

Early College Academy of Columbus

11th 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.

Early College Academy of Columbus

11th Grade Advisory Guide

Session	Topic	Program Title	Description
1.	Life Skill Development	<u>Justice/Fairness</u>	A video segment features Robert Layde and David Mullinax, both victims of unfair treatment, but took their frustrations out in different ways. Download the accompanying lessons plan with discussion questions and an activity: Zeroing in on Tolerance.
2.	Life Skill Development	<u>Kindness</u>	A video segment features the story of Arab-born football star Nizar Alawamleh. His friends and teachers vowed to protect him from racist backlash after Muslim extremists terrorists were accused of perpetrating violent acts against Americans on 9-11. Download the accompanying lessons plan with discussion questions and an activity: Kindness is Relative.
3.	Life Skill Development	<u>Loyalty and Dating Violence</u>	A video features Jenny Nichols, who experienced an abusive relationship with an older boy and experienced dating violence that can often lead to a misaligned concept of loyalty. Download the accompanying lessons plan with discussion questions and an activity: Symbols of Loyalty.
4.	Life Skill Development	<u>Patience</u>	A video segment features 16-year-old Katie Kerkhover, an accomplished bluegrass musician who is patiently waiting for the success and recognition. Download the accompanying lessons plan with discussion questions and an activity: Crossword Crunch.
5.	Life Skill Development	<u>Peace and Gang Violence</u>	A video segment features Saul Avina, whose peaceful childhood in Mexico changed to one of gangs and violence after his parents divorced. Fortunately, with his new life in America, he has found tranquility once again. Download the accompanying lessons plan with discussion questions and an activity: And Then What? about controlling anger.

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11th Grade Advisory Guide

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6.	College and Career Readiness	Career Anxiety	A short video segment on growing evidence that kids today are more worried about their future than previous generations. Whether they're involved in sports, clubs or academics, kids today are quickly learning that competition is a part of life. Download the accompanying discussion and self-reflection questions.
7.	College and Career Readiness	Organizational Skills: A Binder for the College Bound	Students will learn to organize their thoughts and materials to support the college search process.
8.	College and Career Readiness	College Exploration	Students will complete a fact-finding mission to determine key information about colleges of interest.
9.	College and Career Readiness	Test Taking Skills: Essay Q's and A's	Students will review strategies and techniques for completing essay questions and will craft a practice essay.
10.	College and Career Readiness	Research Strategies: Note Taking	Students will learn techniques to taking constructive notes during the research process.
11.	College and Career Readiness	Goal Setting	Students will discuss short-term versus long-term goals, and complete an exercise to map out long-term goals.
12.	College and Career Readiness	Interview Skills	Students will discuss the interview process and review strategies for appropriate follow-up.

Early College Academy of Columbus

11th Grade Advisory Guide

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13.	College and Career Readiness	Resume Building	Students will discuss and explore the importance of obtaining recommendation letters, along with what should be included in each letter.
14.	College and Career Readiness	Verifying Your Transcript	Students will review the high school transcript and complete an exercise to verify its information.
15.	The Role of Self-Esteem in Academic Success	Set Backs Make Us Stronger	A study reported in the Journal of Personality and Social Psychology confirms that life's challenges... a little adversity, even mundane experiences, contributes to building resilience. How can a little failure serve each of us well?
16.	Health and Wellness	Dating and Relationships: First Comes Love Part 1	Examine some of today's pressures regarding love and how teens view and define relationships and dating.
17.	Health and Wellness	Dating and Relationships: First Comes Love Part 2	Teen boys talk about the dating pressures they experience to gain status and respect, from both the girls and the other boys.
18.	Health and Wellness	Dating and Relationships: First Comes Love Part 3	Jenny and Mateo share their emotional story about their abusive relationship, urging other teens to take it slow and allow relationships time to develop.

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11th Grade Advisory Guide

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19.	Health and Wellness	Dating and Relationships: First Comes Love Part 4	Experts discuss how learning how to be in a relationship — and manage an intimate relationship — is part of growing up.
20.	Life Skill Development	Perseverance	Krystal Williams' perseverance helped her overcome adversities such as homelessness, a drug-addicted father and domestic abuse. She uses her experiences to inspire others.
21.	College and Career Readiness	Making the Most of Education	Teens like to spend money on clothes, music, phones and downloads. Many plan on making more money as they grow into adulthood. But what happens when teens don't graduate high school? Watch this real story to hear from students about their hopes, dreams and the reality of needing a solid education.
22.	College and Career Readiness	Finding a Mentor	A study by Big Brothers, Big Sisters of America reports that kids with a mentor end up years later with more education, more money, and a better relationship with friends and family. Watch this and hear real stories about finding and being a mentor and its benefits.
23.	College and Career Readiness	What's a Responsible College Visit?	High school seniors around the country are in the process of deciding where to do to school next year. While a big part of that decision hinges on their visits to college campuses, what goes on during those visits may be of a surprise to many. Watch this program and hear from students, along with expert advice on making the most of college visits.

Early College Academy of Columbus

11th Grade Advisory Guide

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24.	Life Skill Development	Peace	Watch the real story of Saul Avina, whose peaceful childhood in Mexico changed to one of gangs and violence after his parents divorced. Fortunately, with his new life in America, he has avoided gang membership and found tranquility and inner peace once again.
25.	Substance Abuse Prevention	Gateway Part 1	Experts explain how experimenting with certain drugs can lead to the use and abuse of other harder drugs, called gateway.
26.	Substance Abuse Prevention	Gateway Part 2	Andrew Wolpa is now in rehab after becoming a drug addict. He began smoking marijuana in the 8th grade, and became an addict after he decided to try other drugs while he was high.
27.	Substance Abuse Prevention	Gateway Part 3	Experts explain adolescent brain development and that the earlier kids begin to use drugs, the more detrimental effects they have on an individual in the future.
28.	Substance Abuse Prevention	Gateway Part 4	Alcohol, tobacco and marijuana are the most common gateway drugs because of the ease of access to the drugs.
29.	Substance Abuse Prevention	Gateway Part 5	Experts use the "CRACK" test to determine if a kid is at risk for addiction, and explain that a major reason for their drug abuse can be the way they started and the drugs they first began using.
30.	Review	A Review of Advisory Highs and Lows	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.