**Presentation #5: High School Life**

**\*Don't forget to take pictures and email them to Alanna at alannatran18@gmail.com!**

*The personality quiz will give you a bouncing off point for discussing bullying. It will likely take about 12 minutes so doing this may require you to cut something else short. Omit the quiz if you don't have time.*

***PREPARE VIDEO WHILE YOUR STUDENTS PLAY THE GAME!!***

**Game: Knots of People (10 min) – TAKE PICTURES!!**

(Delegates must join in if needed)

* Divide the class into teams of 8 to 12 members – even numbered groups!
* Have each person join right hands with another person in the group, NOT someone standing immediately to the left or right and someone other than before.
* Now the groups have to untangle themselves without letting go of hands.

**\*If they let go of hands, the team is disqualified! Delegates walk around to make sure none of the groups are cheating.** (They may have to loosen their grips a little to allow for twisting and turning. They may have to step over or under other people).

* The first group to untangle their knot is the winner and gets candy.

**Video: High School Olympics (about 7 min)**

**Academic Requirements**

* Keep grades up to meet graduation requirements.
* **TUSD graduation requirements**: English (4 years), Social Studies (3 years), Science (2 years), Math (2 years), Health (1 semester), P.E. (2 years), Foreign Language or Visual/Performing Arts (1 year)
* 220 credits needed to graduate
* TUSD course requirements for graduation are different from UC/CSU "a-g" requirements for admission!
* **UC/CSU subject requirements for admission:** English (4 years), Social Studies (2 years), Math (3 years), Science (2 years), World Language (2 years of same language), Visual/Performing Arts (1 year)
* 5 credits each semester for classes you pass
* 2.5 credits per quarter (used for athletics, P.E., or class/office aide)
* A grade of a D or better will earn credits towards high school graduation.
* 4 year colleges recognize a C or better as a passing grade.
* **Get to know your counselor!** They are there to help you throughout your 4 years of high school! You want to be able to talk to them about anything!

**Getting Involved**

* Join clubs that you are interested in throughout high school.
* Try something new; you never know how much you might like it.
* Try to stay involved in something (club, sports, etc.) for 4 years. Show commitment!
* Don't be afraid to meet new people. Make new friends!
* You want to be able to look back at memories of everything you did while in high school.
* MAKE IT A POSITIVE EXPERIENCE FOR YOURSELF! :)

**Basics of High School Life – Prepare ELMO to show the finals schedule.**

* **LOTS OF OPPORTUNITY FOR PERSONAL INPUT AND PERSONAL STORIES!** Or cut this section shorter to make time for the (optional) personality quiz.
* **Pay attention in the hallways** **–** You never know who will be turning the corner or what doors will open unexpectedly. Try not to run because it can become a hazard for yourself and others. DON’T BLOCK OTHER PEOPLE.
* **Get all your homework done** and **don't procrastinate**! Manage your time and plan ahead. Schedule when you do your homework and plan for breaks.
* **Study habits** **–** flash cards, study groups, study breaks, don't have distractions near you, TURN OFF YOUR PHONE OR PUT IT IN ANOTHER ROOM, go to a quiet place, do homework in a specific order, no social media. **Pay attention in class!**
* **Don't leave your stuff unattended** **–** West is pretty safe, but theft still happens sometimes! Sometimes teachers will pick up things left behind for a long time and put them in the lost-and-found. Check the lost-and-found at the attendance office many times because it might turn up.
* **Be responsible –** Don't be late to school or class. Arrive early enough to have time to go to your locker or the office if needed.
* **Listen and pay attention in class –** Be respectful to teachers and students. Don't fall asleep, use your phone, or headphones!
* **Carry your ID –** Random ID sweeps will be conducted, if you're caught without your ID, you will get a detention! If you lose your ID, purchase another in ASB.
* **FINALS –** Jan 25-27. Tutorial Club will be hosting Cram Session Jan 20-21. Go get cheap tutoring! Go over finals week schedule. Semester grades go on your transcript and failing a semester for some classes will mean summer school. Show schedule on the ELMO:

