

Teens should use the following questions (and [a no-bad-ideas-in-brainstorming mindset](#)) to identify decent candidates for a long-term passion:

- What brings me joy?
- What activity makes me forget to eat or lose track of time?
- Who do I look up to?
- What's the highlight of my day at school?
- What values are most important to me?

Putting ideas into words is an [act of discovery](#). You must interrogate and organize a thought in order to articulate it.

When you take the time to explain your interests, you encounter more opportunities to consider: What about the subject or activity is interesting? Why is it important to you? You also make more connections and reveal faulty logic that went undetected (or unchallenged) in your head. It's something most of us know intuitively: Talking through an idea helps you make more sense of it.

Beyond writing, saying these brainstorming notes out loud—even if nobody else is in the room—[helps you understand it up to three times better](#).

Teens might find sitting down and plainly stating a few of their interests, skills, values, and wildest dreams a vulnerable activity, but it's important. While they likely won't be able to articulate a fully-formed passion, they will walk away from the process with a much clearer understanding of their interests, values, and could-be passions.

2. Share those could-be passions with peers

Like putting passions into words, sharing your interests with peers can make these ideas feel more concrete and motivate you to pursue them.

A fascinating [2020 study out of the University of Rochester](#) reveals how having conversations over social networks help individuals think more creatively.

"The intuition being, if you bump up against out-of-the-box ideas, chances are higher that you will be able to combine your own ideas with ideas you didn't originally think of."

When teens publicly air their nascent passions—interests, values, curiosities, etc.—they gain new perspectives, new sources of inspiration, and new connections. Again, this process can make teens feel vulnerable, but it's a fruitful exercise for fleshing out unaddressed thoughts.

Teens who are closer to identifying a concrete passion can also practice goal sharing, which research shows to be an exceptionally motivating practice. By putting a goal in writing and sharing it with others, [you are 33% more likely to achieve said goals](#).

3. Share your interests with adults, too

For many teens, adults are key sources of validation and motivation.

[Kendall Bronk](#), a professor of psychology at Claremont Graduate University and the director of the Adolescent Moral Development Lab, conducts studies related to this topic. She claims that after having a 45-minute discussion about their interests with an adult moderator, teens "significantly increased their reporting of purpose."

Adults can also play a larger role as mentors and sources of inspiration. [The Chronicle of Evidence-Based Mentoring](#) says that the most powerful form of mentorship is "more about nurturing a spark than finding a flame." When teens speak about their interests to adults—parents, teachers, potential mentors—the care and validation nurtures their spark.



11-17 NOVEMBER 2022

Validation is particularly important for teens who don't fit the typical mold of someone with their particular passion. In [a study published in 2018](#), researchers determined that when women express an interest in STEM, a positive social response—both from adults and peers—boosts their chances of pursuing a career in science far more than it does for men.

4. Hold curiosity conversations

Curiosity conversations are a chance to break out of your comfort zone, spark inspiration, and give shape to an emerging interest.

In a curiosity conversation, you chat with someone you find interesting. Your only agenda is to better understand who they are, what they do, and how they got there.

Curiosity conversations are [a longtime practice of Oscar-winning producer Brian Grazer](#). He uses them as research to understand the emotions and motivations behind figures who fascinate him.

For teens, curiosity conversations can help them clarify their path. It's an opportunity to hold up potential passions to people who walk and talk that lifestyle by asking:

- What is the day-to-day of a person in the field?
- What are the building blocks of this type of career?
- What do they love about their lives, and what do they wish to change?

And if the stars align, the conversation may be the start of [a long-term mentorship](#).

5. Focus on an “ultimate concern,” not a career

Rather than getting stuck on the what of your passion, consider the why: the topics, skills, social issues, and communities that make up an ultimate concern.

[According to Angela Duckworth](#), a psychologist who studies grit and passion, an ultimate concern is “the one [thing] that you're tenacious about, that you are stubborn about, that you wake up in the morning and go to bed aligned to.” It's a bedrock, a North Star, a capital-P Passion.

Duckworth's ultimate concern is “helping children thrive using psychological science.”

- [For Greta Thunberg](#), it's holding world leaders accountable to take immediate action on the climate crisis.
- [For Malala Yousafzai](#), it's advocating to improve educational access for girls around the world.

Duckworth views everything outside of the ultimate concern—from career choice to college major—to be a lower-order function that (ideally) serves the ultimate concern.

