

Classroom Lesson #1



School Counselors:

"We're in the Student
Success Business"



Helping Students Develop
the Academic, Social and
Self-Management Skills
They Need to Succeed

You can make your “learning net” smaller by adding key skills and strategies.



Student Success Skills: We Focus on Five Things



*Goal setting and progress
monitoring*

*Creating a caring, supportive and
encouraging classroom*

Cognitive/Memory skills

*Performing under pressure:
Managing test anxiety*

Building Healthy Optimism



THREE KEY SKILLS FOR STUDENT SUCCESS



LEARNING SKILLS

Goalsetting/Planning
Progress Monitoring
Story Structure
Mental Practice
Memory
Kaizen

SOCIAL SKILLS

Social problem solving
Listening/Attending
Encouragement
Peer Coaching
Empathy
Kaizen

SELF-MANAGEMENT SKILLS

Using Feedback/Patterns
Positive Self-Talk

Performance /Test Anxiety Coping Skills
Attention/Motivation Focusing

Anger Management Skills
Life Skills

Kaizen




So, What is in it for Me?



- Makes learning easier
- Spring standardized tests easier
- Look forward to coming to class
- Learn memory strategies to help remember facts
- Learn to manage anxiety so you will do better on tests
- Have better relationships with peers
- Be happier and feel better



Brainstorm at least 5 specific examples of what this class would look like, sound like and feel like if we were successful in creating a caring, supportive and encouraging classroom community.

 LOOKS LIKE	 SOUNDS LIKE	 FEELS LIKE

Positive Thinking Works...

One of the greatest predictors of student academic success is their level of healthy optimistic thinking.

Seligman (1995).



Optimism



- *Don't doubt your ability*

Optimism – 3 Questions



- Is it personal?
- Is it pervasive?
- Is it permanent?

The Pessimist

- It's me. I can't learn this math. (*it's personal*)
- I'm stupid. I'm not good at learning. (*it's pervasive*)
- I'm never going to get this stuff. (*it's permanent*)

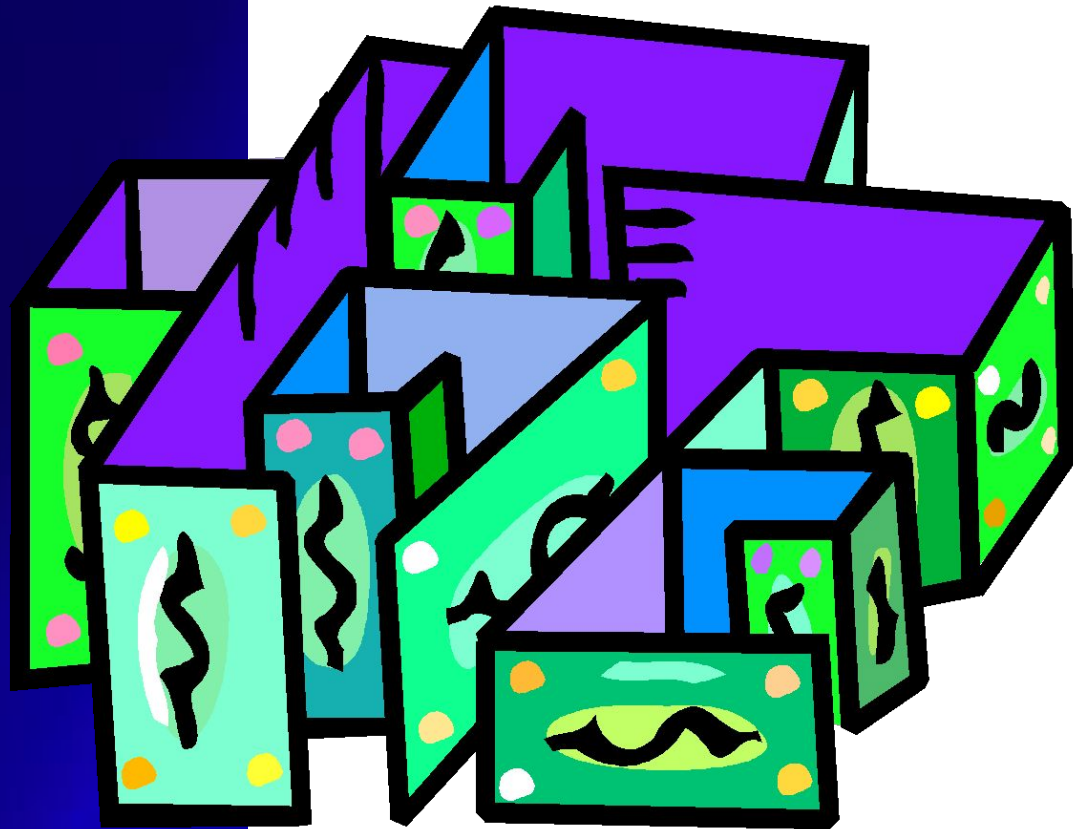


The Optimist



- It's not my ability, it's my strategy, my study plan, etc. (*not personal*)
- It's just one test, I'll bring it up on the next one. (*not pervasive*)
- It's just a temporary setback (*not permanent*)

If what you're doing isn't
working – pick a new strategy



Optimism Chant

- *Don't doubt your ability*
- *Doubt your strategy*
- *Try something different*



IMAGINE

PRACTICE

START OVER

YOU ARE VERY CLOSE

Kaizen

- Japanese
 - Small, seemingly insignificant improvement
 - Continuous and never ending improvement
 - The ability to notice even very small improvements in ourselves and also in others





Kaizen

Little by little,
Bit by bit,
I'm improving,
Everyday

LOOKING GOOD / FEELING GOOD

1. Nutrition

Liquids: ▲ water & milk & juice ▼ sodas
Solids: ▲ fruits & veggies ▼ sweets & chips

2. Fun

Little joys, big fun - if all counts, read, listen to music, play, create, hangout, explore

3. Exercise

Walk, run, dance, pedal, move it - 30 minutes or more a day

4. Social Support

Hanging out with people you like and who like you. Family and friends you can count on.

5. Rest

8-9 hours - naps count.
Recharge, renew, relax

6. Energy

7. Mood

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Student Success Life Skills

Making even small improvements in these 5 items lead to higher energy and mood.

Circle the up triangle (▲) if you rate the Life Skill as in a good range or showing improvement for this past week.
Circle the down triangle (▼) if you rate the Life Skill as not in a good range this past week.

Goal Setting for Health & Wellness

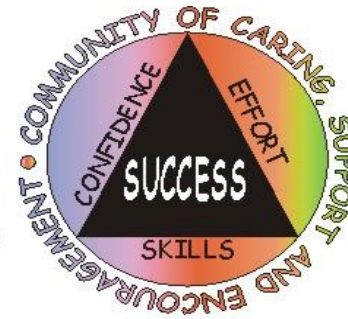
- Think, Write, Pair Share & Volunteer Share



GOAL: To improve what I eat this week.

ACTION PLAN: I am going to cut back to one soda per day and eat a piece of fresh fruit each day.

Listening with **EYES, EARS & HEARTS**



EYES:



Have good eye contact, look interested, lean forward, make sure your knees face the speaker.

EARS:



Listen carefully so you can give a brief summary, (paraphrase) of what the speaker just said. This is important in communicating that you are really listening.

HEART:



Listen for the feelings behind the words. Empathy means that you can tell how someone is feeling about something, even if they do not tell you in words.

