

Welcome to Life Hacks 101

2020-2021

Instructors:

Teacher: Ms. Kenna Nieman

Para: Mr. Keith Washington

Email:

kenna.nieman@spectrumcharter.org or

keith.washington@spectrumcharter.org

Phone: 801-936-0318 ext. 7201

Classroom Number: Rm. 201. Second floor, room closest to the soccer field.

Feedback Policy:

I will respond as follows during the week:

-Emails: 24 hours/1 business day

-Assignments: 48 hours

-Discussion posts: 48 hours

Course Description:

The Life Hacks 101 course is a new class, designed to help students enhance their social skills, learn self regulation techniques, and learn tips and tricks to navigate life during and after high school. Assignments will be completed and submitted on canvas and in person.

Course Structure and Assignments:

Students will be provided with the supplies necessary to complete all assignments. Lessons and assignments are posted in canvas, and can be completed in a google meet session, written and uploaded, or in person verbally. Some assignments are articles and videos that need to be watched with knowledge checks at the end, and some assignments will be activities like meditation. If you have any questions about the assignments or requirements, reach out to Ms. Kenna or Mr. Keith for help.

Most lessons will be taught with an emphasis on social skills between peers. Lesson topics will also cover self advocacy/regulation, executive functioning, perspective taking, and emotion comprehension. Collaborative social games will be played on occasion as rewards, and to help students connect to each other. There will be some "lab" type lessons in which students may learn physical skills that will aid their mental and physical health, and also prepare them for tasks they will complete upon leaving high school.

Grading:

There will not be tests in this class, as progress is not standardized. You will be graded based on your attendance, journal entries, and participation in class discussions. Grade calculations will be based on the percentage chart below.

A 93-100%	B- 80-82%	D+ 67-69%
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A- 90-92%	C+ 77-79%	D 63-66%
B+ 87-89%	C 73-76%	D- 60-62%
B 83-86%	C- 70-72%	F 0-59%

Late Work and Absences:

It is your responsibility to obtain any missed homework assignments, notes & any other pertinent information that is missed during an absence. Vacations are not an excused absence. Here are a few guidelines if you are absent:

- o Check for the daily work on Canvas
- o Check on Compass to see if there is an assignment due.
- o Ask for missing assignments you see in Compass.

Late work will be accepted up to two weeks past the due date without question. After two weeks, you must come speak with Ms. Kenna for an exception. If you do not, your assignment will automatically be graded at a zero.

Excused absences do not excuse the work. It is your responsibility to check Canvas and Compass to make sure your work is complete. Excused absences mean that you are not penalized on your citizenship. You still need to finish the work.

Classroom Behavior and Expectations:

Citizenship is based entirely on behavior and Level-up: As both behavior management and to measure citizenship, classrooms will work on a tiered behavior system identified by numbers. This system is called "Level Up" and is implemented in every classroom.

- 4 indicates that you have gone above and beyond classroom expectations.
- 3 indicates good behavior. This is the default each day.
- 2 indicates that a warning has been given for a minor offense (e.g. being off task or disruptive, refusing to work, etc.) and that the behavior did not change.
- 1 indicates that you are exhibiting unsafe behaviors (physical contact, stealing, threats, bullying, or continued disruptive behaviors). You will automatically go to a 1 if one of these behaviors is displayed.

With the exception of unsafe behaviors, before dropping a level, you will receive a verbal warning and be given the opportunity to change your behavior. If you do not take this opportunity and earn a 2 or 1, you may move back up after changing the behavior and/or completing a staff-directed consequence such as community service. You will be rewarded each day for excellent behavior based on the tiered system. Our classroom uses a token economy, in which you are rewarded for good citizenship. Once earned, coins will never be taken away. With the coins you earn, you may purchase snacks, drinks, preferred seating,

etc. . Final citizenship grades will be based on the average of the quarterly citizenship scores.

- Honors=3.2+ average
- Satisfactory=2.4-3.1 average
- Needs Improvement=2.0-2.3 average
- Unsatisfactory=1.9 or below

Your citizenship is based on RECOVERY—based on what score you END the class with, not the lowest level during the period. Each day and in each class period, your score is reset to 3 (expected behavior). Occasionally if you go above and beyond expected behavior, you may earn a 4. These are rare and most days you should expect to see a 3 for your score.

"I have read and understand the contents of this disclosure. I will work within the guidelines from this disclosure, and will ask the teacher or paraprofessional when I have a problem."

Student Name: _____ Period: _____

Parent Signature _____

Date _____

** I will be using the phone and email you have with the school to contact you and your parents. Please review syllabus with your parent or guardian, then both of you need to sign and return this slip to Mrs. Kenna or Mr. Keith by Friday, January 22nd, 2021.

