



NHS ADVISORY

April 30, 2015

| | |
|-----------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Grade | Grade 10 |
| Topic | Career ~ Goal Setting ~ Mission Statement |
| Goal | To introduce students to the idea of a personal mission statement as a means of defining for themselves who they are, what they value and what they want to be now and in the future. (Adapted from Sean Covey, <i>The 7 Habits of Highly Successful Teens</i> (New York: Fireside 1998). |
| Activities/ Procedures | <p>*Preparation for this advisory...</p> <p>Copies of “The Great Discovery Worksheet” (one per student) and copies of “Sample Mission Statements” (one per student). These can be found at the end of this lesson.</p> <ul style="list-style-type: none">• Write the “Gathering” quote by Lewis Carroll on the board (you can find this quote at the bottom of this lesson).• Pair-Share – Ask each student to talk to a partner about the meaning of the Lewis Carroll quote.• Tell students, in order to live the best lives they can and be their best selves, they need to think about what they want and where they want to go.• Share the definition of a –Mission Statement–a brief written statement of the purpose that guides action, spells out an overall goal, provides a sense of direction and guides decision making.• Hand out “The Great Discovery Worksheet” to each student and ask them to fill it out.• Hand out a copy of sample Mission Statements.• If time, have students write a personal mission statement.• Challenge students to take time this summer to really think about their future goals and HAVE FUN brainstorming and working on a personal mission statement. <p>QUOTE</p> <p>“Would you tell me please which way I ought to walk from here?” “That depends a good deal on where you want to get to,” said the Cat. “I don’t much care where,” said Alice. “Then it doesn’t matter which way you walk,” said the Cat.</p> <p>--From Alice’s Adventures in Wonderland, Lewis Carroll.</p> |

12 Organizational and Time Management Tips for High School Students

Your success in high school can greatly be improved by being organized and using your time wisely. Staying organized can help ease the burden of a busy schedule. While you probably do not have a lot of control over when your classes are scheduled, you do have control of the rest of your time. Here are some important tips to remember:

1. Use your school planner to stay organized. Fill in things you must do (classes, work, practice, etc. that you can't change). Write down appointments and class assignments. Make a daily checklist. Set priorities. Do the most important tasks first.
2. Set achievable goals when you set goals that are unrealistic it sets you up for failure. You want to aim to set goals that are difficult, yet are achievable.
3. Organize some key areas in your life, for example your bedroom, study area, car and locker. By organizing these key areas it will improve your ability to stay on schedule and stay focused during your hectic schedule. You will avoid the most frustrating situation like looking for an assignment that is due and you have no idea if it's in your locker piled high with papers, the car that hasn't been cleaned for a who knows how long, or your bedroom that looks like an atomic bomb hit it! Being unorganized will cause problems in nearly every area of your life and developing the skill of organization will immensely improve your ability to become successful at whatever you pursue.
4. Schedule the most difficult tasks for times when you are alert. Geometry, for example may be hard enough when you're fresh. When you're tired, it will be impossible!
5. Establish a regular time and place for study. Utilize this space to study during the day if possible.
6. If you have a study hall during school utilize it. Focus on your assignments and to do list in your planner.
7. Use daylight hours to study whenever possible. For most students for every hour of study done in daylight hours, it will take them one and a half hours to do the same task at night. Study during the day especially during study halls.
8. By using flash cards, summary sheets or your notes, you can use short periods to study in your spare time while you're waiting for class to start or for a friend to pick you up.
9. Take study breaks. Do not schedule a night before test cram session. Several short 50 minutes sessions are more effective than one long session.
10. Review Your Notes Every Day. You'll reinforce what you've learned, so you need less time to study. You'll also be ready if your teacher calls on you or gives a pop quiz.
11. Prepare and organize whatever possible the night before. A few examples would be to pack your book bag and lay out what you intend to wear the next day.
12. Get a Good Night's Sleep. Running on empty makes your days seem longer and your tasks seem more difficult.

References:

<http://frank.mtsu.edu/~studskl/tmths.html>

<http://www.collegeboard.com/student/plan/college-success/116.html>