



1.6: Setting Up for School Success

LESSON BOOSTERS

Choose boosters to add before and/or after the core lesson:

1.6 Get Connected–1: Setting up for Success A to Z Scattergories

Activity Guidelines

- Objective: Come up with 1 word that starts with each letter of the alphabet and pertains to skills, items or objects that help you be successful in school.
- Earn 1 point for each word or phrase that is written on your paper and has not been used by another group.

Get Connected

Lesson Booster Summary:

This small-group activity (groups of 2-3) provides an opportunity for collaboration and review. Students will need a piece of notebook or scratch paper.

- Make sure that all students start and end within the designated amount of time (suggested time is 3 minutes).
- To determine the winner, have one group say what they wrote for letter A. If another group has the same answer, they should knock on their desk. Teams only get a point if they have an answer that nobody else has. Repeat this process for all letters.

10 min

1.6 Lesson Extension–1: Avoiding Poisonous Zeroes (Handout 1.6.1)

Teen Voices Video

Think-Pair-Share
Write a response to the video prompt. Share with class.

- Can you relate to what Malik said?
- Have you ever lost significant points from a late or missing assignment?
- If so, how did that affect your class grade?

LESSON EXTENSION

Knowledge Hub

Lesson Booster Summary:

One missed assignment can have significant and lasting effects on a class grade, and ultimately a GPA. In this lesson, students calculate a class grade with and without a “0.” For example, without a zero, the grade is a 90% (an “A”). With a zero, it is a 72% (a “C”). If they make up the assignment and receive 50% credit, the grade would be 82 (a “B”). The Knowledge Hub video demonstrates this calculation process, but let students try it for themselves first.

After watching the Teen Voices video have students think-pair-share the follow-up questions and then complete **Handout 1.6.1**. The Knowledge Hub video will then help students double check their calculations and apply it to their schoolwork.

15 min

1.6 Lesson Extension–2: Keeping a Planner (Handout 1.6.2)

Get Started
Answer the questions:

- What are the benefits to keeping an organized planner? List three or more.

LESSON EXTENSION

Plan-O-Rama
Use Handout 1.6.2 to fill in:

- Name and contact info on inside front & back covers
- Class schedule (if applicable, raising schedule (48 days))
- A monthly view of your school calendar
- School holidays and special school events
- At least 10 important dates (test and projects) from class syllabi
- The name of someone in each class you can contact with questions
- Your teachers' email addresses
- A “to do” list of 10+ items and prioritize them from most to least urgent
- Your daily pages based on your monthly info for the first two months.
- At least one inspiring quote on this month's monthly view

LESSON EXTENSION

Lesson Booster Summary:

In this lesson, students think-pair-share the advantages of keeping a planner and then follow steps to effectively use their planner. After students think-pair-share about the advantages of keeping a planner, watch the Teen Voices video with planner strategies. **Handout 1.6.2** will guide them through setting up an effective planner system—either with a hardcopy agenda and/or an online system.

NOTE: One of the greatest gifts you can give to your students’ future organizational skills is to check their planners on a regular basis. After this lesson, check their planners daily for updated assignments and “to do” lists. Gradually move to weekly checks and then pop checks. Consider making planner keeping part of their grade.

25 min

1.6 Lesson Extension–3: The Power of Sleep with Coach Rudy (Handout 1.6.3)

The Sleep Conversation

- What were your main takeaways from the video? What did you hear that you didn't know before?
- Use **Handout 1.6.3** to apply the Power of Sleep to your life and routine.

LESSON EXTENSION

Lesson Booster Summary:

As students watch the “Power of Sleep” with Coach Rudy, ask them to take notes on **Handout 1.6.3** about 1) the importance of sleep and 2) the effects of lack of sleep on learning and well-being. Next, have students apply recommendations from the video to design a sleep routine for themselves.

15 min +