

Est.  
1841

YORK  
ST JOHN  
UNIVERSITY

“HANGING OUT WITH PEOPLE ONLY IF THEY ARE SMART, POPULAR, OR STAR ATHLETES AND REFUSING TO SPEND TIME WITH ANYONE WHO DOES NOT FIT THE MOULD”.

Est.  
1841

YORK  
ST JOHN  
UNIVERSITY

“ACCEPTING AN AWARD WITH PRIDE EVEN THOUGH THERE IS A MISSPELLING ON IT”.

Est.  
1841

YORK  
ST JOHN  
UNIVERSITY

“AVOIDING TRYING NEW THINGS AND HAVING NEW EXPERIENCES BECAUSE YOU ARE AFRAID OF MAKING A MISTAKE”.

Est.  
1841

YORK  
ST JOHN  
UNIVERSITY

“TAKING LESSONS AND PRACTISING EVERYDAY TO ENSURE YOU ARE PERFECT”.

Est.  
1841

YORK  
ST JOHN  
UNIVERSITY

“CHOOSING TO WORK ALONE BECAUSE NO ONE CAN DO THE WORK AS GOOD AS YOU AND YOU ARE NOT ABOUT TO LET ANYONE RUIN YOUR CHANCES OF GETTING A HIGH GRADE.”

Est.  
1841

YORK  
ST JOHN  
UNIVERSITY

“REWRITING AN ESSAY OVER THREE TIMES, STAYING UP ALL NIGHT AND HANDING IT IN LATE BECAUSE YOU HAD TO GET IT RIGHT”.

Est.  
1841

YORK  
ST JOHN  
UNIVERSITY

“TRYING NEW THINGS  
EVEN IF YOU FIND THEM  
A BIT SCARY, AND  
LEARNING FROM YOUR  
EXPERIENCES AND  
MISTAKES”.

Est.  
1841

YORK  
ST JOHN  
UNIVERSITY

“STUDYING HARD FOR  
AN EXAM, SITTING IT  
WITH CONFIDENCE”,  
AND FEELING GOOD  
ABOUT GETTING A  
SCORE YOU CAN BE  
PROUD OF”.

Est.  
1841

YORK  
ST JOHN  
UNIVERSITY

“HANGING OUT WITH  
PEOPLE BECAUSE YOU  
THINK THEY ARE  
INTERESTING, LIKEABLE,  
AND FUN TO BE WITH”.

Est.  
1841

YORK  
ST JOHN  
UNIVERSITY

“NOT BEING ABLE TO  
LEAVE YOUR BEDROOM  
UNTIL EVERYTHING IN  
THE ROOM IS JUST SO”.

Est.  
1841

YORK  
ST JOHN  
UNIVERSITY

“COMPLETING THE TASKS SET FOR A PROJECT, WORKING HARD ON IT, HANDING IT IN ON TIME AND FEELING GOOD ABOUT WHAT YOU LEARNED”.

Est.  
1841

YORK  
ST JOHN  
UNIVERSITY

“BEING UPSET AT RECEIVING AN AWARD WITH A MISSPELLING ON IT”.

Est.  
1841

YORK  
ST JOHN  
UNIVERSITY

“CHOOSING TO WORK IN A GROUP BECAUSE YOU ENJOY LEARNING THINGS FROM DIFFERENT PEOPLE’S EXPERIENCES AND WAYS OF DOING THINGS”.

Est.  
1841

YORK  
ST JOHN  
UNIVERSITY

“JOINING A SPORT TEAM (OR OTHER ACTIVITY) AND PRACTISING/ PLAYING FOR TWO OR THREE TIMES A WEEK FOR FUN AND FRIENDLY COMPETITION”.

Est.  
1841

YORK  
ST JOHN  
UNIVERSITY

“CRAMMING IN REVISION UNTIL THE LAST MINUTE BEFORE A TEST, TAKING THE TEST WITH SWEATY PALMS, AND THEN FEELING BAD ABOUT GETTING AN A BECAUSE YOUR FRIEND GOT AN A\*”.

Est.  
1841

YORK  
ST JOHN  
UNIVERSITY

“KEEPING YOUR ROOM CLEAN AND TIDY, REGULARLY MAKING THE BED AND PUTTING YOUR CLOTHES AWAY”.



Est.  
1841

YORK  
ST JOHN  
UNIVERSITY

“BEING ANXIOUS TO  
WHETHER OR NOT  
YOUR HARD WORK  
WILL PAY OFF”.

Est.  
1841

YORK  
ST JOHN  
UNIVERSITY

“BEING CONTENT  
WHATEVER THE  
OUTCOME, KNOWING  
YOU HAVE DONE YOUR  
BEST”.

Est.  
1841

YORK  
ST JOHN  
UNIVERSITY

“WANTING TO BE THE  
BEST YOU CAN BE AT A  
GIVEN ACTIVITY”.

Est.  
1841

YORK  
ST JOHN  
UNIVERSITY

“SEEING MISTAKES IN  
MY PERFORMANCE  
THAT OTHERS DON'T  
SEE”.