

## 4.7: Outcome 7

### Personal qualities

**Participants are demonstrating increased initiative, self-reliance, responsibility, perseverance, tenacity and commitment.**

#### Indicators

The participants you work with:

- » Are developing increased self-awareness and positive self-regard.
- » Are actively involved in the planning of their outdoor activities.
- » Arrive on time, properly equipped and prepared for activities.
- » Set their own goals relevant to the activities.
- » Undertake appropriate tasks with reducing levels of supervision and increasing independence.
- » Demonstrate initiative in overcoming obstacles to their progress.
- » Work towards self-reliance in outdoor adventure/challenge (e.g. unaccompanied expeditions).
- » Try hard to succeed at activities they find physically or emotionally challenging.
- » Set realistic targets for themselves over an extended period and keep focused until they succeed.
- » Persevere with good humour in the face of discomfort (e.g. Fatigue or inclement weather).
- » Take responsibility for their own safety and that of others.
- » Take on positions of responsibility (e.g. As junior committee members).
- » Take care of their personal possessions, personal space and personal hygiene.
- » Think critically, questioning and challenging assumptions.

**If you are providing high quality outdoor learning, most people should be meeting or progressing towards some of the above indicators.**

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