



QS SCHOOL CHECKLIST FOR SECONDARY STUDENTS' ALL-ROUND DEVELOPMENT



- “Changes and challenges are opportunities for us to develop new skills, build a stronger mentality and open new perspectives.” — Yan Chen
-
- “Time = Life, therefore, waste your time and waste your life, or master your time and master your life.” — Alan Lakein

Performance Record

1 - Not acceptable 2 - Partially performed 3- Meeting expectations 4- Exceeding expectations; outstanding

One performance of 3 or 4 earns one award certificate. Students can exchange these for gifts after coming back to Qs School.





Task	Week ()	Notes	Week ()	Notes	Week ()	Notes	
Self-management							
I planned, checked my to-do list and completed it							
I got up on time in the morning							
I exercised for 30 minutes daily							
I read for 60 minutes daily							
I completed one mindfulness activity							
Cultivate Growth Mindset							
I learnt one new thing today							
I completed one act of kindness each day							
I appreciated nature each day							
I did some self-reflection each day							
I organised or participated in a family meeting							
I wrote about a special or interesting thing each day							
Study							
I attended Qs online class to a high standard							
I completed Qs homework to a high standard							
I attended day school online class to a high standard							
I completed day school homework to a high standard							
I practiced music efficiently and effectively (if applicable)							
Family responsibility							
I cleaned up my bedroom							
I completed my household duties (Cleaning, cooking, washing, gardening etc.)							
I helped someone when they requested it							
Manner							
I respect others. I appreciated family members' work and efforts.							
I talk politely and maintain eye contact							
I avoided uses my devices during meals							
I let my family know I appreciate them							

