Wellbeing programs at Prince Alfred College support the physical, cognitive, emotional, social and spiritual development of boys. In so doing, they foster and sustain a love of learning and the personal growth of a well-rounded Princes Man.

**Character**
Through modelling, guidance and personal reflection on the consequences of their actions, students have opportunities to develop integrity.

**Connection**
In a caring environment, students develop a sense of belonging and an understanding of the reciprocal rights and responsibilities necessary for active community participation.

**Competence**
Students who are supported in developing emotional self-regulation and satisfying reciprocal relationships are able to learn more effectively and feel value in their achievements.

**Confidence**
Through guided practice with perseverance and encouragement, students develop a belief in their ability to succeed.

**Courage**
All learning starts with uncertainty; in a supportive environment students develop strategies to work through life's challenges, enabling them to adopt dispositions for lifelong learning.

**Compassion**
By developing the capacity to recognise emotions that are being experienced by another person, students can make decisions to support one another's growth and development.