

Early College Academy of Columbus

10th Grade Advisory Guide

Social and Emotional Learning Lesson Guide for the Classroom and Advisory

"If even one person in a school knows him well enough to care, a student's chances of success go up dramatically. In small groups that can focus on a range of subjects, teachers and students are forming new bonds and setting new standards for a more personal education." (Horace, September 1990).

High school advisory programs and social and emotional learning in the classroom allow students to discuss and address certain issues that are unique to a high school student's life. As the advisory or discussion leader, your role is to listen and respond to students, asking open rather than closed questions and working to create an engaging climate of trust, sharing, participation and self-reflection among your students.

Connect with Kids video resources, along with discussion questions and activities, provide the platform. Business experts call it "see-feel-change," fueling action by sparking emotion. Connect with Kids calls it educating the heart: using the power of storytelling and peer-to-peer connections to create heart-felt associations. Research shows that children and adults who emotionally connect with an experience are more likely to make life-long behavioral change than those who just receive information about that experience. Students realize that they are not alone in their feelings and challenges, sometimes referred to as "strength in numbers."

This is a suggested guide for high school classroom and advisory session video and print resources, all of which stream on Connect with Kids WebSource websites.

Questions?

Please contact Connect with Kids Client Support at [888.598.KIDS \(5437\)](tel:888.598.KIDS) or email info@cwknetwork.com.

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Session	Topic	Program Title	Description
1.	Civility	Civil Wars Part 1	An introductory video segment explores why kids today are deemed less respectful than they were 30 years ago. Download the accompanying lesson plan with discussion questions and classroom activity: Civil or Uncivil?
2.	Civility	Civil Wars Part 2	A video segment features what experts say about feelings of isolation, and the possible cause of less civil or respectful behaviors. Download the accompanying lesson plan with discussion questions and classroom activity: George Washington's Rules of Civility.
3.	Civility	Civil Wars Part 5	A video segment features what experts say about feelings of isolation, and the possible cause of less civil or respectful behaviors. Download the accompanying lesson plan with discussion questions and classroom activity: George Washington's Rules of Civility.
4.	College and Career Readiness	Early Exposure to a Career	A short video segment on volunteerism, which has become a graduation requirement for high school students in hundreds of school districts around the country. For some kids, volunteering also has a practical side, as well. Download accompanying discussion and self-reflection questions.
5.	College and Career Readiness	Exceeding Expectations	A real story to help teens to understand that an education translates into not just more money but more job choices about their future. Watch this real story to help students find within themselves the motivation to set and achieve goals — and to plan for life beyond high school.
6.	College and Career Readiness	Note Taking	Discuss and review strategies for proper note taking, exploring the Cornell Method of Note Taking.

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7.	College and Career Readiness	Google Research Strategies	Explore techniques to narrow and refine online and Google searches for research information.
8.	College and Career Readiness	Creating a Study Guide	Re-review strategies and an outline for creating a study guide.
9.	College and Career Readiness	Study Skills	Discuss the difference between memorization and learning and complete an exercise in which students practice developing and teaching a lesson to others in order to learn the material.
10.	College and Career Readiness	Study Skills and Test Preparation	Discuss the importance of preparing for a test and engage students in a question/answer activity to review for an upcoming exam.
11.	College and Career Readiness	Report Card Self-Reflection	Encourage students to review a recent progress report and a complete a self-reflection chart about past results and challenges ahead.
12.	College and Career Readiness	Transcript Review	Review the high school transcript, its elements and help students to identify future academic goals.
13.	College and Career Readiness	Goal Setting	Discuss with the students the importance of goal setting and review and develop S.M.A.R.T. goals that are specific, measurable, achievable, realistic, and timeline tangible.
14.	College and Career Readiness	Interview Skills	Review interview preparation techniques, crafting possible questions to anticipate — and answers.

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15.	College and Career Readiness	Resume Building	Help students learn to create a baseline resume.
16.	Health and Wellness	Seasonal Affective Disorder	Grey skies, short days, not much sun. According to the American Psychiatric Association, 10 to 20 percent of people have some form of seasonal affective disorder, or SAD. Learn more about symptoms and treatment options during the long winter months.
17.	Resilience	Overcoming Issues at Home	A real story to help students understand the importance of attending school. Without passing judgment, get a conversation started to guide students to resources they can turn to for support despite challenges they may encounter at home.
18.	Health and Wellness	Facebook Depression?	On Facebook, anybody can look happy and popular — an online world in which competition and adoration seems to reign supreme. Experts say these shallow connections can fuel a rampant lack of compassion and empathy.
19.	Academic Achievement	The Power of Expectations Part 3	Watch the real story of teen Tiffany Harris. After a mentor comes to her rescue, she goes from a student getting F's in class to someone who sets goals and does what she can to meet the expectations around her.
20.	Underage Drinking Prevention	In the Age of Alcohol Part 1	Experts explain how underage drinking could be the worse drug of all because of the behavior it creates in teens. Not as many teens drink alcohol as people think, but alcohol is still the number one contributor to youth deaths, due to the way in which kids drink.

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21.	Underage Drinking Prevention	In the Age of Alcohol Part 2	Real stories explore underage drinking, the influence of genetics, and resulting bodily harm. People of all ages who don't learn to drink responsibly often use alcohol as a means of escaping.
22.	Underage Drinking Prevention	In the Age of Alcohol Part 3	This segment explores the use of alcohol as a "social crutch," and how drinking alcohol is too often a way to escape problems and anger. The earlier kids begin drinking, the more likely they will experience detrimental effects, and the more likely they will become alcoholics and not know how to interact socially.
23.	Underage Drinking Prevention	In the Age of Alcohol Part 4	Watch the real story of two parents who allow their daughters to throw a party involving underage drinking, which got out of hand when the police showed up and a car caught on fire.
24.	Underage Drinking Prevention	In the Age of Alcohol Part 5	Ashley, now a paraplegic, shares her experience with what happened when she decided to drink and drive, and how that one night changed her life forever.
25.	Life Skill	Avoiding Plagiarism	A survey of more than 30,000 teens says that 64 percent have cheated on a test in class. And one in three has used the Internet to cheat on a class assignment or plagiarize a paper. Help your students understand that they may be cheating... themselves.
26.	Life Skill	Respect	When Kyle Van West decides she's in love, she decides to have sex. She was fifteen years old, and she thought she was ready. Then the relationship ended, and Kyle went into a deep depression.

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27.	Life Skill	Responsibility	When Rafael Posada decided to “go for it” and race the car that pulled up next to him, he didn’t think about any consequences. Rafael didn’t expect to find a cop also pull up beside him. He didn’t expect to be arrested.
28.	Life Skill	Self-Control	A lack of self-control led Dan O’Brian down the dark path of drug and alcohol addiction, but now he is learning new strategies to combat the daily struggle with his obsession.
29.	Life Skill	Togetherness	When Melissa Gerjo’s father died in a car accident, she tried to distance herself from everyone who loved her. But her older twin brothers taught her the importance of family unity by giving her unconditional love and support.
30.	Review	Advisory Review and Recap	Through discussion and self-reflection ask students to look back over the year to review what has been accomplished and what is yet to be addressed.