



## STUDENT SERVICES

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In William J. Bennett's book *The Book of Virtues*, Bennett shares stories related to ten specific virtues: self-discipline, compassion, responsibility, friendship, work, courage, perseverance, honesty, loyalty, and faith. In thinking about these, I began to think about the concept of "commitment" and the fact that commitment is a necessary part of each of those virtues. Those things don't just naturally happen. One needs to understand what constitutes and comprises each one AND then commit themselves to the deliberate practice of each of those. As [Ed Robinson's Blog](#) notes, "Commitment is a profound [virtue](#) that lies at the heart of human achievement and fulfillment. As a virtue, commitment represents the unwavering dedication to a cause, goal, or relationship, guided by a deep sense of [moral responsibility](#) and alignment with one's [core values](#). This dedication transforms intentions into actions, dreams into reality, and challenges into triumphs."

In just a couple of months, many of us will once again try to commit to a new year's resolution. [Research](#), both scientific and anecdotal, indicates that most of us (only about 9% of people follow through with their intentions) will need to resolve ourselves again to those very same resolutions at a later date in the future. I wonder if it would be different if we actually COMMITTED ourselves to something (or someone) rather than simply resolved ourselves to a concept or an idea? I will do that this year.

A resolution speaks more to intent while a commitment speaks more to an action. In other words, commitment is a firm dedication or pledge to a cause, person, task, or goal. It involves being resolute and maintaining perseverance, even in the face of challenges or difficulties. A commitment is about consistently taking actions and making decisions that align with the dedication and promise made, while a resolution is more of a promise or pledge made by an individual to achieve a specific goal or change behavior. We can commit to being resolute and we should be resolute with our commitments.

This past Tuesday we celebrated our Veterans, a group of men and women committed to the ideals of life, liberty, and the pursuit of happiness for all people. Part of those celebrations included ceremonies of remembrance and gratitude towards those soldiers and warriors who made tremendous personal sacrifices so we could live the life of luxury that we have now. Certainly, we are indebted to them and their families, and we should honor them at every opportunity we have. We should also honor those who have helped us become the people we are—namely, our parents. Regardless of whether they are still with us or not, we are who we are in large part because of them. Let us give thanks for the lessons taught and the sacrifices made.

Likewise, Athens Academy is grateful for the commitment parents make to our school. We continue to be successful because of the trust you place in us. In turn, we commit to providing your children with the best education they can receive, in and out of the classroom. As we begin the holiday season, let us remember to be thankful for the work we get to do and the people we get to work with. Also, let us commit ourselves to being our best in all areas of our lives. It will be time to make our resolutions soon enough. For now, simply enjoy the days ahead, your upcoming religious holidays, and the people you are lucky enough to call your family and friends.