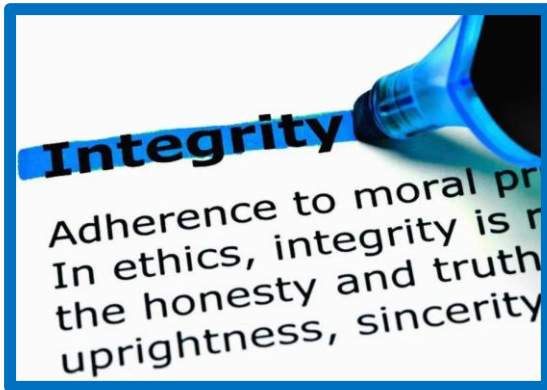




# The Knight's Table

★ Social Emotional Awareness Leadership ★

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Integrity is defined as having a strong conscience. To have integrity means to hold firm onto what we value and believe in. It is commonly used in ethics to refer to things such as honesty, fairness, and responsibility.

**Why Is Having Integrity Important?**

One reason having integrity is critical is because it helps build better relationships. For instance, practicing integrity can help strengthen others' trust and respect for us. This can also greatly impact the way we interact or communicate with each other.

Not only does having integrity help us socially, but it can also support us mentally as well. It can boost our self-esteem and the confidence we have in ourselves, which improves our mood, and productivity too! Practicing integrity reflects on who we truly are, rather than the person we pretend to be.

Furthermore, having integrity is a vital trait of leadership. It is important for us to set a good example for others to follow. Leaders who act with integrity, respect, loyalty, and patience result in engaged teamwork. This also helps create a more comfortable and trustworthy environment between each person in a group. After all, what it takes is integrity to do what is right, and not what is easy.

## How Can We Practice Integrity?

There are a large number of ways we can practice integrity in our daily lives. These are a few of the many actions we can take to express integrity: express gratitude, be honest, take responsibilities, respect and treat everyone equally, be willing to work hard, be open-minded and equitable, keep promises, show empathy, etc.

It is essential to express our gratitude and respect to those around us. Appreciation can enable individuals to experience more positive emotions, savor optimistic experiences, and establish deep relationships. We should also be honest and admit when we make mistakes, because everyone makes mistakes, and that's okay! When accidents occur, it is vital to demonstrate empathy, motivate one another, and learn from our errors.

Being fair is necessary for good teamwork, which is also why we should be open-minded. Being open-minded can help hold on to our differences and collaborate to develop as individuals and as a society. In addition, we should never make promises we know we won't be able to keep. This is simply because not being able to do what we said we would do may not mean much to us, but it may matter a great deal to someone else.

To sum up, integrity is moral principles someone adheres to. It helps shape us and contributes to our overall development as a good person in general. People with integrity are considerate, responsible, and honest. Always remember, do what's right for everyone no matter what!

-Yuanyi Chen



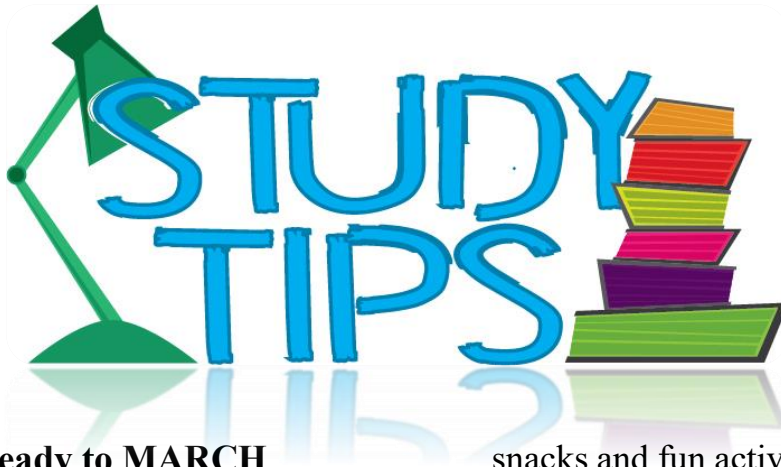
# The Knight's Table



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Are you ready to **MARCH confidently towards success in your upcoming tests and exams**? Let's go over some amazing test prep tips that will help you shine like the brightest star in the sky! With a little preparation and a positive attitude, you'll be well on your way to acing those tests like a true champion.

First, **let's get organized!** Find a quiet and comfortable spot to study. Keep all your study materials close by, like pencils, erasers, notebooks, and textbooks, so you won't waste time searching for them. Having everything you need at arm's reach will make your study time more efficient and enjoyable.

Now, let's talk about making a study schedule. **Creating a schedule** will help you manage your time wisely and ensure you cover all the important topics. You can make a colorful calendar or use a simple checklist to keep track of your study progress. Remember to include short breaks for

snacks and fun activities, so you don't feel overwhelmed. A well-planned schedule will make your march to success smoother and less stressful.

**Practice, practice, practice!** Don't forget to ask your teacher for practice tests. Solving these tests will give you the opportunity to practice what you've learned and become familiar with the exam format. It's like training for a big race; the more you practice, the more confident you'll feel when the actual test day arrives.

Lastly, remember to **believe in yourself!** You are capable of amazing things, and you have the power to succeed. Stay positive, and don't be afraid to ask for help if you need it. Your teachers are here to support you every step of the way. Stay focused, take deep breaths if you feel nervous, and do your best. Whether the outcome is exactly what you hoped for or not, know that you've given it your all, and that's something to be proud of. So, **MARCH on, knights, you got this!**

**However difficult life may seem, there is always something you can do and succeed at— Stephen Hawking**



# The Knight's Table



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## empathy?



