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## Hello! From Your School Counsellor

Dr Robert McNeish had spent years observing the behaviour of geese, and in 1972 he wrote five lessons he had learned from the geese.

1. The geese fly in a V-formation, which allows the flock to extend 71% more to the flying range than each goose flying alone.

**Lesson 1: People who share a common direction and a sense of community can achieve their goal quicker and easier when they establish trust and respect for each other.**



2. If a goose falls out of the formation, it quickly rejoins the formation to take advantage of the lifting power of the geese in front.

**Lesson 2: People will arrive at their goal more effectively by keeping pace to take advantage of the collective momentum and motivation.**



3. When the lead goose becomes tired, it rotates into the formation, and another goose flies in to lead the formation.

**Lesson 3: It pays to take turns doing the challenging tasks and sharing leadership, interdependent with each other.**

4. The geese honk to encourage the front geese to spirit uphold their speed.

**Lesson 4: "Honk" to encourage each other to press on.**

5. If a goose becomes wounded or sick, two geese will drop out of the formation to help and protect the unwell goose. They will stay with the goose until it is fit to fly (or dies).

**Lesson 5: Look out for one other and give support to those in need.**



So Gessians, this period of examination is transient and is a part of the learning process. Hold on tight, press on and also look out for one other in need.

Regardless of whether he or she is your cohort mate, a senior or a junior Gessian, encourage and cheer each other on!

Let's embrace the attitude of the Gessian Portrait, and allow your Gessian spirit glow. Onward!