**1st Semester Finals Schedule**

**Grades 8 – 12**

|  |  |  |
| --- | --- | --- |
| **Wednesday****January 25, 2017** | **Thursday****January 26, 2017** | **Friday****January 27, 2017** |
| **Period 0         7:00 –   7:53** | **Period 0         7:00 –   7:53** |  |
| **Period 1         8:00 – 10:00** | **Period 3         8:00 – 10:00** | **Period 5          8:00 – 10:00** |
| **Break           10:00 – 10:25** | **Break           10:00 – 10:25** | **Break            10:00 – 10:25** |
| **Period 2       10:25 – 12:25** | **Period 4       10:25 – 12:25** | **Period 6        10:25 – 12:25** |

**PERSONALITY QUIZ**

* Delegates ask students to get out a piece of scratch paper, a half sheet is fine, and number to 10.
* Tell them this will not be collected.
* While they do this, write the A-E options on the board.

###  A. Not at all B. Somewhat C. A good deal D. Very much E. Exactly

* Then read each quiz statement slowly and clearly two times; give them time to think.

1. In emergencies, I become emotional.

2. Even when I’m reasonably sure I’m right, I’m patient enough to listen to other people’s arguments.

3. I feel deeply for the characters in tearjerker movies.

4. When I am with a depressed person, I become uncomfortable and it is hard to talk.

5. I feel uneasy when someone I know casually tells me about a personal problem.

6. When a disagreement with someone becomes intense, I can’t deal with it at the time.

7. Others have said that I am a soft-hearted person.

8. I daydream about things (good and bad) that might happen to me.

9. The true answer to the great majority of issues is not clearly black or white—usually the truth exists

 somewhere in between.

10. I feel sad when I see someone in a group being ignored.

* When you finish, ask if anyone needs any question repeated.
* Tell them that the topic of this quiz is to determine how empathetic you are.
* Empathy is one’s ability to understand people’s feelings from their perspective.
* Go over the point values and have them add their scores.
* You could do a show of hands as to what category people landed in.

SCORING: To tally your score, give yourself the following number of points for each response:

A = 0 points / B = 1 point / C = 2 points / D = 3 points / E = 4 points.

Keep in mind this is a game and not a perfect assessment. Here are the scoring categories:

A score of 25-40 points: Your empathy level is high. You understand how others feel and offer them your support in a considerate manner.

A score of 12-24 points: You have an average level of empathy. You can understand how someone else is feeling, but you don’t always sense it right away.

A score of 0-11 points: You have a low levels of empathy. You may not always notice how others are feeling.

**After the quiz, improve your empathy by visualizing themselves in someone else’s place.**

**What can we do to stop bullying? Have a discussion if there is time or point out these options.**

 1. If you know about abuse (physical, emotional or cyber), get help immediately.

 2. Don’t join in when people laugh at people.

 3. Don’t ignore bullying. Sometimes we feel powerless so we pretend not to see. Tell someone.

 4. Stop hitting “like” on FB posts (etc.) that are hurtful – even if you don’t know the person.

 5. Be kind when posting to social media. Nothing ever really goes away. See abuse? Report it.

**Review Questions (whatever time is left)**

1. What should you do if you see any form of bullying?

 Tell a teacher, adult, or police

1. What are the different types of bullying? Verbal, physical, cyber
2. Should you pay attention in the hallways? Why?

 YES! So you don't get run over!

1. Where is the lost-and-found located? Attendance office
2. What happens if you get caught without your ID? Detention!
3. What are some good study habits?

 Flash cards, study groups, study breaks, no social media, etc. (answers may vary)

1. Why is it important to get involved during high school?

 Make new friends, make positive memories, etc.

1. How many total credits do you need in order to graduate?

 220

1. How many years of math do you need to take to meet UC/CSU requirements?

 3 years

1. How can your counselor help you throughout high school?

 Scheduling, college, personal problems

1. How many years of math do you need to take to graduate?

 2 years

**ANNOUNCEMENTS**

* Remind them about finals schedule.
* Tutorial Club will host Cram Session in the library on Friday Jan 20th and Saturday Jan 21st
* Cultural Awareness Day is Feb 3; sign-ups are in the ASB office.
* Listen to the bulletin to learn when FF application process begins, early next semester.
* Thanks for a great semester!!