

Frankie Shows, Instructor Spring T4 2019 Hernando High School

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STRATEGIES for SUCCESS

The 7 Habits of Highly Effective Teens

By Sean Covey

If you need a book, the school will check the book out to you. Please let me know if you need one ASAP.

The following is an OVERVIEW of T4 Material

Part I ----- The Set-up

- 1. Get in the Habit - They Make You or Break You*
- 2. Paradigms and Principles - What You See Is What You Get*

Part II ----- The Private Victory

- 1. The Personal Bank Account (PBA) - Starting with the Man in the Mirror*
- 2. Habit 1 ---- Be Proactive - I Am the Force*
- 3. Habit 2 ---- Begin with the End in Mind - Control Your Own Destiny or
Someone Else Will*
- 4. Habit 3 ---- Put First Things First - Will and Won't Power*

Part III ----- The Public Victory

- 1. The Relationship Bank Account (RBA) - *The Stuff That Life Is Made Of**
- 2. Habit 4 ---- Think Win-Win - *Life Is an All-You-Can-Eat Buffet**
- 3. Habit 5 ---- Seek First to Understand, Then to Be Understood -
*You Have Two Ears and One Mouth * . . Hel-lo!!!*
- 4. Habit 6 ---- Synergize - *The "High" Way**

Part IV ----- Renewal

- 1. Habit 7 ---- Sharpen the Saw - * It's "Me Time" **

REMEMBER: *Always Keep Hope Alive!*

******* STUDENTS:** *Apply These Habits in Your Life, and You Can You will Move Mountains! ******

If you have any questions concerning your assignments,

Please TEXT me at 662-404-2226 or EMAIL me at fshows15@gmail.com

******* I pray you will STAY SAFE and HEALTHY!! *******

Your T4 work in STRATEGIES FOR SUCCESS will be given in THIS ORDER:

Part 1 - THE SET UP

Part 2 - THE PRIVATE VICTORY

Part 3 - THE PUBLIC VICTORY

Part 4 - RENEWAL

Directions for first 2 assignments:

FIRST: complete Assignments #1 (Pre-Test)

SECOND: complete Assignment #2 (The "Who Am I" question)-

Upon completion of these two ASSIGNMENTS, take photo of completed work, upload and send it to me by TEXT or EMAIL /or bring to school, and please place in math box located in foyer of HHS.

Be sure your work has the following at the top of each of your Assignments:

Mrs. Shows - Strategies for Success Class - Block 3

Assignment # _____

Your Name: _____

Date: _____

Assignment 1: Complete the Pre-test

Assignment 2: "Who Am I?" -- Read the poem and answer the question
at the bottom of the poem. ("Who Am I?")

READ THE FOLLOWING MATERIAL:

Part 1 -----The Set Up

1. GET IN THE HABIT - They Make or Break You

"We first make our habits, then our habits make us." - English Poet

characteristics that happy and successful teens all over the world
have in common are:

(The 7 Habits of Highly Effective Teens)

1. Habit 1: Be Proactive - Take responsibility for your life.
2. Habit 2: Begin with the End in Mind - Define your mission and goals in life.
3. Habit 3: Put First Things First - Prioritize and do the most important things first.
4. Habit 4: Think Win-Win - Have an everyone-can-win attitude.
5. Habit 5: Seek First to Understand, Then to Be Understood. - Listen to people sincerely.
6. Habit 6: Synergize - Work together to achieve more.
7. Habit 7: Sharpen the Saw - Renew yourself regularly.

Assignment #3 - Fill in the blanks correctly on the tree.

THE FOLLOWING HABITS LISTED ARE RECIPES for DISASTER!!!

(7 Habits of Highly Ineffective Teens)

7 Characteristics that Unhappy and Unsuccessful teens all over the world have in common:

1. Habit 1: React. - **BLAME** all your problems on your parents, your stupid teachers, and your lousy neighborhood, your boyfriend – or girlfriend, the government, or something or someone else. Be a victim. Take **NO** responsibility for your life.
2. Habit 2: Begin with No End in Mind. - Don't have a plan. Avoid goals at all cost. Never think about tomorrow. Why worry about the circumstances of your actions? Live for the moment. Sleep around, get wasted, and party on, for tomorrow you will die.
3. Habit 3: Put First Things LAST. - Whatever is most important in your life, **DON'T DO IT** until you have spent sufficient time watching videos, of cute animals on YouTube, texting endlessly, and lounging around. Always put off studying until tomorrow. Make sure fun things come before important things.
4. Habit 4: Think Win-Lose. - See life as a vicious competition. If you want to be on top of the popularity list you'd better knock someone else off first. Don't let anyone else succeed at anything because, remember, if the win, you lose. If it looks like you are going to lose, however, make sure you drag sucker down with you.
5. Habit 5: Seek First to Talk, Then Pretend to Listen. - You were born with a mouth, so use it. Talk a lot. Always express your side of the story first. Once everyone understands your views, pretend to listen to theirs by nodding, and saying "uh-huh" while daydreaming about what's for lunch. Or, if you really want their opinion, give it to them.
6. Habit 6: Don't Cooperate. - Let's face it, other people are weird because they're different from you. So why try to get along with them? Teamwork's for the dogs. Since you always have the best ideas, you're better off doing everything by yourself. Be your own island.
7. Habit 7: Wear yourself out. - Be so busy with life that you never take time to renew or improve yourself. Never study. Don't learn anything new. Avoid exercise like the plague. And, for heaven's sake, stay away from good books, nature, or anything else that may inspire you.