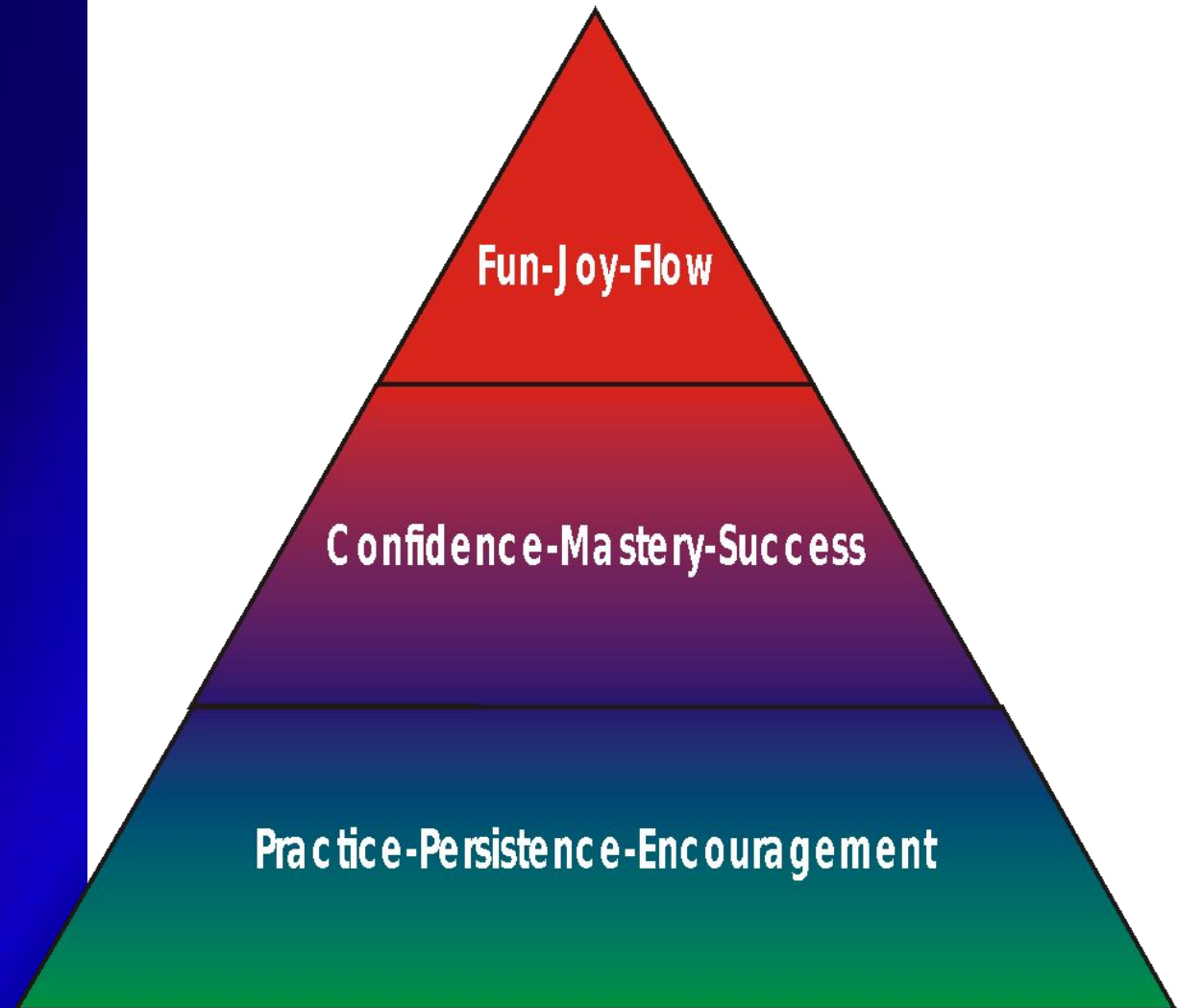
Empathy is putting yourself in another person's shoes and seeing things from their perspective.

Empathy is one of the most important social skills. People who are good at empathy usually have more and deeper friendships and work better with others.

Take A Break – Brain Gym



IN THE ZONE



Looking Ahead...

- Skills for next lesson:
 - Life Skills
 - Listening with Eyes, Ears & Heart
 - Seven Keys to Course Mastery
 - Safe Place
 - Breathe, Picture, Focus
 - Memory Pegs



Classroom Lesson #2



School Counselors:

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Helping Students Develop
the Academic, Social and
Self-Management Skills
They Need to Succeed

Caring, Supportive, Encouraging Community



LOOKING GOOD / FEELING GOOD

1. Nutrition

Liquids: ▲ water & milk & juice ▼ sodas
Solids: ▲ fruits & veggies ▼ sweets & chips

2. Fun

Little joys, big fun - it all counts, read, listen to music, play, create, hangout, explore

3. Exercise

Walk, run, dance, pedal, move it - 30 minutes or more a day

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Student Success Life Skills

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Goal Setting for Health & Wellness

- Think, Write, Pair Share & Volunteer Share

GOAL: To get more exercise this week.

ACTION PLAN: I am planning to rollerblade around the park after school before starting homework. I am going to see if Maria will come with me to make it more fun and will try to go at least four days.



Take A Break – Brain Gym

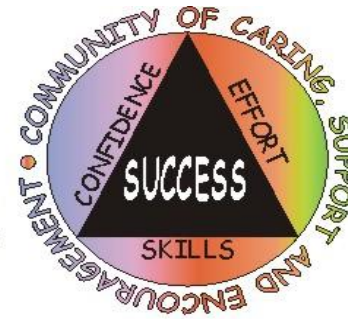


Safe Place



Use your imagination to
create a safe place.

Listening with **EYES, EARS & HEARTS**



EYES:



Have good eye contact, look interested, lean forward, make sure your knees face the speaker.

EARS:



Listen carefully so you can give a brief summary, (paraphrase) of what the speaker just said. This is important in communicating that you are really listening.

HEART:



Listen for the feelings behind the words. Empathy means that you can tell how someone is feeling about something, even if they do not tell you in words.

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Empathy is one of the most important social skills. People who are good at empathy usually have more and deeper friendships and work better with others.

Breathe, Picture, Focus



- **Breathe** in slowly to count of 5, hold for count of 5, exhale to count of 5
- **Picture** yourself in your “Safe Place”
- **Focus** on your strategy for the task at hand

Seven Test Taking Strategies

1. Use slow breathing to relax.
2. If you begin to get too anxious, repeat slow breathing and picture your “Safe Place” for a moment to break the stress cycle. Focus on your test taking strategy.
3. Look over the entire test to determine how long it is and where the most points are. Determine a time limit for each section.
4. If you use acronyms, or other memory aids write them down on a scratch piece of paper.

(cont.)

Seven Test Taking Strategies (cont.)

5. Answer the easy questions first. Often these questions will have clues to harder questions.
6. Go back to the harder questions. Look for clues. Eliminate any obvious wrong answers. If you are still not sure of the correct answer take your best educated guess.
7. Budget your time so that you have a few minutes left at the end to check your answers. Make sure you do not leave any blank. (This strategy may not apply to some standardized tests such as the SAT, where you are penalized for guessing).

Optimism Chant

- *Don't doubt your ability*
- *Doubt your strategy*
- *Try something different*



IMAGINE

PRACTICE

START OVER

YOU ARE VERY CLOSE

STUDENT SUCCESS SKILLS

Seven Keys to mastering any course:

1 I am good at picking out the most important things to study for a test.

2 I am good at boosting my memory by:
Organizing the most important facts into an outline or concept map.
Putting each important fact on a note card.
Reviewing the note cards at least six times before the test.

3 I am good at handling pressure when I take a test. I use breathing,
picturing a positive scene and positive self talk to help me manage
my anxiety and boost my confidence.

4 I am good at knowing when assignments are due and always turn
my work in on time.

5 I have at least one dependable study buddy in each class that I can
call if I have a question.

6 I get along well with others when we work together in pairs or small
groups in class.

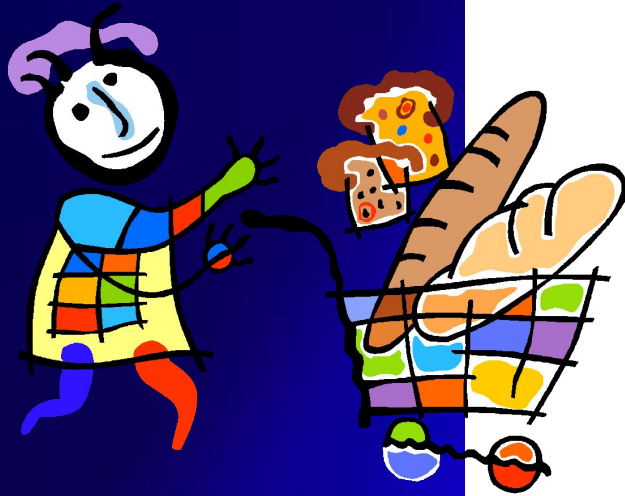
7 I am good at managing my anger. I know my anger triggers and
know healthy ways to handle things when I get angry.