This model correlates with high levels of motivation and performance. [A 2014 study](#) revealed that students with prosocial motivations (e.g., motivations rooted outside of their own interests) showed more persistence and deeper learning behaviors.

Based on this research, contemplating a career path early in life may be the wrong approach—even more so when you consider [most of the jobs of the future don't exist yet](#). Instead, teens are more likely to find a motivating, long-term passion in a larger mission that transcends a job, internship, or college major.

Discovering a passion can be a fun and playful exploration. If your teen is feeling stuck, encourage them to focus on the here and now.



NATIONALHIGH
JAKARTA SCHOOL

WEEKLY BULLETIN

2022-2023

CELEBRATING THE COMMUNITY



11-17 NOVEMBER 2022

It's fine not knowing what they'll be doing in a few years. There isn't a "right" passion. Teenagers must understand that failing is acceptable. And if they don't like what you or their friends like, they can try something else. It's natural to want to steer your child in a certain direction, but take some time to step back and allow your child's interests and passions drive their path rather than yours.

Shared by:
Ms Shirin Salleh
Vice Principal

Students' Achievements

NATIONALHIGH JAKARTA SCHOOL **GOLD**

CONGRATULATIONS!


Reinata Hartono (Y3P)


Connor Macallan Winata (Y4E)


Sean Aldrich Wiranata (Y6E)


Adriel Zacharie Winata (Y8A)

Southeast Asian Mathematical Olympiad

NATIONALHIGH JAKARTA SCHOOL **SILVER**

CONGRATULATIONS!


Avril Rumiko Sullawan (Y3P)


Rachelle Hartono (Y5E)


Kara Alkiko Sullawan (Y5G)


Kate Narumi Sullawan (Y5E)


Nicole Gwen Santoso (Y6G)


Kyle Hayden C. Winata (Y6G)


Marco Sundah (Y9E)


Wilson Jonathan Mulyadi (Y10E)

Southeast Asian Mathematical Olympiad

NATIONALHIGH JAKARTA SCHOOL **BRONZE**

CONGRATULATIONS!


Chace Nusantoro Liu (Y7P)


Adeline Elizabeth Tay (Y8A)

Southeast Asian Mathematical Olympiad

NATIONALHIGH JAKARTA SCHOOL **DISTINCTION AWARD**

CONGRATULATIONS!


William Darcy Ongkowidjaja (Y6T)
 Category: Simetri, Year 5 Upper Primary Division

Australian Mathematics Competition 2022



NATIONALHIGH
JAKARTA SCHOOL

WEEKLY BULLETIN

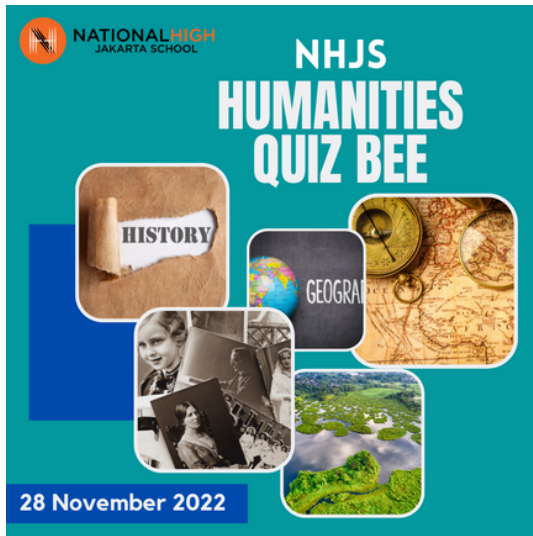
2022-2023



CELEBRATING THE COMMUNITY

11-17 NOVEMBER 2022

Humbee Quiz 2022



HumBee is back!

For this second edition of the most awaited Lower Secondary Humanities event, we are going face to face. This will be very special since our Year 7 and Year 8 students will compete among each other in a friendly competition where they will be able to measure their humanities knowledge, sharpen their public speaking skills and put into practice many other 21st century skills such as collaboration, communication and critical thinking.

This very exciting event will happen on 28th November and will, for sure, bring a lot of surprises and fun learning to our young historians and geographers. See you soon!

