

TABLE OF CONTENTS--FRESHMAN SUCCESS ACADEMY

WEEK ONE--GETTING ACQUAINTED

1A Information Sheet

1B Coat of Arms Acitivity

1CADDTIONAL COATS OF ARMS ACTIVITY

WEEK TWO--MY SCHOOL

Information about your school

How to adjust to a new school

WEEK TWOA--SETTING GOALS FOR FRESHMAN YEAR

2B--Additional Lesson Plan for Goal Setting

2B/C--Additional Activities for Goal Setting

WEEK THREE--GETTING AND STAYING ORGANIZED

3A But I don't have time!

3B

3C Handout Rate your Approach to Studying

3D Study Skills Inventory

3E Teacher Key--Study Skills Inventory

WEEK FOUR-GETTING AND STAYING ORGANIZED

4B How to Organize your biner

4C High School Success notetaking

4d Study Skill Inventory

4E Cornell Notetaking system

4F Study Skills to Prepare you for college

WEEK FIVE--MID QUARTER CHECK IN

5A Mid Qaurter check in evaluation

5B Mid Quarter Reflection Activities

5CStudent and parent reflection

5D goal setting for balance of quarter

5E Grade Reflection form

WEEK SIX--WHERE AM I HEADED--CAREER IDENTIFICATION

6A--Career Indentification Assignment

6B--Career Indentification Interview Reflection

6C--Career Interest Survey

6d--Considering Future Career Path

WEEK SEVEN--MAKING GOOD FRIENDS

7A--Additional lesson plan

7B--Handout--Classroom Activities

7C--Handout--How to Make Friends

7D--How to Make Friends on your first day of high school

WEEK EIGHT--MANY CHOICES TO MAKE

8A--Doing the Right Thing--Ethical Choices

8B--Making Choices

8C--Additional Lesson Activities

WEEK NINE--DEALING WITH MY FAMILY

9A--How to Deal with Annoying Siblings

9B--Diagramming my Family

WEEK TEN--FIRST QUARTER EVALUATION AND GOAL SUMMARY

WEEK ELEVEN--KNOWING MYSELF

11A--HANDBOOK OF ACTIVITIES-KNOWING ONESELF

11B--BOOKLET (78 PAGES) Developing of self-esteem

WEEK TWELVE--DEPRESSION AND SUICIDE

12A--Ultimate guide to mental health

12B--Depression and suicide resources

12C--ADDITIONAL LESSON--Suicide and Depression

12D--Teacher resource material

WEEK THIRTEEN--PRACTICING TOLERANCE

13A--20 Activities for learning tolerance

13B--Additional Lessons and Activities for teaching tolerance

WEEK FOURTEEN--STAYING HEALTHY UNDER STRESS

14A Healthy eating for teens

14B Handout Food diary

14C Handout Food and Sleep grid

WEEK FIFTEEN--DEALING WITH STRESS

15A handout Stress management

15B helping teenagers with stress

15C handout: my personal stress plan

15D creating your personal stress plan

15E Handout: Tapped out Teens

15F Stressful Situations Scenarios

WEEK SIXTEEN--GIVING BACK TO MY SCHOOL AND COMMUNITY

16A Volunteering and Community Service

16B Community Service Ideas for Teens

WEEK SEVENTEEN--DIGITAL MEDIA AND THE WOES IT BRINGS

Lesson Plan #1

Lesson Plan #2

17B Digital Footprint Activity

17C Parent Tips

17D Post to be Private

17E Profile Penalty

17F Follow the Digital Trail

WEEK EIGHTEEN--SEMESTER EVALUATION

LESSONS 19 ALL WEEKS(INSERT WHERE DESIRED) LESSON 19: STUDENT LED CONFERENCES

19--Session 2 of Preparing for Student led Conferences

LESSON 20--PEER PRESSURE

20A HANDOUT Peer Pressure

20B Peer Pressure Role Plays

20C Comprehensive Handout on Peer pressure

LESSON 21--HEALTHY RELATIONSHIPS

21A Additional Lesson plan and Activities

21B 13 Traits of a Good Friend