

The Personal Development skills taught at Callowell

to be confident (School Value)

to be creative (School Value)

to be caring (School Value)

to try new things

to understand others

to be empathetic

to work hard, not give up and push oneself

to be self-aware

to be assertive

to know about my own feelings

to build relationships

to maintain relationships

to be able to concentrate

to be able to improve