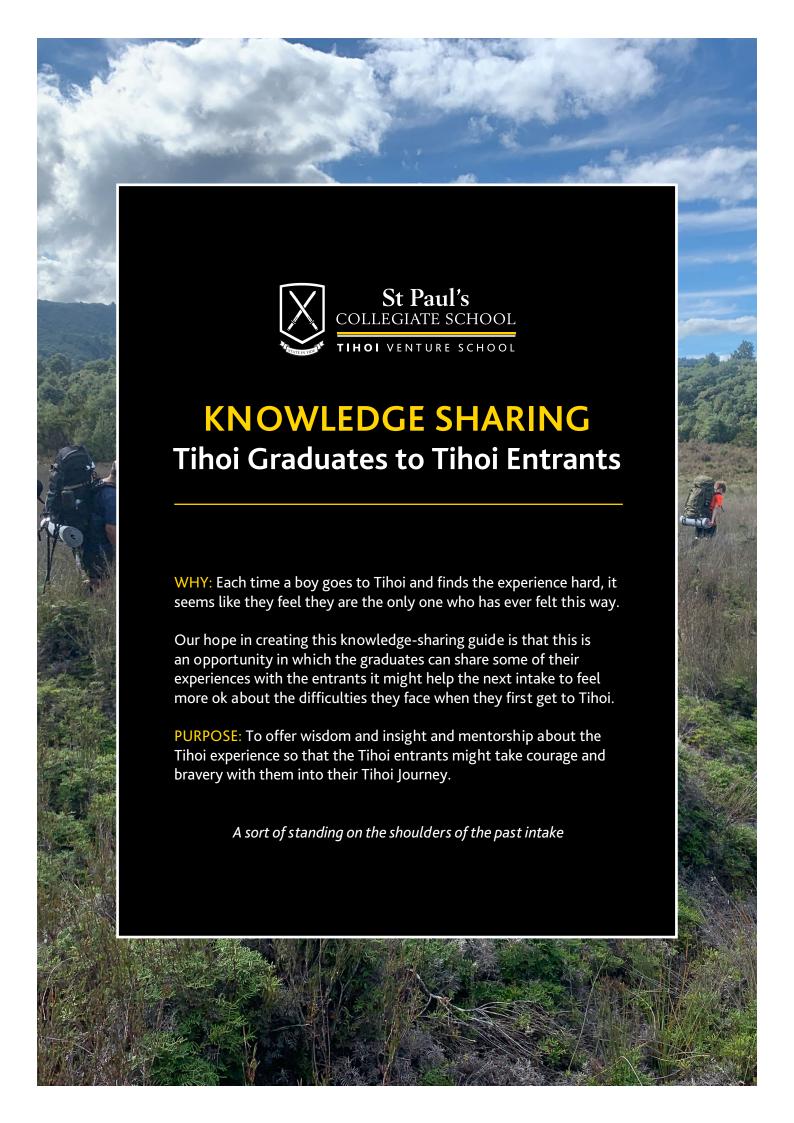


TIHOI KNOWLEDGE SHARING GUIDE









- Give everything a go and don't doubt yourself
- Tihoi is challenging at times, but live in the moment and enjoy it.
- Don't think that you are alone with how you are feeling, homesickness etc.
- Savour the time, don't wish it away.
- Tihoi is what you make of it, try everything.
- Always try your hardest and never give up, it's all a mental game.
- You will make it through everything, persevere. It feels longer and harder if you think negatively.

- Don't overthink everything.
- Go into Tihoi open minded, know that it can be hard, but can also be some awesome stuff as well.
- When something big is coming just know that there is a finish.
- You're not alone, whatever you're feeling someone has or is feeling that way too.
- It sounds cliche, but take every opportunity possible and don't cheat





- The outdoors
- The pork roasts
- The skills and life lessons I have learned, whether that be outdoor rotations
- Just discipline and the social capacity to live with 7 other boys
- Memories with the tutors and the boys
- Fitness
- How far I have come
- New skills
- Being able to say I accomplished it
- · How helpful the staff are





