



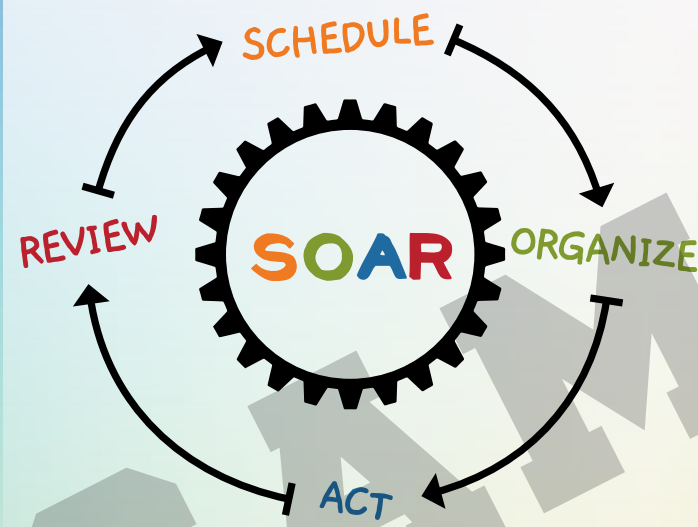
PLAN BETTER.
LIVE BOLDLY.

PLAN BETTER. LIVE BOLDLY.

SOAR INTO THE ACHIEVEMENT ZONE

FOLLOW THESE 4 EASY STEPS AND ACHIEVE!

While learning the knowledge and skills for classroom success, you need to stay organized. Follow this easy 4-step plan to make sure you do all the work and meet all the commitments that are expected of you at school and after school.



- 1) **Schedule** every commitment by writing it in this planner on the date it is assigned or the date you'll be completing it.
- 2) **Organize** all resources needed to complete each commitment you have recorded.
- 3) **Act.** Do each commitment to the best of your ability.
- 4) **Review** the work you have done and what you accomplished by completing all of your commitments.

THIS PLANNER BELONGS TO:

SCHOOL NAME:

HOMEROOM:

PHONE:

EMAIL:



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ENGLISH RESOURCE

PARTS OF SPEECH

Noun

Proper nouns are capitalized and refer to specific persons, objects, ideas, or places.

Examples: John White House Monday Slovakia

Common nouns refer to any person, object, place, or idea.

Examples: house building boy city anger desk

Pronoun

A **pronoun** takes the place of a noun and functions as a noun.

Example: Tom washed **his** car on **his** day off.

Verb

A **verb** shows action or state of being. It also indicates the time of that state or action.

Examples: He **worked** on Friday. (past)

I **need** to place the order. (present)

He **will present** his report tomorrow. (future)

Adjective

Adjectives describe nouns by modifying them. They can specify color, size, number, etc.

Example: The **green** van struck the **metal** pole near the **third** intersection.

Adverb

Adverbs are words which describe verbs, other adverbs, or adjectives. They specify in what manner, when, how much, and where.

Example: The crowd reacted **violently** when it was confronted.

Preposition

Prepositions indicate how nouns and pronouns are related to another word in a sentence.

Examples: Paul stood **behind** the fence.

The cat jumped **onto** the bed.

Conjunction

Conjunctions join words, clauses, and phrases.

Examples: Your drink options are **either** coffee **or** tea.

John could not react fast enough **because of** a poorly healed foot.

Interjection

Interjections are words which convey emotion. They are often indicated by the use of an exclamation point.

Example: **Wow!** What a beautiful car!

PUNCTUATION

Period: Place a period at the end of a declarative sentence.

Example: We arrive at school each day at 8 am.

In addition, use a period at the end of an imperative sentence that does not express strong emotions.

Example: Sit down.

Comma: Use commas to separate words and phrases in a series.

Example: Bill has two dogs, one cat, and a hamster.

Question Mark: Use after all interrogative sentences.

Example: Where did you go on vacation?

Exclamation Mark: Use after sentences that express surprise or emotion.

Example: His car looks fast!

Semicolon: Use when a conjunction is omitted; it indicates a greater degree of separation than a comma would.

Example: The road was bumpy and curvy; the scenery was grand.

Colon: Colons are used to start a list or to formally introduce a statement.

Example: He has three cars: a Mustang, a Camaro, and a Duster.

Quotation Marks: Use quotation marks around a direct quotation.

Example: He said, "I want to go home."

Apostrophe: Use an apostrophe to show contracted words such as it's (for it is) or to show possession.

Example: Bill's bike.

FIGURATIVE LANGUAGE

Simile: A simile is a comparison between unlike things using the words "like" or "as."

