Class outline 02

Here is an outline of what we will do in class today

# Theory period: Book discussions

* Book discussion: Survivalism.
  + We have prepared questions.
* How to do discussions
  + In the future: You will prepare questions, as part of the homework.
  + Read instructions and grid together.
* Writing workshop: Brainstorming about values. Your teacher will explain the activity.

# Lab period: Setting goals

* Use the photocopies to guide your work during the lab period.
* You **need** to keep these photocopies because you will need them for your midterm writing exam. For the videos, you need to take notes because this is your only way of “using” the videos in your midterm writing exam. The journaling activities are supposed to be meaningful, but also good practice for the writing exam, so I recommend doing them seriously.
* Ali Abdaal: “How To Actually Achieve Your Goals in 2025 (Evidence-Based)”  
  *Ali Abdaal is a Youtuber, author, and business owner. He focuses on productivity and self-improvement.*<https://www.youtube.com/watch?v=WONRS7BLh4g>
* Chelsea Fagan: “How To Better Yourself Without Hating Who You Already Are”  
  *Chelsea Fagan is a writer, Youtuber, and business owner. She never finished college, so she is an example of a successful “self-made” person. She is not a mental health professional.*<https://youtu.be/cbO3_sxWkj4>

# Third period: Personal discussion and writing workshop

* Communication tips:
  + Make others feel comfortable; physical inclusion
* Personal discussion. The teacher will give you questions.
* About lab periods: Meaningful, but also academic.
  + Today: Life improvement journey. Depends on your current life satisfaction.

# Remember to check the homework file!