- Have chats at meals
- · Let people voice their opinions
- Have discussions but be civil
- · Treat each House member the same
- Respect other's space
- · Be inclusive
- · Respect people's different opinions
- Communication
- Co-operation
- Caring
- Respecting everyone's opinions
- Listen to everyone's ideas
- Listen to everyone when they are struggling
- Accept other's views
- Don't shoot down others
- Be patient
- Inclusiveness
- Respect people's different opinions
- Supportive language
- Being patient with "each other"
- Taking part in everything
- Giving 100% effort
- · Accepting everyone for who they are
- Clean up after yourself
- BE A TEAM PLAYER!!!
- Have a good relationship with each other

- Respect people's different opinions
- Try to relate to one another
- Try to get along even though we may have differences
- · Have more fun together
- Create opportunities to include each other in activities and games
- Show some leadership and help one another
- Everyone helping around the house
- Being able to walk away from arguments
- Being able not to hold grudges
- Respect
- Reflection
- Responsibility
- Constructive criticism
- Understanding
- Create opportunities to include each other in activities and games
- Show some leadership and help one another
- Working as a team in activities and competitions
- Creating a culture of success
- Trying to be inclusive
- Creating a culture of success





- They are motivated to push themselves further
- It makes people feel included and part of a bigger machine
- People feel like they know what's going on – they feel included
- · People feel like a family
- People feel listened to
- People feel happier
- · Experiencing positivity
- Wanting to be in the House
- Enjoying the House vibe
- Willing to help the House with everything
- Laughing, dancing, and singing being happy
- · Making memories together
- Laughing together
- Competitive House in competitions
- Good experience at Tihoi
- Clean House
- More motivated
- · More of a team player
- · Enjoy the program more
- · More energy to everything
- Deeper happiness
- Good vibes and connections with others
- People are fairer and understanding
- More at ease in each others company

- More supportive
- Able to have fun and jokes
- More positive
- Higher sense of achievement
- Less arguments
- Better equipped to deal with disappointment
- · Working together
- · Even treatment of one another
- More sense of peace
- Less homesickness
- More enjoyable experiences
- Better trust with each other
- Better bonds and friendships
- · Good House vibes and moral
- (House cleaning, Luder trophy, team competitions)
- Respecting one another
- Good headspace levelheaded
- · Energy levels go higher
- Positive people good vibes throughout the day
- Kindness towards each other
- You can trust everyone
- Low levels of resentment and angriness
- Winning House events
- Good social connection
- · All House members getting along
- Good times together

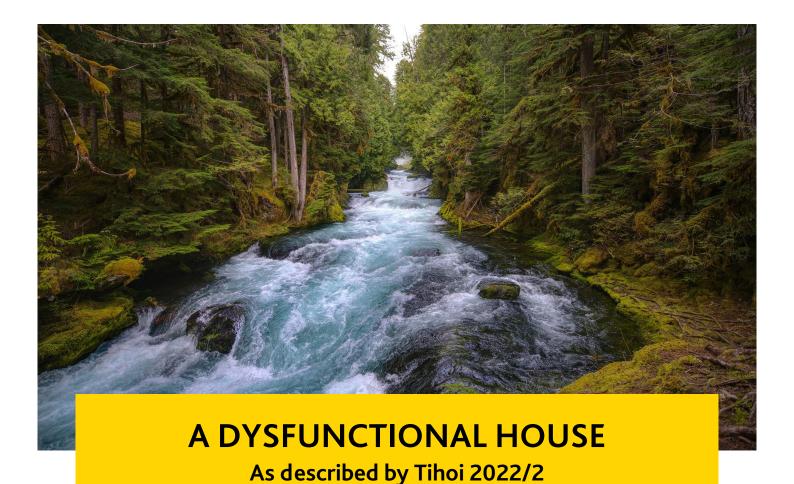




- Good communication and teamwork
- Looking after each other
- Be respectful and a good listener
- Healthy competition within the House
- Taking everyone's POV into consideration
- Checking in on one another
- Enjoying everyone's company
- Good participation by everyone
- Like a family
- If someone makes a mistake forgive and help them address it
- Solving problems as a House by talking
- Everyone getting participating
- Teamwork
- Communication
- General mutual respect
- Cleanliness
- Responsible for actions
- Good banter
- Dancing together
- Everyone helping each other
- Opening up to each other
- If someone fails, we help them
- Having common ground
- Co-operative
- Socially interactive
- High spirited
- Positive outlook