Examples: He was motionless **like** a statue.
She was quiet **as** a mouse.

Hyperbole: A hyperbole is an extended exaggeration.

Example: I have a **ton** of questions to ask.

Metaphor: A metaphor is a comparison between unlike things in which one thing becomes another.

Example: Her **eyes** were **sparkling diamonds**.

Personification: Personification is attributing human characteristics to an inanimate object or animal.

Example: The fox **begged** the hunters to chase him.

ENGLISH RESOURCE

CAPITALIZATION

Capitalize the following—

1. The first word in a sentence.
2. Days of the week, months, holidays, periods and eras in history, trade names, streets, formal documents, geographical names, political parties, holy days, and official titles.
3. Words such as history or math when the words are a part of a specific course. Do not capitalize such words when they indicate a field of study.
4. Words such as brother, mother, or doctor when they are a part of the title or when they are a substitute for the noun.
5. Points of the compass. Do not capitalize words which indicate simple direction.

6. Words which refer to the Supreme Being. Capitalize the word Bible, the books of the Bible, and the names of all holy books or sacred works.
7. The first word in a direct quote.
8. Words denoting religions, languages, nationalities, and races.
9. Names of organizations.
10. Degrees, titles, and abbreviations of organized groups.
11. The first word of a title, the last word, and all words in between except short conjunctions or prepositions.
12. The first word in a greeting or the closing of a letter.

WORDS OFTEN CONFUSED

accept: accept a gift

except: every day except today

advise: listen to good advice

advise: counselors advise students

affect: His speech affected the listeners.

effect: the effect of the sun

already: He already ate.

all ready: He was all ready to leave.

altar: church's altar

alter: alter the clothes; alter the report

angel: angel in heaven

angle: a right angle

breath: out of breath

breathe: breathe fresh air

capital: nation's capital; a capital idea

capitol: a capitol building

cite: to cite a source

site: a building site

sight: a terrible sight to see

clothes: to wear clothes

cloths: cloths for cleaning

coarse: a coarse fabric; coarse language

course: a race course; a history course

complement: An attractive tie complements the suit.

compliment: He complimented her attitude.

counsel: The teacher gave the student good counsel.

council: The council voted against the action.

desert: a dry, hot desert

dessert: pie for dessert

forth: go forth into the crowd

fourth: fourth in line

hoping: hoping for a good grade

hopping: a hopping rabbit

its: the color of its eyes

it's: It's cloudy outside.

loose: a loose connection; loose clothing

lose: lose a toy

mantel: the fireplace mantel

mantle: (cape or cloak) He put on the mantle.

passed: passed a test; passed a car

past: lived in the past; past errors

peace: live in peace

piece: piece of cake

precede: The National Anthem precedes the game.

proceed: Proceed with your report.

principal: the principal reason; a school's principal

principle: the principle of good manners

quiet: the quiet night

quite: quite handsome

right: the right direction

rite: the religious rites

write: write a letter

shone: The sun shone on the valley.

shown: He was shown the evidence.

sole: the sole survivor

soul: body, soul, and spirit

stationary: a stationary object

stationery: correspondence written on stationery

steal: to steal money

steel: a bridge made of steel

than: bigger than a bread box

then: First we ate lunch, and then we went to a movie.

there: over there

their: their house

they're: They're not here.

to: to the car; to cheer

too: I want some too; too often

two: two soft drinks

troop: Boy Scout troop

troupe: a theatrical troupe

wander: He wandered aimlessly.

wonder: I wonder what happened.

weak: weak from starvation

week: a week from today

weather: hot, humid weather

whether: It doesn't matter whether we go or stay.

who's: Who's at the door?

whose: Whose house is this?

your: Your feet are dirty.

you're: You're angry.

COMMONLY MISSPELLED WORDS

accidentally
accommodate
achievement
acquitted
a lot
anoint
beneficial
benefited
broccoli

cemetery
changeable
choose
chose
compelled
congratulations
consensus
coolly
definitely

despair
desperate
development
embarrassment
eminent
exceed
existence
exhilarate
experience

fiery
foreign
grandeur
harass
height
immediately
inadvertent
incidentally
independent

indispensable
insistent
irresistible
irritable
liquefy
judgment
liaison
loneliness
memento

millennium
noticeable
occasion
occurrence
performance
permissible
perseverance
privilege
professor

pursue
receive
recommend
repetition
seize
separate
sergeant
severely
specifically

subpoena
succeed
succession
supersede
their
tomorrow
tyranny
weird
yield

MATH RESOURCE

NUMBERS

Prime Number: A whole number which has only two factors, itself and 1.

