

Series of Color Your Life With Your Choices

Student's Guide to a Academic & Social Achievements



A Student Who is Preparing to Enter a School Competition

Be-Free Center

For Safe Childhood...

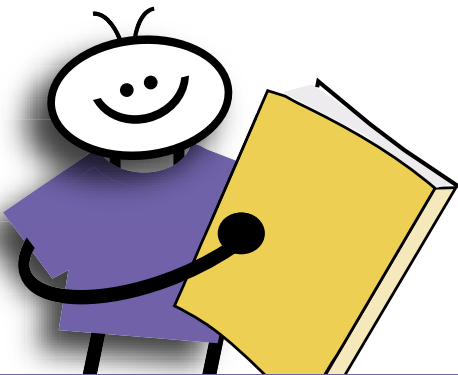
Conscious Adolescence...

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**Series of Color Your Life With Your
Choices**

**A Student Who is Preparing to
Enter a School Competition**

(Student's Guide)

Competition is a nice experience that develops our skills, motivates us to aspire for the best, and sharpen our skills. Therefore whenever there is a chance to participate in a school competition with your peers, do so, as it will have a positive outcome, not necessarily to win in the competition, or get the first level, but it is important to participate and undergo this experience to grow and transcend.

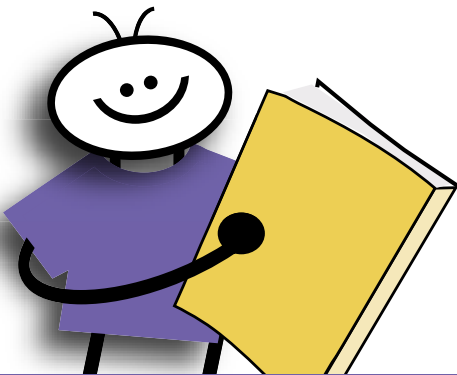
This booklet helps you put the bases for sound participation in competition, and choose the suitable competition area. Moreover it will discuss the challenges that you might face, and ways to deal with them.

Before Taking Any Steps, Make Sure That

You Are Making a Decision Based on Sound Grounds:

Should it be built on sound grounds, competition can be a beautiful thing. It can build a person's character and enhance his self motivation. Further, it can reveal hidden potentials in him and others; competition is beneficial if it was built on solid believes such as the following:

- I am capable of success.
- I am capable of accepting a challenge.
- I want to enter this competition because I would like to assess my potentials in this area and estimate my capabilities.



Competition can also be a source of unhealthy stress; if it was built on unsound grounds such as:

- I will enter the competition because I want to challenge a specific person.
- I know that I will never succeed, I will just try.
- I do not want to enter this competition but because a specific person asked me to, I will.
- I do not want to seem weaker than my friends.
- I do not want my friends to think that I am incompetent.

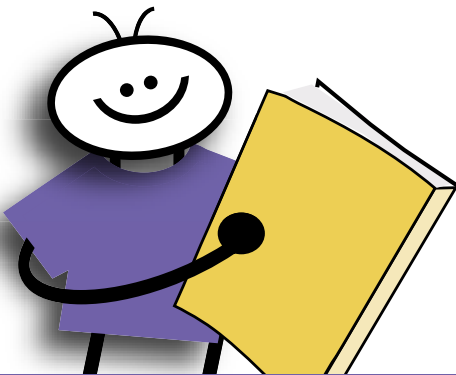
If the bases of entering a competition were not sound, it is best to either correct them or withdraw from the competition and engage in another one.



Your Skills and Your Abilities Commensurate with the Competition:

If most of your answers to the following questions were “yes”, you may be in a suitable competitive field:

- Is this area inline with your ambitions and tendencies?
- Do you believe in your ability to develop this particular side of yourself?
- Can you state a complete convincing sentence explaining the reasons for which you want to join this competition?
- Do you know how to obtain the appropriate information needed to help you in the process of this competition?
- Do you know how to acquire the basic skills needed for the successful completion of this competition?

