

Making it to the TOP
7th Grade Career Activity
Estimated time: 30Minutes**Georgia Teachers-As-Advisors Framework****Goal 7-2.2 - Recognize and attain performance levels necessary to reach educational and career goals.****b. Identify and recognize strategies for improving one's educational achievement and performance****Objectives:**

- Students will identify daily activities that will help them reach their goal of graduation
- Students will learn strategies to help them manage their classes
- Students will become aware of obstacles or barriers to graduation

Materials: NONE**Activity:**

1. *Say:* Good Morning, class. Welcome to Advisement. Today we're talking about mountain climbing to the top. You did it! You climbed the mountain! OK, this is only a dream. Back to reality. How do you get to the mountain top with a diploma in your hand? Most of the worthwhile achievements in life are daunting at first. Let's talk about a plan to reach the mountain top.

2. *Say:* What are the things you need to do to get to the top of your mountain? You can visualize yourself on your mountain for this year in school. The tools you need are the same for this year, for high school graduation, and, with modifications, for your work life. Let's go over your activities on an average day. *Ask students for activities. List them on the board or flip chart.*

- *Attend class*
- *Sleep*
- *Time with friends*
- *Talk on the phone*
- *Text message*
- *Watch TV*
- *Sports or clubs*
- *Part time job*
- *Homework*
- *Family time*
- *Meals*
- *Video games*

Say: Take a minute and rank order these activities in terms of importance. They will be somewhat different for everyone, but let's see if we can come to a group consensus. *When students agree on their rank order, ask them to rank order these activities in the amount of time devoted to each activity.*

Discuss the difference in the rank order of importance and the rank order of time allotted. Is there a difference? Do non-productive activities take precedence over important ones? Do you need to make some changes that could benefit your productivity?

3. *Say:* If you want to be successful in school, you must prioritize your life or it will prioritize you. We have choices. It's not ALL about time management. We all have the same number of hours in a day. It's about managing ourselves. *Say:* When we choose to manage our activities, we have more time to devote to the most important task students have. What is that? Yes, passing your classes. That's how you get to the top of the mountain, your high school graduation. Passing one class at a time. You might think this is a no-brainer. But, let's go over some suggestions for passing your classes----getting you to the top of the mountain:

Attend class – When you are absent you miss valuable instruction and waste time finding out what happened in the class you missed. It’s kind of like missing the part about avoiding an avalanche. It could HURT!

Be “there” – If you are there in body but your mind is elsewhere, you might as well not be there at all. Learn to compartmentalize your personal concerns to address at a later time. Focus on the lesson. It will pay off in less study time later. Be sure footed on the climb---don’t slip and FALL!

Prepare – Enough said. Who ever climbed a mountain without the proper equipment! You must have socks, gloves, a map, enough sleep, rope, proper shoes etc. PERPARE for the task!

Study – Climb, baby, climb! No one ever reached the top of a mountain by gazing at it! BE PROACTIVE!

See your teacher as a guide – They have Sherpas (local experts) in the Himalayas. Your teacher knows way more than you do. Ask, listen, do. IF YOU NEED HELP, ASK!

Ask questions – Which way is North? This saves a lot of time, and; it is better than getting lost. ASK IF YOU DON’T KNOW!

Get extra help when necessary – Attend help sessions and see your teacher after class. Sometimes a little oxygen helps in higher altitudes. USE YOUR ASSETS!

Complete your assignments – Every mountain climber has goals for each part of the trek. Plan your goals and meet them. Time waits for no one. Is that the sun setting and you are still on the steepest slope? Yikes, You mean that report is due today???. DON’T BE LATE!

Be organized – Yes, your notebook, your locker, your computer files... Where are those heavy gloves when you need them? No one wants frostbite!! It hurts to be unorganized. It could HURT again!

Keep your transcript up to date – Know at all times where you are going and where you have been. Dead ends (failed classes) take a lot of time for you to get back on your path. KEEP TRACK WITH YOUR PROGRESS UP THE MOUNTAIN.

4. *Say:* Because we are human, sometimes events occur that can sabotage our best efforts. What are some things that can make completing high school difficult? Wait for responses. *Ask students for examples of each. List them on the board or flip chart.*

- Personal or family illness
- Family
- Bad Decisions
- Drugs/ Alcohol
- Pregnancy
- Breaking the law
- Peer Pressure
- Death of a family member
- Family unemployment

Say: Which of these are under your control? Which of these are personal choices? *Engage students in discussion.* *Say:* When tragedy or hardship occurs that is no fault of our own and beyond our control, don’t be afraid to ask for help. See your school counselor. That person has many resources for you and can be a great support for you in a difficult time. *Say:* Most of the time our difficulties are because we did not plan or because we made decisions that were not in our best interest. We all learn every day from our own experiences and the experiences of others. Together we will survive. Let’s be kind to ourselves and each other. We can all reach that mountain top. The view is spectacular! Remember, be on time to class and “climb, baby, climb”!