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Body Location Memory Pegs



- Ten top foods for health:
 - Blueberries
 - Nuts
 - Salmon
 - Broccoli
 - Bananas
 - Frozen Yogurt
 - Olive Oil
 - Brown Bread
 - Spinach
 - Tomatoes

STUDENT SUCCESS SKILLS

Seven Keys to mastering any course:

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picturing a positive scene and positive self talk to help me manage
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Seven Keys Goal Setting



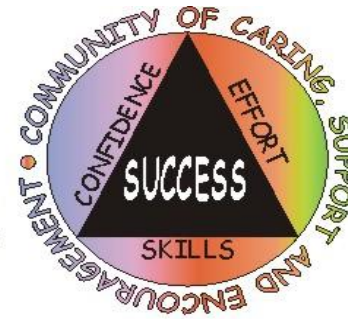
- Think, Write, Pair Share & Volunteer Share
- GOAL: To improve my memory for my science test.
- ACTION PLAN: Check with Juan to make sure I have all the important ideas. Make and put them on note cards and review them at least six times.

Goal Setting (cont.)



- GOAL: To be less anxious when I take my math test this week.
- ACTION PLAN: I will use breathing & safe place and remember to review test taking strategies before the test.

Listening with **EYES, EARS & HEARTS**



EYES:



Have good eye contact, look interested, lean forward, make sure your knees face the speaker.

EARS:



Listen carefully so you can give a brief summary, (paraphrase) of what the speaker just said. This is important in communicating that you are really listening.

HEART:

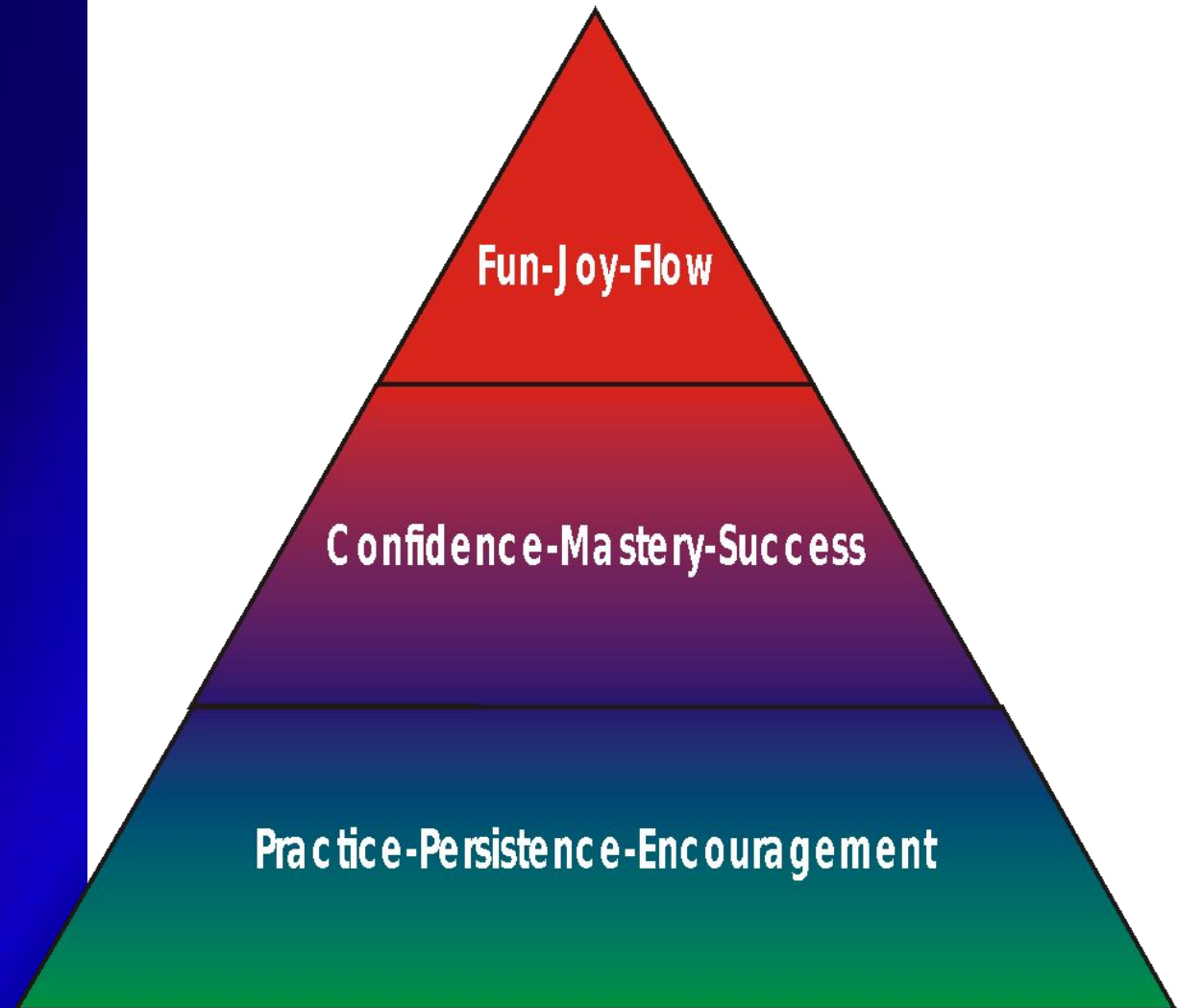


Listen for the feelings behind the words. Empathy means that you can tell how someone is feeling about something, even if they do not tell you in words.

Empathy is putting yourself in another person's shoes and seeing things from their perspective.

Empathy is one of the most important social skills. People who are good at empathy usually have more and deeper friendships and work better with others.

IN THE ZONE





Kaizen

Little by little,
Bit by bit,
I'm improving,
Everyday

Looking Ahead...

- Skills for next lesson:
 - Life Skills
 - Seven Keys
 - Keep Kool Tunes
 - Boosting Memory



Classroom Lesson #3



School Counselors:

"We're in the Student
Success Business"



Helping Students Develop
the Academic, Social and
Self-Management Skills
They Need to Succeed

LOOKING GOOD / FEELING GOOD

1. Nutrition

Liquids: ▲ water & milk & juice ▼ sodas
Solids: ▲ fruits & veggies ▼ sweets & chips

2. Fun

Little joys, big fun - if all counts, read, listen to music, play, create, hangout, explore

3. Exercise

Walk, run, dance, pedal, move it - 30 minutes or more a day

4. Social Support

Hanging out with people you like and who like you. Family and friends you can count on.

5. Rest

8-9 hours - naps count.
Recharge, renew, relax

6. Energy

7. Mood

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Making even small improvements in these 5 items lead to higher energy and mood.

