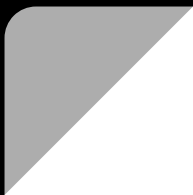


# ***FOCUS WEEK 7***

**May 10th - 14th**



# **THIS WEEKS SCHEDULE:**

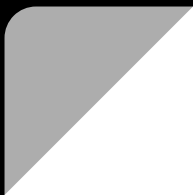
**TODAY: A DAY**

**TUESDAY: B DAY**

**WEDNESDAY: Flex Day**

**THURSDAY: A DAY**

**FRIDAY: B Day**



# ***FOCUS AGENDA:***



## **Week 7: May 10th - 14th Week at-a-Glance**

- **Monday:** Announcements/Self Canvas Check
- **Tuesday:** Mindfulness/Discussion Questions
- **Wednesday:** SEL lesson: Work Ethic
- **Thursday:** Team Building: Who am I?

# **WEEK 7: DAY 1-** Monday, May 10th, 2021

## Agenda

- Announcements
- Self Canvas Check

**Instructions:**

- Choose one of your classes to focus on this week.
- Use the information found in looking at your grade for the class you choose to complete the following questions.
- The class you choose to focus on could be one that you currently have the low grade in or one in which you are missing assignments

**1. What class are you going to focus on improving your grade in this week?**

**2. What is an academic goal that you have for this class this week?**

**3. List 2 missing assignments from the last 2 weeks that you are going to complete this week for the class you are focusing on? Hint: choose assignments that have higher point values to increase the impact completing them will have on your overall grade.**



# SELF CANVAS CHECK (5 MINUTES)

1. What class are you going to focus on improving your grade/missing assignments in this week?
2. What is an academic goal that you have for the class you chose this week?
3. List 2 missing assignments from the last 2 weeks that you are going to complete this week for the class you are focusing on?

**\*\*Hint:** choose assignments that have higher point values to increase the impact completing them will have on your overall grade. \*\*

## Instructions:

- Choose one of your classes to focus on this week.
- Use the information found in looking at your grade for the class you choose to complete the following questions.
- The class you choose to focus on could be one that you currently have the low grade in or one in which you are missing assignments

1. What class are you going to focus on improving your grade in this week?
2. What is an academic goal that you have for this class this week?
3. List 2 missing assignments from the last 2 weeks that you are going to complete this week for the class you are focusing on? *Hint: choose assignments that have higher point values to increase the impact completing them will have on your overall grade.*



# Attention 8th grade students Questions?? Contact Ms. T



## GREAT NEWS from the UO SAIL Program!

Summer registration opens **MAY 1, 2021** for the University of Oregon's Summer Academy to Inspire Learning (SAIL) summer programs.

**SAIL 2021 dates: July 26 - 30**

SAIL will offer FREE virtual day programs Monday through Thursday, with ON-CAMPUS, IN-PERSON Friday activities for those able to attend. Rising freshmen through seniors, including 2021 graduates, are invited to apply.

Learn more and register here:

<https://sail.uoregon.edu/summer-2021/>

# ***WEEK 6: DAY 2-*** Tuesday, May 11th, 2021

## Agenda

- Mindfulness
- Share out questions for discussion



# Mindfulness: body scan meditation





# Share out questions for discussion

Choose one or multiple of the following questions to discuss as a class:

1. What activity that you engage in do you find to be the most relaxing? What makes it relaxing for you?
2. If you won \$100,000 what would you do with it?
3. Who is your favorite cartoon character?

***WEEK 6: DAY 3*** - Thursday, May 13th, 2021

## **Agenda**

- SEL Lesson: Work Ethic





**This months student  
of the month  
recipients will be  
recognized for  
exhibiting strong  
work ethic  
throughout this year  
thus far.**

TALENT IS A GIFT,  
BUT  
YOUR ATTITUDE,  
WORK ETHIC,  
AND CHARACTER  
ARE THINGS YOU  
HAVE TO DEVELOP  
YOURSELF.

Rebekah Harkness

**Discuss:**  
How  
would you  
define  
Work  
ethic?

**Work ethic** is a belief in work as a moral good : a set of values centered on the importance of doing work and reflected especially in a desire or determination to work hard.

# **Discuss:**

What are some characteristics someone with a strong work ethic might have?

# Characteristics of someone with a strong work ethic:

- Reliability/dependability
- Dedication
- Productivity
- Cooperation
- Character
- Integrity
- Sense of responsibility
- Emphasis on quality
- Discipline
- Teamwork
- Professionalism
- Respectfulness
- Determination
- Accountability
- Humility
- Passion
- Communication skills
- Being goal oriented
- Organizational skills
- Being adaptable and flexible.

**Discuss: Can you think of a time when a student might need to use 1 or more of these skills at school?**

A motivational quote is displayed in white, bold, uppercase letters. The background of the quote is a photograph of a red, lattice-like structure, possibly a tower or bridge, set against a cloudy sky. The quote reads: "WORK HARD IN SILENCE; LET SUCCESS MAKE THE NOISE."

**WORK HARD  
IN SILENCE;  
LET SUCCESS  
MAKE THE  
NOISE.**

**Discuss:**

How do you think this quote relates to work ethic?



# ***WEEK 6: DAY 4-*** Friday, May 14th, 2021

## **Agenda**

- Team building activity: What am I




**See how quickly you can decipher clues with these tricky "What am I?" riddles. You'll have to be super observant to get all of them right. Each riddle will give you clues. Your task is to figure out what each of the riddles are referring to.**

You go at red,  
but stop at green.

What am I?



RD



I'm tall when I'm  
young, and I'm  
short when I'm old.

What am I?



I have a head and a tail  
that will never meet.  
Having too many of me  
is always a treat.

What am I?





I help you from your  
head to your toe.  
The more I work, the  
smaller I grow.

What am I?



I can fly but have  
no wings. I can cry  
but I have no eyes.  
Wherever I go,  
darkness follows me.

What am I?



I'm (usually) white and  
used for cutting and  
grinding.

When I'm damaged,  
humans usually remove  
me or fill me.

For most animals  
I am a useful tool.

What am I?





I'm an instrument through  
which sounds are made, and yet,  
not something that can be  
played. What am I?



I'm where  
yesterday  
follows today  
and tomorrow is  
in the middle.

What am I?





I can never be  
thrown but I can  
be caught. Ways to  
lose me are always  
being sought.

What am I?