What does it mean to walk in someone else's shoes? What does this saying mean to you? Think about it. Does it mean you're taking off your Adidas and walking with someone else's Nikes? Hey, that would not only be non-practical but maybe even a little awkward. So, what does the true meaning of walking in someone else's shoes mean?

Walking in someone else's shoes actually means that you take the time to understand and empathize with what someone else is going through. By looking at their life from their point of view. When people are going through hard times, sometimes they just need someone to be there for them, for someone to understand them and how they are feeling.

They don't have to be your friend, or even someone that you know well.

They just need to be someone who needs someone else to lend them a helping hand. It could be that they are moving or that they've lost a loved one. If you went through the same thing, you can help them out and give them comfort. It will be easier for them to hear than they are not the only one. You don't need to be a specialized therapist to do this. If you have gone through what they went through, just by relating to them will make them feel better about their situation. You grieved what they grieved and came out as a stronger person, and just by letting them know this, you've helped another person out.

Hey, let's go back to the idea of actual shoes. What if someone else's shoe size doesn't fit you? Well I thought of that as well. Even when you can't relate to what someone else is going through, try giving them an encouraging smile. Let them know that they're not alone, and that they will never be.

-Joanna Zhang



*If there is any one secret of success, it lies in the ability to get the other person's point of view and see things from his angle as well as your own.*

— Henry Ford



# The Knight's Table

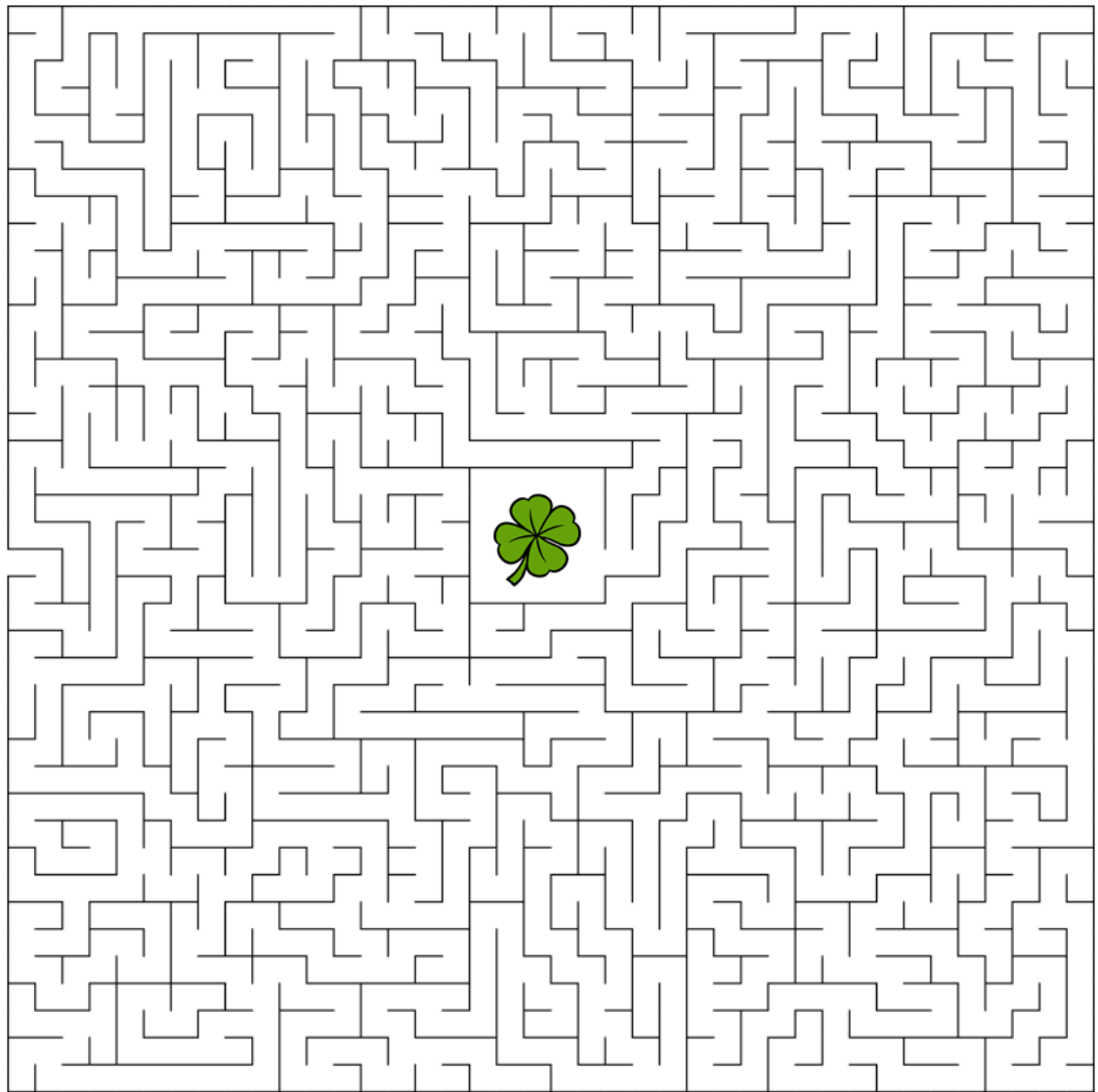


**Social Emotional Awareness Leadership**



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**MARCHING TOWARDS SUCCESS WITH  
EMPATHY AND INTEGRITY!**



Product of the **S.E.A.L.** Team

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