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Student Success Life Skills

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Goal Setting for Health & Wellness

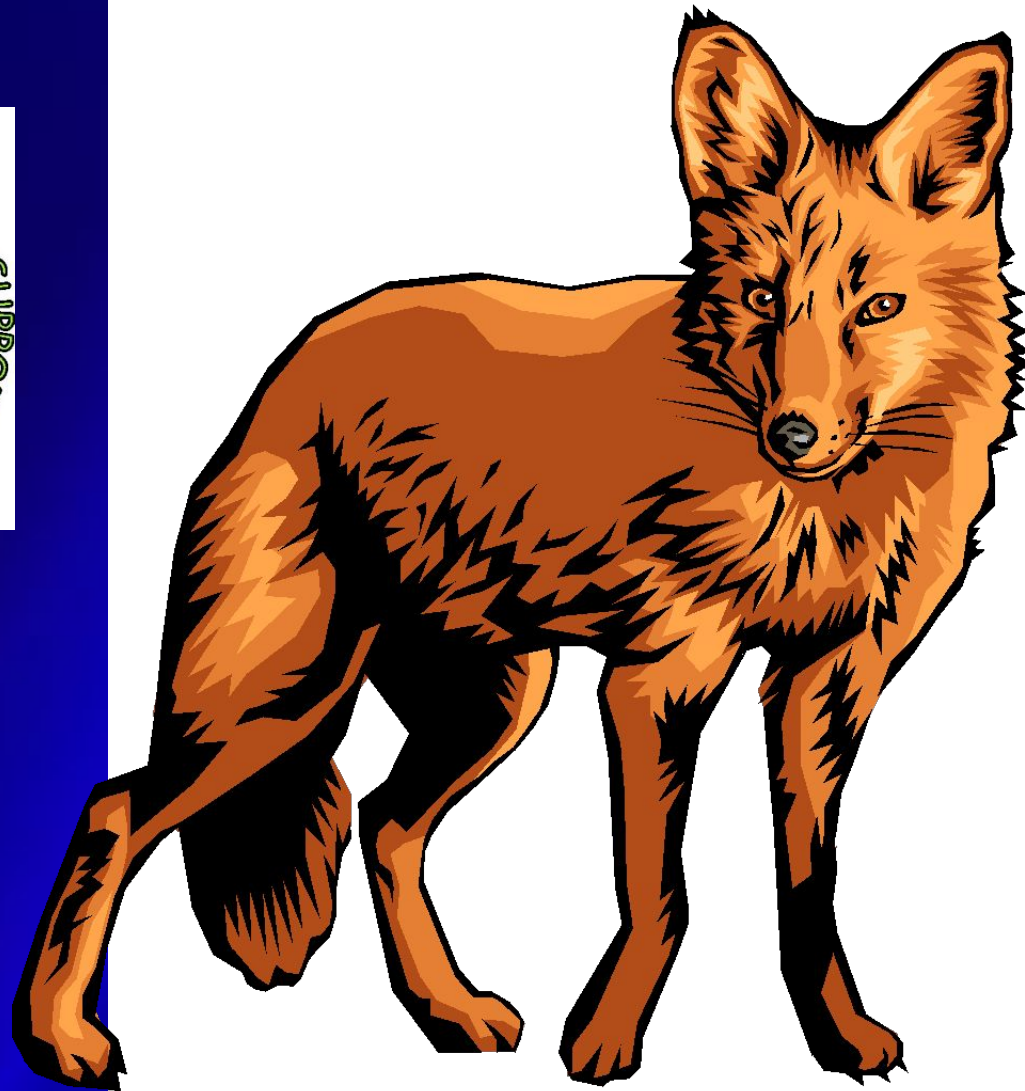
- Think, Write, Pair Share & Volunteer Share

GOAL: To get more rest so I won't be as tired.

ACTION PLAN: I will use my planner to be more organized about what I need to do for homework and to set a schedule. This will help me get to bed about 30 minutes earlier each school night.



Coyote Story





- If what you're doing isn't getting you where you want to be — do something different.

Optimism Chant

- *Don't doubt your ability*
- *Doubt your strategy*
- *Try something different*



IMAGINE

PRACTICE

START OVER

YOU ARE VERY CLOSE

Keep Kool Tune Shields



“Keep Kool” Tune Shields

**Your own positive music mental shields
against negative self-talk**

3 easy steps

1. Pay attention and label what is happening:
“Ah Ha-there’s my negative self-talk again”.
2. Start your “Keep Kool” tune playing in your head. This will shift you away from your negative message which robs you of confidence and give you back control of your thinking.
3. Now that you are back in control decide the best thing to do next.



Keep Kool Tune Shields



Study Break – Brain Gym



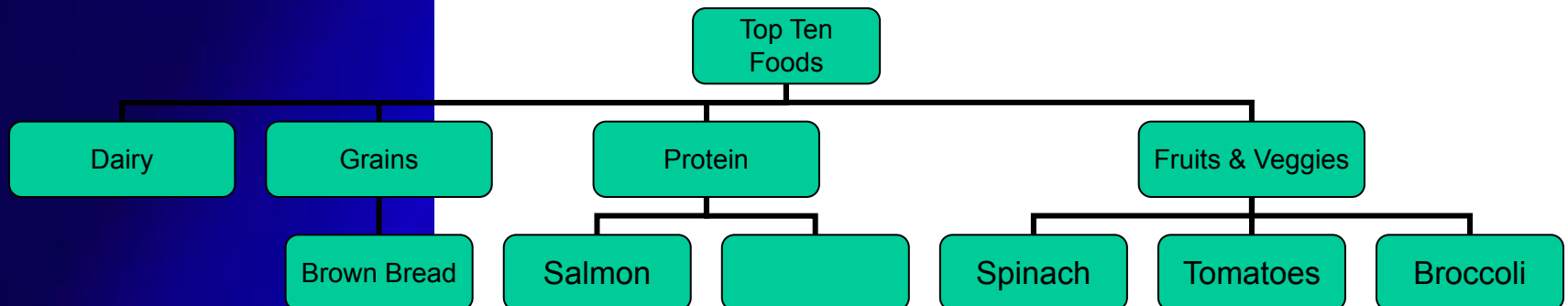
Boosting Memory - Summarizing



- Every 20-30 minutes stop and have students summarize
 - Think, write, pair share, volunteer share
 - Small group discuss “Most Important Ideas”
- At the end of the lesson or unit:
 - Work in pairs or small groups to create graphic organizer of “Most Important Ideas”

Boosting Memory – Graphic Organizers

- Most important ideas
- Visual summary
- Shows how important ideas relate



Boosting Memory: Index Cards

- Create index cards using the “Most Important Ideas” (from outlines, concept maps)
- Ask teachers to provide a few examples of effective index cards related to the upcoming test.
- Review note cards six times before the test.
- Review cards one last time just before the test.



“Remote Control” Technique



Tie studying to
something you
like – hit
“mute” &
review note
cards during
commercial
breaks

Boosting Memory – Other Strategies



- **Body Location Memory Pegs**
- **Acronyms:**
 - *GPS – Goal-setting, Progress monitoring & Success Sharing*
 - *LEEAH; Listening with Eyes, Ears, and Heart*
- **Creating a picture that reminds you of the facts or word**
- **What others do you know?**

STUDENT SUCCESS SKILLS

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- 5 I have at least one dependable study buddy in each class that I can
call if I have a question.
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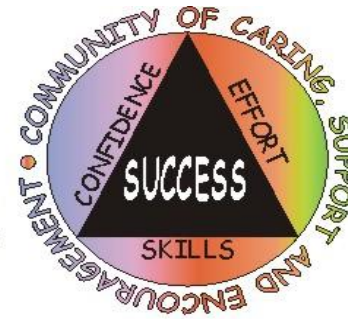
Seven Keys Goal Setting

- Think, Write, Pair Share & Volunteer Share



- GOAL: To improve my study habits in English.
- ACTION PLAN: I will double check to make sure I have what I need before I leave school. I will study right after I get home at the desk in the living room for one hour. I will call Gloria if I have questions or need help.