- Selfless
- · Common goals
- Everyone bonding over games, books etc.
- Pulling your own weight around the House
- Enjoying each other's company
- · Better organisation/routine
- Scoring well in House competitions
- · Having more fun together
- Everyone becomes BROTHERS
- Having great relationships with each other and the staff
- Getting to know your House tutor and working alongside them
- Enjoying each other's company
- Enjoying meals and House time together
- Helping each other out
- · Lean on each other
- Able to chill around each other
- Communication clearly with one another
- · A general sense of accomplishment
- Healthy debates
- Forgiveness
- Trust in one another
- Focused





- Not pulling your weight
- Being selfish
- Hate speech and insults
- · Not letting things go
- Talking behind people's back
- · No respecting one another
- · Ignoring other people's opinions
- Arguments
- Slackers not willing to help out
- Passive aggressive behaviour
- Not trying to work on problems
- Putting others down
- Segregation
- People arguing over something silly or minor
- · Segregation inside the House
- Not taking the things that require to be taken seriously –seriously
- Excluding people
- · Non-communication

- · Shutting people down
- Not respecting others
- Retaliation
- Miscommunication
- Laziness
- Commanding bossiness
- Not being helpful
- Not accepting each other
- No patience for one another
- Dirty House
- Negative House vibe
- Bad language
- Bigger people bullying smaller people
- A conflict in personalities
- Not taking responsibility with your unhealthy actions and behaviour





- Not letting people forget about their mistakes
- Not accepting when you don't get things right
- Holding grudges
- Excluding people
- Not apologizing
- Not letting people forget about their mistakes
- Not caring about other people
- Thinking about yourself not others
- Negativity towards the House
- Not participating in House events
- People not respecting other's personal space
- Bullying verbal
- Non-cooperation
- Putting others down
- Disconnected isolating
- Not doing your jobs around the house

- Arguments
- Not managing yourself and not doing House jobs
- Not doing favors unkindness
- Anger
- Being disruptive and annoying
- Not accepting others and their views and differences
- High-stress levels
- Being provocative
- Inequality
- Unresolved Conflict
- Talking about someone behind their back
- Starting petty arguments
- Going out of your way to annoy
- Pessimistic attitude





What advice would you give someone struggling to fit in?

Advice to the individual person struggling to fit in?

- Embrace the fact that your comfort zone is being pushed, tell yourself that you can do it
- Talk to the rest of the house
- Try and join in as much as possible
- Ask questions, get stuck in with jobs and help other people with jobs
- Talking and chilling helps, try not to isolate yourself
- Be open with the boys, treat them like family
- Get involved with conversations, especially if it's something you're into
- Ask for help

To the other House members who are noticing the individual struggling to fit in?

- Comfort them, give positive advice on some fun things that are coming up, tell them they will be ok
- Include them, invite them to poker, accept them
- Just give them a chance, because one way or another you have to get on with them
- Don't give them a hard time
- Try to befriend the person and talk to them more
- Accept the person that is struggling
- Be patient with them





The top 10 tips with tallied answers

- Do your jobs = 41
- Be patient and accepting = 16
- Chill and be happy = 15
- Teamwork = 14
- Talk to each other = 10

- Help each other = 9
- Get music = 7
- Bond with the house = 6
- Have fun together = 5
- Be nice and listen to each other = 5





- Keep yourself busy so you don't think too much about home, enjoy the outdoor activities
- Talking to your friends about it, most of us are homesick at the start, so don't be afraid to tell a mate
- Talk to people about it, your friends, your house tutor, Mr or Mrs Evans, they are all there to help you
- Write a letter, or write in your journal or hang with some mates
- Spend some time by yourself like reading a book in the library
- Ask for help

- Don't think about it too much and enjoy time with friends
- Make your house your home
- Talk to people about it, then people will know and can help
- Write in your journal and to home
- Make yourself laugh-bond with your house





- Some after house tramp was when they started to settle
- Some said they never fully felt settled at Tihoi