Regards,
Humanities Department

Exam Week 2-17 November 2022





NATIONALHIGH
JAKARTA SCHOOL

WEEKLY BULLETIN

2022-2023

CELEBRATING THE COMMUNITY



11-17 NOVEMBER 2022

Math Department's Article

We acknowledge the important role of the parents in developing the love for learning, forming good study habits and boosting the self-confidence of their children. Teachers and parents work as a team in supporting the child to achieve their full potential. After-school follow-up through homework or mini-projects help to strengthen the understanding of the day's lesson. In addition, finding learning opportunities at home will help your child relate their maths lessons to the real world. Involving your child in planning a weekly grocery budget, computing for monthly bills (electricity, water, internet, etc.) or even just making them budget their daily pocket money are good opportunities for your child to value and relate the lessons he / she learned in class to the real world.

The article and website below shares some insights on what parents can do to apply maths to real-world scenarios and help for them to develop a deeper appreciation for the subject. Visit the website so you could also watch the videos they shared. Enjoy!

“How Parents Can Help with Math at Home”

Math is on the Move!

Math is on the Move is a resource produced by the Brant Haldimand Norfolk Catholic District School Board in order to inform parents about what mathematics learning looks like in today's classroom. This five-part series will take you on a journey to look at some of the major ideas that teachers are using in our mathematics classrooms to improve student learning. The videos were also designed with you, the parent, in mind so that you can use these same ideas when supporting your child with Mathematics learning.

1) Math Talk Moves - In this video parents will see the strategies teachers are using to build learning communities where students share their thinking and talk about Math freely. Parents will be given insights into how they can develop these skills while working on Math with their child.

2) Prove it vs. Got It - Rather than just asking students to get an answer and the teacher telling them whether they are right or wrong, students today are being asked to not only provide an answer, but to also provide proof as to how they know they are correct. Parents can support this learning as well by asking the same types of questions of their children as they engage them in Mathematics activities

3) Math is Everywhere - Parents can help their children with Mathematics by engaging them in a variety of Mathematics activities, especially by pointing out and solving the Mathematics that they use in everyday life.

4) More than One Way - Parents will be invited to journey with students through open ended problems and support the development of their creative Mathematical thinking.

5) We are all Math People - Research has shown how having a growth mindset (understanding that everyone has the ability to learn and succeed) actually improves a student's achievement. Parents can use the simple strategies outlined to help foster a growth mindset in their children.



NATIONALHIGH
JAKARTA SCHOOL

WEEKLY BULLETIN

2022-2023

CELEBRATING THE COMMUNITY



11-17 NOVEMBER 2022

Helpful Tips for Parents and Guardians

Believe that every child can be successful in math. It takes good teaching, coaching, encouragement and practice.

- Talk about math in a positive way. A positive attitude about math is infectious.
- Encourage persistence. Some problems take time to solve.
- Encourage your child to experiment with different approaches to mathematics. There is often more than one way to solve a math problem.
- Encourage your child to talk about and show a math problem in a way that makes sense (i.e., draw a picture or use material like macaroni).
- When your child is solving math problems ask questions such as: Why did you...? What can you do next? Do you see any patterns? Does the answer make sense? How do you know? This helps to encourage thinking about mathematics.
- Connect math to everyday life and help your child understand how math influences them (i.e. shapes of traffic signs, walking distance to school, telling time).
- Play family math games together that add excitement such as checkers, junior monopoly, math bingo and uno.
- Computers + math = fun! There are great computer math games available on the internet that you can discover with your child.
- Talk with your child's teacher about difficulties he/she may be experiencing. When teachers and parents work together, children benefit.

Adapted from information provided by the Ontario Ministry of Education.

Source: "How Parents can help with Math at Home".

<http://www.bhncdsb.ca/page/how-parents-can-help-math-home>

Shared by:

Mr Marsiglio Carino

Soccer Friendly Match (NHJS vs ACG)

Results of the games on Saturday, 5 Nov 2022:

U10, NHJS 5 - ACG 6

U18, NHJS 6 - ACG 1





NATIONALHIGH
JAKARTA SCHOOL

WEEKLY BULLETIN

2022-2023



CELEBRATING THE COMMUNITY

11-17 NOVEMBER 2022



OPEN HOUSE

NATIONALHIGH
JAKARTA SCHOOL

REGISTER NOW



Come Visit Us!

Friday, 25 November 2022

Time: 8.30 - 10.00 am

Get Waiver

50%^{up to}*
cashback



@nationalhighjakartaschool

www.nationalhighjakartaschool.com

**Terms and conditions apply