Listening with **EYES, EARS & HEARTS**



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EARS:



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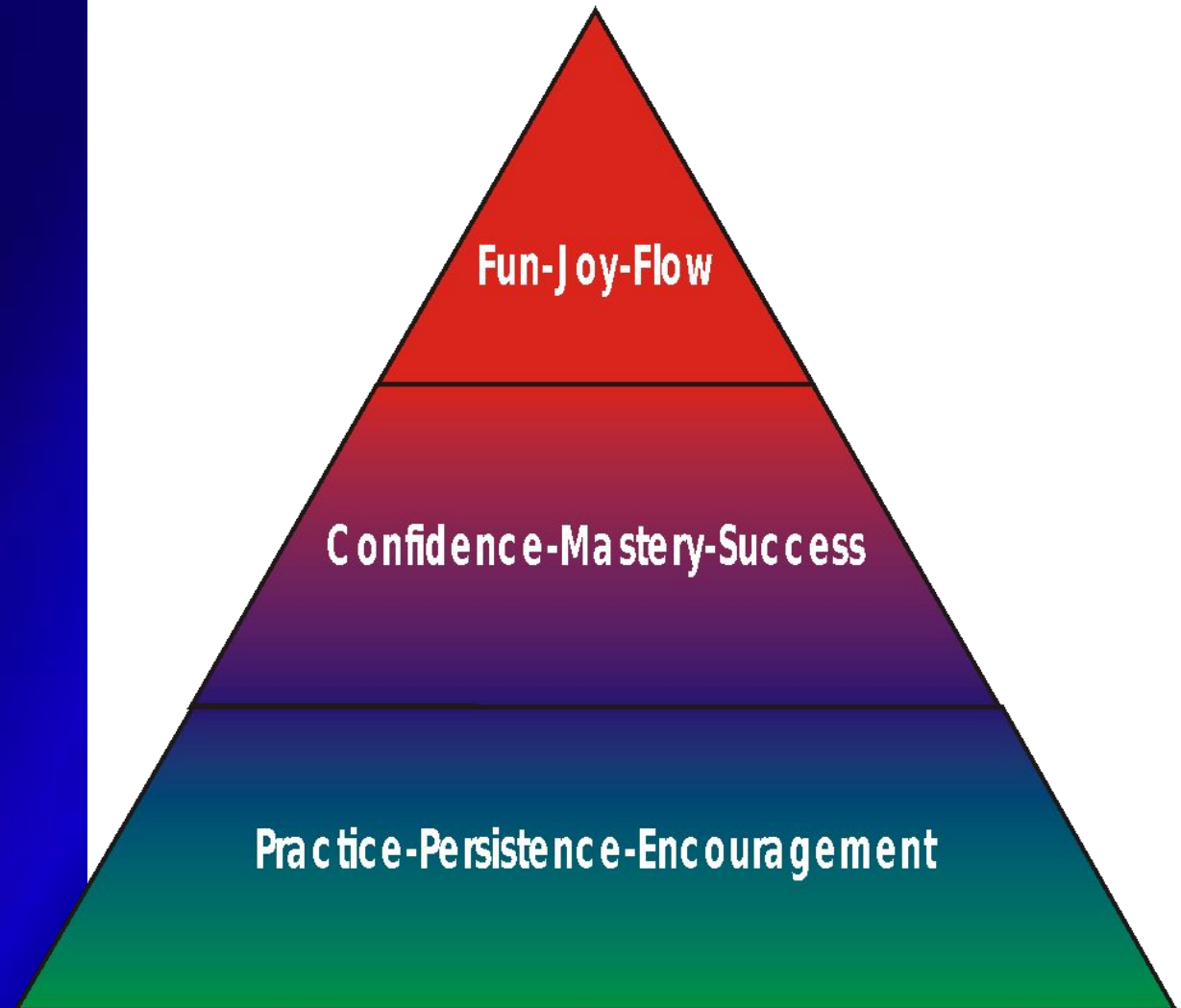


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Looking Ahead...

- Skills for next lesson:
 - Life Skills
 - Seven Keys
 - Personal Story Telling
 - Encouraging Things to Say & Do



Classroom Lesson #4



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LOOKING GOOD / FEELING GOOD

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Making even small improvements in these 5 items lead to higher energy and mood.

6	▲▼	▲▼	▲▼	▲▼	▲▼	▲▼	▲▼	▲▼
7	▲▼	▲▼	▲▼	▲▼	▲▼	▲▼	▲▼	▲▼

Student Success Life Skills

Circle the up triangle (▲) if you rate the Life Skill as in a good range or showing improvement for this past week.
Circle the down triangle (▼) if you rate the Life Skill as not in a good range this past week.

Goal Setting for Health & Wellness

- Think, Write, Pair Share & Volunteer Share

GOAL: To get more rest so I won't be as tired.

ACTION PLAN: I will use my planner to be more organized about what I need to do for homework and to set a schedule. This will help me get to bed about 30 minutes earlier each school night.



Optimism Chant

- *Don't doubt your ability*
- *Doubt your strategy*
- *Try something different*



IMAGINE

PRACTICE

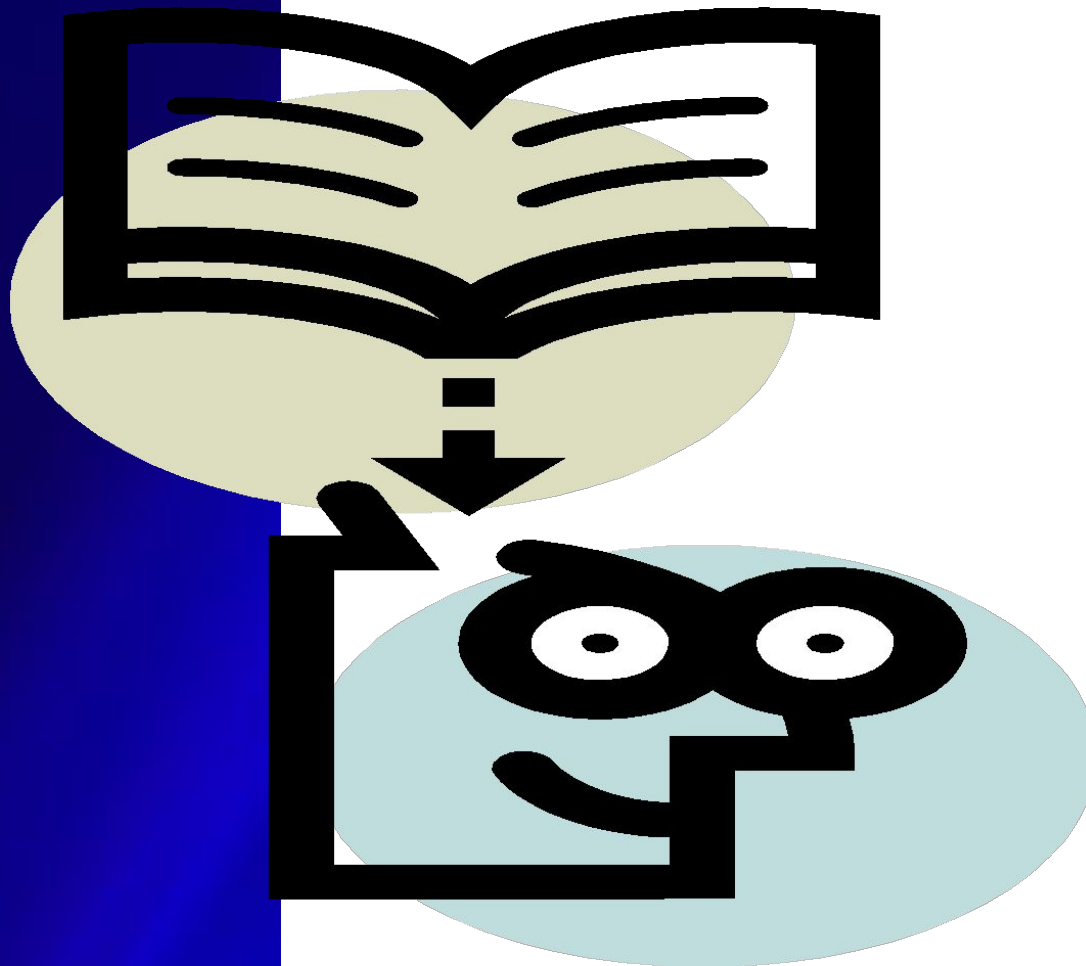
START OVER

YOU ARE VERY CLOSE

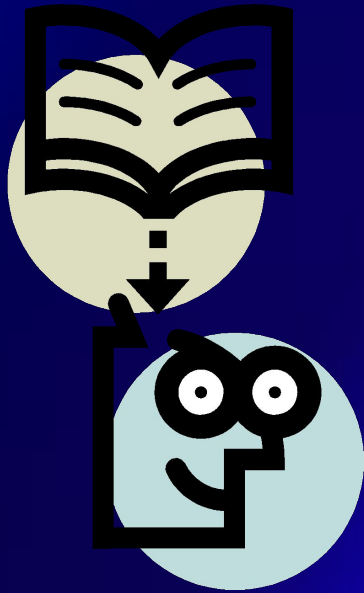
Take A Break – Brain Gym



Story Outlines and Student Story Telling



Story Outline



I. Beginning

- a. Who: Name and description of characters
- b. Where and When: Describe setting. Where and when does the story take place?
- c. How: How are the characters feeling? What is the mood?