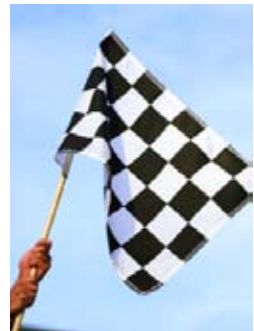


Challenges You May Experience:

- The competition is not fairly administered.
- The teacher is biased towards another student.
- Other students can pay for sources to help them advance their learning and improve their presentation.
- I would like to enter in the competition, but my previous experiences were not encouraging.

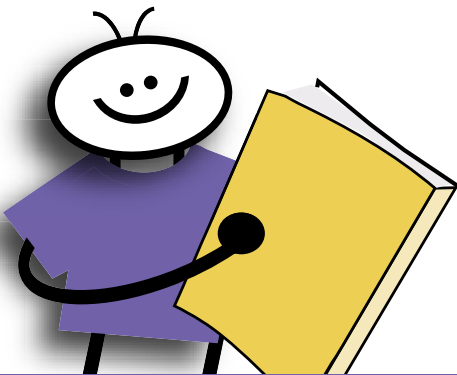
Feelings You May Experience in the Presence of Challenges:

- Frustration
- A sense of sluggishness
- Anger and aggression
- Tension



Signs You May Experience in the Presence of Challenges:

- Establishment of a “settle for what you have” attitude.
- Not taking part in new experiences for the fear of failure.
- Exaggerating matters and challenges in attempt to find convincing reasons not to participate in them.
- Hypersensitivity when outperformed by others or experiencing the exact opposite by developing a “thick-skin”.



Several Warning Signs to Know That a Challenge Exists:

- Hesitation to entering or continuing a competition;
- Lack of enthusiasm;
- Focus on the shortcomings of others;
- Pre-predicting that the result would not be to your advantage, and denying yourself the opportunity to test your strength

Truth or Myth:

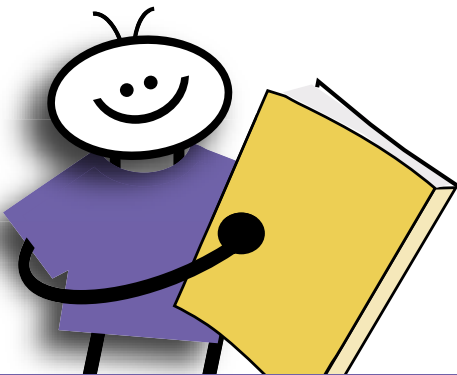
If you enter a competition and do all that you can, you are a loser if you did not win “Myth”

A person, who does not work and make an effort, does not make mistakes. While a person who works and makes an effort, makes mistakes and learns from them “Truth”.



Steps to Help You Overcome Challenges:

- Engage in competitions that you know you have the ability to complete even if you need to put in extra effort.
- Think of the skills needed to successfully accomplish the competition in your chosen field, try to acquire these skills. Ask for help and support from the resources sited below, if you encountered difficulties finding them.
- Focus on the development of yourself rather than the status of others.
- Train yourself to understand that not succeeding is not equivalent of failure.
- Learn to identify the reasons for your success to be able to build.



- Learn to identify the reasons for not succeeding and learn from them. Ask yourself, what can I do differently to succeed rather than asking yourself, why did I fail?

Affirmative Statements That Can Help You:

Repeat the following to yourself:

- My capabilities are boundary less.
- I can learn from my experiences.
- I enter a competition to grow.



If You Have a Friend who is Suffering From Similar Challenges, You Can Help Him to:

- See the strengths he has in the field of the competition.
- Obtain the information and the skills he needs.
- look at the competition as an opportunity to develop himself and discover his potentials, rather than entering a challenge to defeat others.

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“Because You Are God’s Gift” A book for Parents

“I am a Smart, Strong, and Safe Child” Essential Protection Skills for Children

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Trainer’s Guide on Teaching Children Child Rights

A series of training guides for trainers working with children with disabilities:

-Training Guide on the Essential Protection Skills for Children with Mild Mental Disability

-Training Guide on the Essential Protection Skills for Children with Visual Impairment

-Training Guide on the Essential Protection Skills for Children with Motor Disability

-Training Guide on the Essential Protection Skills for Children with Speech Impairment

“I’m Smart Strong, and Child” In Brail

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