SuperCamp’s 8 Keys of Excellence provide a basic framework for personal effectiveness and for living life successfully. When we hold ourselves accountable for how we apply the Keys, everyone is more willing to be held accountable for their choices and actions. Together we build the positive, supportive environment necessary for learning and growing.

The Eight Keys of Excellence:

**Integrity**
- **Match behavior with values.** Demonstrate your positive personal values in all you do and say. Be sincere and real.

**Failure Leads to Success**
- **Learn from mistakes.** View failures as feedback that provides you with the information you need to learn, grow, and succeed.

**Speak with Good Purpose**
- **Speak honestly and kindly.** Think before you speak. Make sure your intention is positive and your words are sincere.

**This Is It!**
- **Make the most of every moment.** Focus your attention on the present moment. Keep a positive attitude.

**Commitment**
- **Make your dreams happen.** Take positive action. Follow your vision without wavering.

**Ownership**
- **Take responsibility for actions.** Be responsible for your thoughts, feelings, words, and actions. Own the choices you make and the results that follow.

**Flexibility**
- **Be willing to do things differently.** Recognize what’s not working and be willing to change what you’re doing to achieve your goal.

**Balance**
- **Live your best life.** Be mindful of self and others while focusing on what’s meaningful and important in your life.
SOLID RELATIONSHIPS
In our thirty years of producing SuperCamp programs and supporting the continued personal growth of both children and parents, we have found the following to be worthwhile elements in building rapport with children:

• Know what they like, how they think, and how they feel about what’s happening in their lives.
• Imagine what they say to themselves, about themselves.
• Know what keeps them from getting what they truly want. If you don’t know, ask.
• Speak the truth to them in a way they can hear it, clearly and gently.
• Have fun with them.
• Treat them as equals.

SUPERCAMP BELIEFS
Many of the beliefs that we teach and practice at SuperCamp are worth sharing with SuperCamp families. We strongly believe that:

• Respect and caring – for ourselves and for others – is vitally important.
• Every person is gifted and capable of learning.
• There are no failures, only learning experiences through which we gain greater self-understanding.
• Positive support, a nurturing environment, and good communication are essential – for learning and for life.

POSITIVE STUDY ENVIRONMENT
You can support and encourage your child’s successful learning by helping him or her to create a positive study environment. Here are some suggestions.

Furniture, lighting, etc.
Help your child to establish a study area that is conducive to productive learning. A comfy chair (but not too comfy), adequate space for textbooks and writing materials, etc., good indirect lighting (natural if possible), plants, cool temperature, and even music (see below) all help to maximize learning.

Music
Some classical music is “brain friendly” and enhances the study environment. Baroque music helps students to focus and to access their most resourceful learning state. Selections may include:

• Bach
• Handel
• Mozart
• Pachelbel
• Vivaldi

Affirmative Signs
Positive signs have the ability to remind your child’s subconscious of his or her potential to learn. You and your child could make some signs or use the Affirmation Posters referred to on page 25.