II. Middle

- a. What: What is the problem that the characters face?
- b. How: How do the characters try to solve this problem?
- c. How: How are the characters feeling?

III. End

- a. How: How do the characters finally solve the problem?
- b. What: What are some of the most important themes or most important ideas?
- c. How: How are the characters feeling?

Student Storytelling – Typical Challenges



- Dealing with a friend who is jealous and possessive.
- Dealing with a friend who is too bossy and wants to control everything and has to be first.
- Dealing with someone who frequently makes fun of you.
- Dealing with a friend who blows up over little things and does not handle their anger well.
- Dealing with someone who does not do their part on projects and expects you to do most or all of the work.

Story Outline

I. Beginning

- a. **Who:** Name and description of characters
- b. **Where and When:** Describe setting.
Where and when does the story take place?
- c. **How:** How are the characters feeling? What is the mood?

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Encouraging Things to Say

Thanks, that helps.
What do you think?
I need your help with this problem.
We missed you.
Would you like to sit with us?
You are improving in....
Look at the progress you have made.

What are some other encouraging things to say?

Encouraging Things to Do

Smile
Listen carefully
Pat on the back
High five
Share

What are some other encouraging things to do?

STUDENT SUCCESS SKILLS

Seven Keys to mastering any course:

- 1 I am good at picking out the most important things to study for a test.
- 2 I am good at boosting my memory by:
Organizing the most important facts into an outline or concept map.
Putting each important fact on a note card.
Reviewing the note cards at least six times before the test.
- 3 I am good at handling pressure when I take a test. I use breathing, picturing a positive scene and positive self talk to help me manage my anxiety and boost my confidence.
- 4 I am good at knowing when assignments are due and always turn my work in on time.
- 5 I have at least one dependable study buddy in each class that I can call if I have a question.
- 6 I get along well with others when we work together in pairs or small groups in class.
- 7 I am good at managing my anger. I know my anger triggers and know healthy ways to handle things when I get angry.

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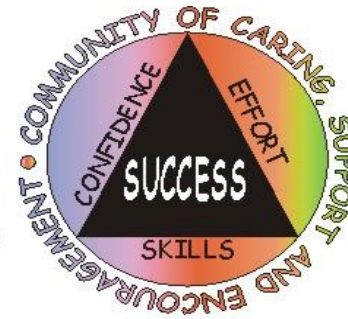
Seven Keys Goal Setting

- Think, Write, Pair Share & Volunteer Share



- GOAL: To improve my study habits in English.
- ACTION PLAN: I will double check to make sure I have what I need before I leave school. I will study right after I get home at the desk in the living room for one hour. I will call Gloria if I have questions or need help.

Listening with **EYES, EARS & HEARTS**



EYES:



Have good eye contact, look interested, lean forward, make sure your knees face the speaker.

EARS:



Listen carefully so you can give a brief summary, (paraphrase) of what the speaker just said. This is important in communicating that you are really listening.

HEART:

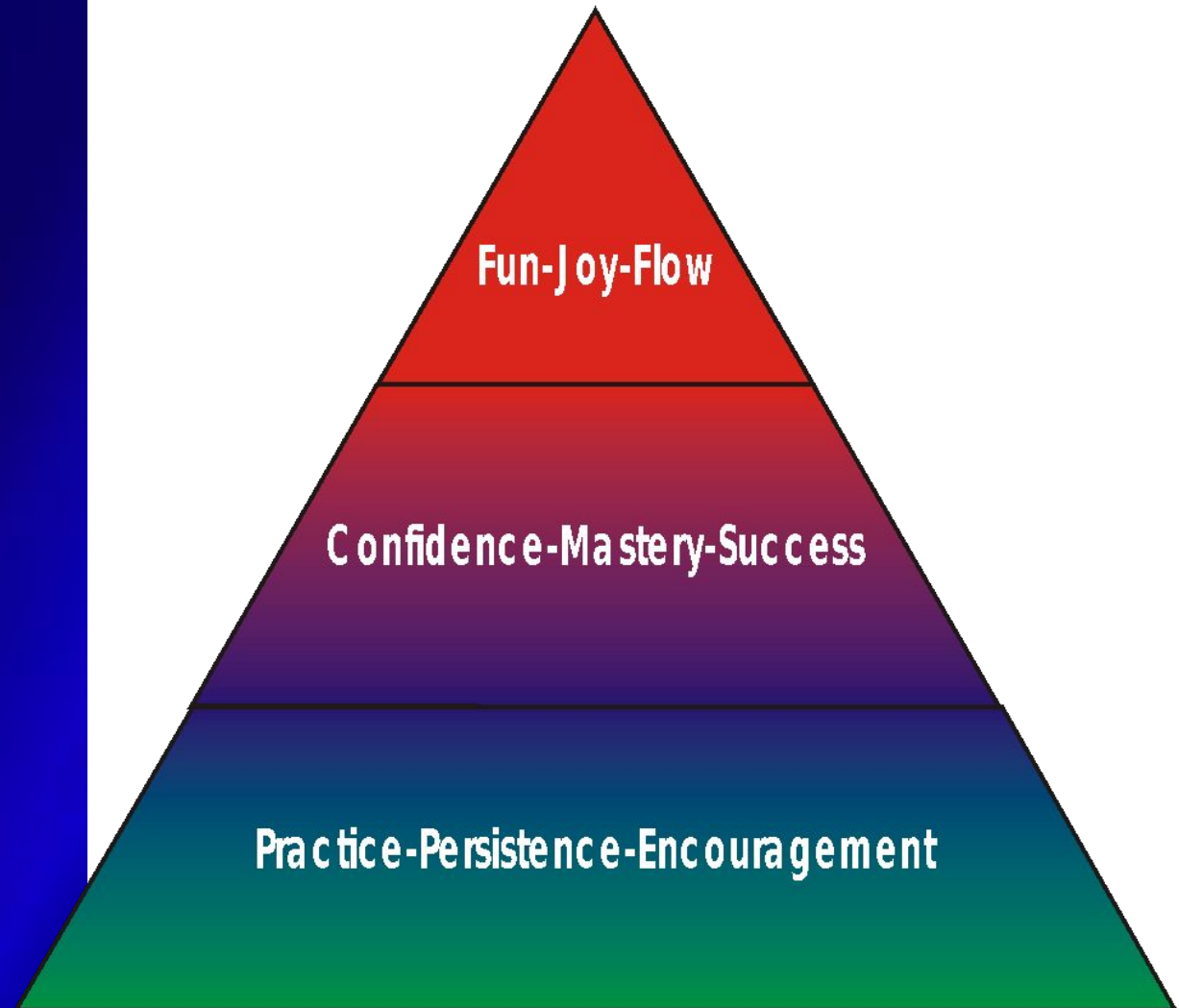


Listen for the feelings behind the words. Empathy means that you can tell how someone is feeling about something, even if they do not tell you in words.

Empathy is putting yourself in another person's shoes and seeing things from their perspective.

Empathy is one of the most important social skills. People who are good at empathy usually have more and deeper friendships and work better with others.

IN THE ZONE





Kaizen

Little by little,
Bit by bit,
I'm improving,
Everyday

Looking Ahead...

- Skills for next lesson:
 - Life Skills
 - Seven Keys
 - Personal Story Telling



Classroom Lesson #5



School Counselors:

"We're in the Student
Success Business"



Helping Students Develop
the Academic, Social and
Self-Management Skills
They Need to Succeed

LOOKING GOOD / FEELING GOOD

1. Nutrition

Liquids: ▲ water & milk & juice ▼ sodas
Solids: ▲ fruits & veggies ▼ sweets & chips

2. Fun

Little joys, big fun - if all counts, read, listen to music, play, create, hangout, explore

3. Exercise

Walk, run, dance, pedal, move it - 30 minutes or more a day

4. Social Support

Hanging out with people you like and who like you. Family and friends you can count on.