The most common answer was 2-3 weeks

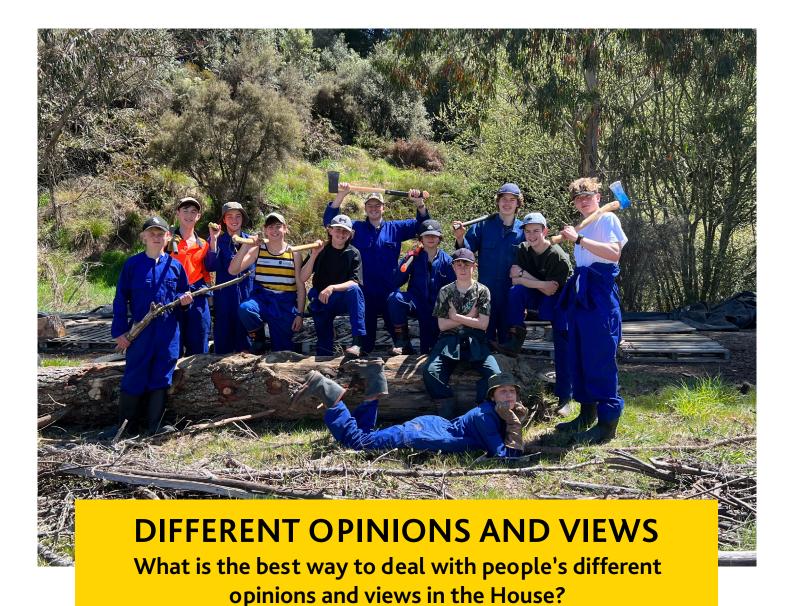




- Talk to them and ask questions, find similarities
- Spend time together and play games or cards
- House tramp

- Make an effort socially
- · Talk at dinner time and at nighttime
- Doing stuff together
- Go through challenges with them





- Play games together, tell a teacher privately and ask them to help
- Learn to accept them and be flexible
- Respect them and talk to them
- Don't be tunnel visioned and talk to each other
- Be open minded.
- Argue / debate but if you have lost the argument take it with a big heart, say "sorry, you have a point"

- Try and agree and if you can't try not to make it a big problem
- Remember to listen to people's opinions but remember you don't have to agree or take them on board





- "Pain is just weakness leaving the body"
- "Try your hardest no matter what"
- "When you hit a hard spot and it seems that you can't go on no more, turn around, look back and see how far you have already come"
- "Whatever you think, you can, or you can't do it, You're right"

- "I just kept thinking I could do it"
- "It gets better, carry on"
- "Yesterday is history, tomorrow is a mystery, but today is a gift that's why we call it the present"

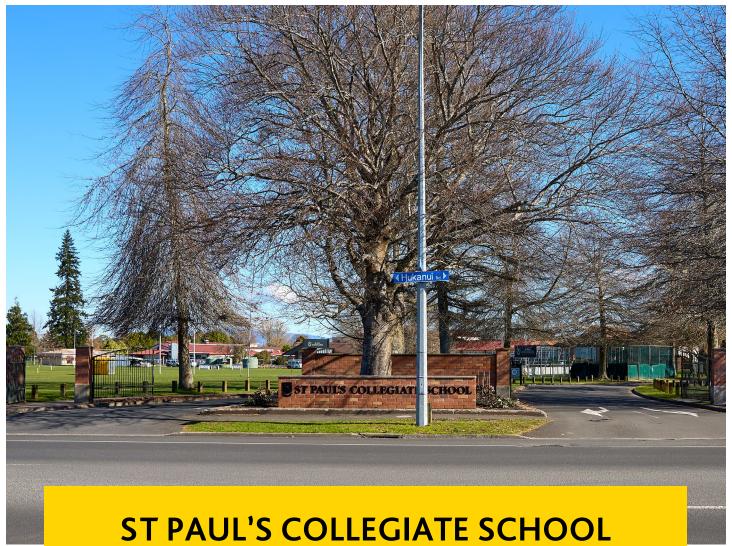




- The 21 km run I did this by pushing myself every day in fitness
- Bush 1 I managed to get through by thinking of how happy I would feel knowing that I had done it
- Trying almost everything I did this by having a positive mindset
- Living in a house with 7 other boys I did this by making peace and realising we can get along

- Getting over homesickness Which I overcame by talking to others
- My house I achieved this by accepting others for who they are and listening to them, and understanding why they do things how they do them
- Not caring what people think of me, and realising you are who you are





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