5. Rest

8-9 hours - naps count.
Recharge, renew, relax

6. Energy

7. Mood

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
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Student Success Life Skills

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Goal Setting for Health & Wellness

- Think, Write, Pair Share & Volunteer Share



GOAL: To have more fun this week.

ACTION PLAN: I will call Marta and see if she can go to the mall and movies with me this weekend.

Optimism Chant

- *Don't doubt your ability*
- *Doubt your strategy*
- *Try something different*



IMAGINE

PRACTICE

START OVER

YOU ARE VERY CLOSE

Take A Break – Brain Gym



Story Structure



- A time you did not succeed at first and decided to try something different and you succeeded.
- A time someone was kind to you and helped you succeed in some way.
- A time you were kind to someone without seeking something in return.

Story Outline

I. Beginning

- a. **Who:** Name and description of characters
- b. **Where and When:** Describe setting.
Where and when does the story take place?
- c. **How:** How are the characters feeling? What is the mood?

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POSITIVE SELF-TALK STATEMENTS

"That's not like meI'm usually more"

"Up until nowFrom now on"

Kaizen "Little by little, bit by bit, I'm improving every day"

Notice even small improvements and keep trying to improve little by little every day

Breathe, Picture, Focus

"Take a slow deep breath, picture myself in my power/safe place and focus on the what I need to do".

POSITIVE ENCOURAGEMENT STATEMENTS

"Knowing you, you'll be able to figure it out."

"Knowing you, I am sure you will do fine."

"I know I can count on you to"

"That's not like you.....you're usually more/less....."

Keep Kool Tune Shields



STUDENT SUCCESS SKILLS

Seven Keys to mastering any course:

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picturing a positive scene and positive self talk to help me manage
my anxiety and boost my confidence.
- 4 I am good at knowing when assignments are due and always turn
my work in on time.
- 5 I have at least one dependable study buddy in each class that I can
call if I have a question.
- 6 I get along well with others when we work together in pairs or small
groups in class.
- 7 I am good at managing my anger. I know my anger triggers and
know healthy ways to handle things when I get angry.

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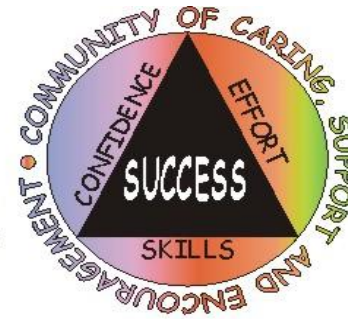
Circle the down triangle (▼) if you rate the item as not in a good range this past week.

Seven Keys Goal Setting



- GOAL: To handle my anger around James.
- ACTION PLAN: Avoid the anger triggers like trying to out talk him when he is into putdowns. Use my positive self-talk to block his words from hurting me. Use my “Keep Kool” tunes to block out his negative talk.

Listening with **EYES, EARS & HEARTS**



EYES:



Have good eye contact, look interested, lean forward, make sure your knees face the speaker.

EARS:



Listen carefully so you can give a brief summary, (paraphrase) of what the speaker just said. This is important in communicating that you are really listening.

HEART:

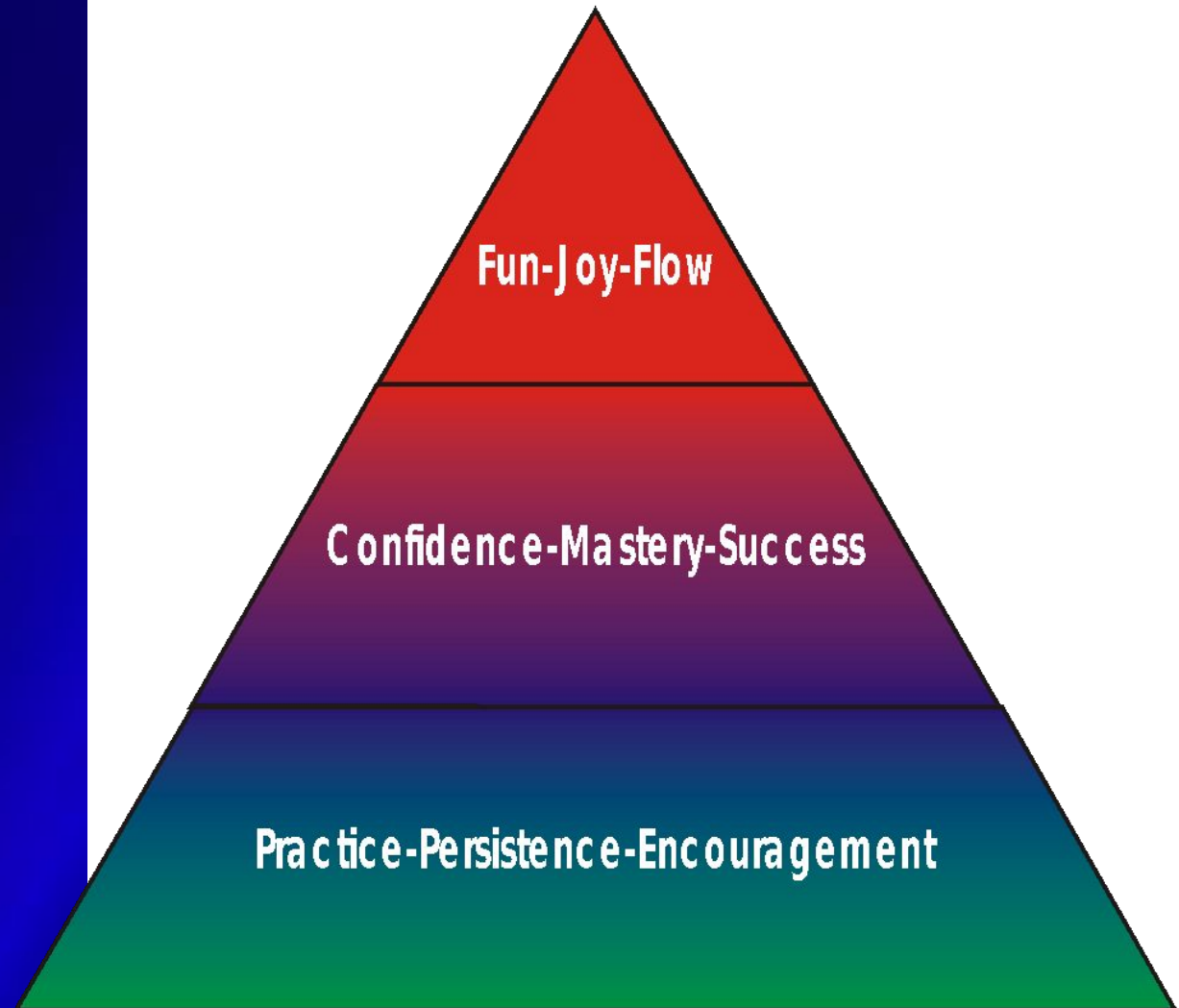


Listen for the feelings behind the words. Empathy means that you can tell how someone is feeling about something, even if they do not tell you in words.

Empathy is putting yourself in another person's shoes and seeing things from their perspective.

Empathy is one of the most important social skills. People who are good at empathy usually have more and deeper friendships and work better with others.

IN THE ZONE





Kaizen

Little by little,
Bit by bit,
I'm improving,
Everyday

Looking Ahead...

- Skills for next lesson:
 - Life Skills
 - Seven Keys
 - Applying SSS Skills to Test Taking



Classroom Lesson #6



School Counselors:

"We're in the Student
Success Business"



Helping Students Develop
the Academic, Social and
Self-Management Skills
They Need to Succeed

LOOKING GOOD / FEELING GOOD

1. Nutrition

Liquids: ▲ water & milk & juice ▼ sodas
Solids: ▲ fruits & veggies ▼ sweets & chips

2. Fun

Little joys, big fun - if all counts, read, listen to music, play, create, hangout, explore

3. Exercise

Walk, run, dance, pedal, move it - 30 minutes or more a day

4. Social Support

Hanging out with people you like and who like you. Family and friends you can count on.

5. Rest

8-9 hours - naps count.
Recharge, renew, relax

6. Energy

7. Mood

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Student Success Life Skills

Making even small improvements in these 5 items lead to higher energy and mood.

Circle the up triangle (▲) if you rate the Life Skill as in a good range or showing improvement for this past week.
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Goal Setting for Health & Wellness

- Think, Write, Pair Share & Volunteer Share



GOAL: To have more fun this week.

ACTION PLAN: I will call Marta and see if she can go to the mall and movies with me this weekend.

Optimism Chant

- *Don't doubt your ability*
- *Doubt your strategy*
- *Try something different*



IMAGINE

PRACTICE

START OVER

YOU ARE VERY CLOSE

Take A Break – Brain Gym



Managing FSA Anxiety



Safe Place



Use your imagination to
create a safe place.

Breathe, Picture, Focus



- **Breathe** in slowly to count of 4, hold for count of 4, exhale to count of 4
- **Picture** yourself in your “Safe Place”
- **Focus** on your strategy for the task at hand

Seven Test Taking Strategies

1. Use slow breathing to relax.
2. If you begin to get too anxious, repeat slow breathing and picture your “Safe Place” for a moment to break the stress cycle. Focus on your test taking strategy.
3. Look over the entire test to determine how long it is and where the most points are. Determine a time limit for each section.
4. If you use acronyms, or other memory aids write them down on a scratch piece of paper.

(cont.)

Seven Test Taking Strategies (cont.)

5. Answer the easy questions first. Often these questions will have clues to harder questions.
6. Go back to the harder questions. Look for clues. Eliminate any obvious wrong answers. If you are still not sure of the correct answer take your best educated guess.
7. Budget your time so that you have a few minutes left at the end to check your answers. Make sure you do not leave any blank. (This strategy may not apply to some standardized tests such as the SAT, where you are penalized for guessing).

POSITIVE SELF-TALK STATEMENTS

"That's not like meI'm usually more"

"Up until nowFrom now on"

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"Take a slow deep breath, picture myself in my power/safe place and focus on the what I need to do".

POSITIVE ENCOURAGEMENT STATEMENTS

"Knowing you, you'll be able to figure it out."

"Knowing you, I am sure you will do fine."

"I know I can count on you to"

"That's not like you.....you're usually more/less....."

“Keep Kool” Tune Shields

**Your own positive music mental shields
against negative self-talk**

3 easy steps

1. Pay attention and label what is happening:
“Ah Ha-there’s my negative self-talk again”.
2. Start your “Keep Kool” tune playing in your head. This will shift you away from your negative message which robs you of confidence and give you back control of your thinking.
3. Now that you are back in control decide the best thing to do next.



Using Student Success Skills – FSA Practice Test



STUDENT SUCCESS SKILLS

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my anxiety and boost my confidence.
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my work in on time.
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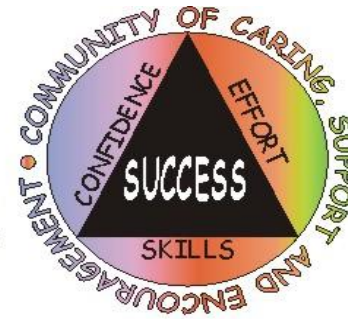
Circle the down triangle (▼) if you rate the item as not in a good range this past week.

Seven Keys Goal Setting



- GOAL: To continue to use Student Success Skills strategies.
- ACTION PLAN: I will keep track of my grades in the front of my planner and update them each time I get a grade. I will look for small improvements and keep my self-talk positive.

Listening with **EYES, EARS & HEARTS**



EYES:



Have good eye contact, look interested, lean forward, make sure your knees face the speaker.

EARS:



Listen carefully so you can give a brief summary, (paraphrase) of what the speaker just said. This is important in communicating that you are really listening.

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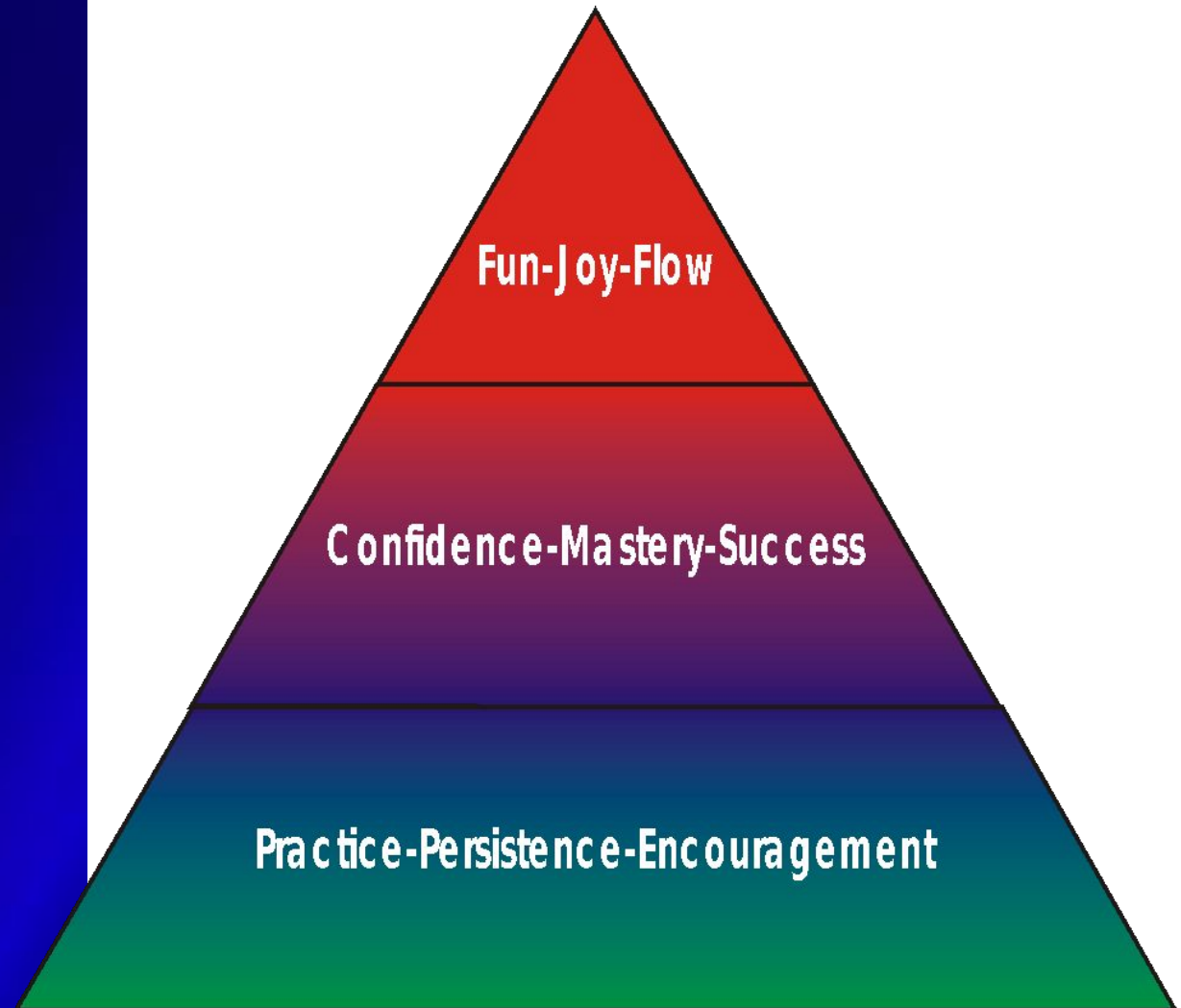


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IN THE ZONE





Kaizen

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Bit by bit,
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Looking Ahead...



- Booster Session in one month