Examples: 2, 5, 7, 11, 17.

Common Factor: A number that is a factor of two or more numbers.

Example: 1, 2, and 4 are common factors of the numbers 12 and 16.

Greatest Common Factor: The greatest number that is a factor of two or more numbers.

Example: 4 is the greatest common factor of the numbers 12 and 16.

Least Common Multiple: The smallest number that is a multiple of two or more numbers.

Example: 12 is the least common multiple of the numbers 2, 3, 4, and 6.

Numerator: The number above the line in a fraction.

→ $\frac{3}{4}$

Denominator: The number below the line in a fraction.

→ $\frac{3}{4}$

MATHEMATICAL SYMBOLS

Addition; plus	+	Greater than	>	Parallel	
Angle	∠	Greater than/equal to	≥	Percent	%
Arc	∩	Less than	<	Perpendicular	⊥
Cent:	¢	Less than/equal to	≤	Pi	π
Decimal point	.	Line segment	—	Ray	→
Division	÷	Multiplication	×	Right angle	⊞
Dollar	\$	Not equal	≠	Set	{ }
Equal	=	Number	#	Subtraction; minus	-

EQUIVALENT MEASUREMENTS

English System

Area

1 acre	=	4840 sq. yds.
1 sq. mile	=	640 acres
1 sq. ft.	=	144 sq. inches
1 sq. yard	=	9 sq. ft.

Length/Distance

1 foot (ft)	=	12 inches
1 yard (yd)	=	3 feet
1 yard	=	36 inches
1 mile (mi)	=	1760 yards
1 mile	=	5,280 feet

1 nautical mile	=	1.15 miles
1 league	=	3 miles

Volume

1 tablespoon (T)	=	3 teaspoons (t)
1 cup (c)	=	16 T
1 cup	=	8 fluid oz. (fl. oz.)
1 pint (pt)	=	2 c
1 quart (qt)	=	2 pt
1 quart	=	4 c
1 quart	=	32 fl. oz.
1 gallon (gal)	=	4 qt

Weight

1 pound (lb)	=	16 oz
1 ton	=	2000 lbs

Metric System

1 m ²	=	10,000 cm ²
1 hectare (ha)	=	10,000 m ²
1 km ²	=	100 ha
1 metric ton (t)	=	1000 kg

ENGLISH/METRIC CONVERSION

	If you know—	You can find—	By multiplying by		If you know—	You can find—	By multiplying by	
Length	inches	millimeters	25	Liquid	ounces	milliliters	30	
	feet	centimeters	30		Volume	pints	liters	0.47
	yards	meters	0.9			quarts	liters	0.95
	miles	kilometers	1.6			gallons	liters	3.8
Area	square inches	square centimeters	6.5	Temp.	degrees Fahrenheit	degrees Celsius	subtract 32 and multiply by $\frac{5}{9}$	
	square feet	square meters	0.09					
	square yards	square meters	0.8					
	square miles	square kilometers	2.6					
Mass	ounces	grams	28					
	pounds	kilograms	0.45					

MATH RESOURCE

PERIMETER AND CIRCUMFERENCE

Perimeter & Circumference

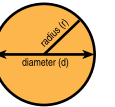
Perimeter: The distance around an object.

Circumference: The distance around a circle.

Polygon: $2(L + W)$



Circle: πd or $2\pi r$



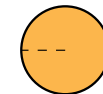
AREA

Area: L = length; w = width;
h = height; s = side; b = base;
r = radius

Rectangle: $L \cdot w$



Circle: πr^2



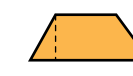
Square: s^2



Parallelogram: $b \cdot h$



Trapezoid: $\frac{1}{2}(b_1 + b_2)h$



Triangle: $\frac{1}{2}b \cdot h$



SURFACE AREA AND VOLUME

Surface Area: Find the area of each face and total.

Volume of Prisms: Find the area of the base (b) and multiply by the height (h).

Cube: $v = s^3$



Rectangular Prism: $v = L \cdot w \cdot h$



Cone: $v = \frac{1}{3}\pi r^2 h$



Triangular Prism: $v = b \cdot h$



Sphere Volume: $v = \frac{4}{3}\pi r^3$
Surface Area: $sa = 4\pi r^2$



Cylinder Volume: $v = \pi r^2 h$
Surface Area: $sa = 2\pi r^2 + 2\pi r h$

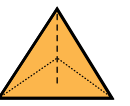


Pyramid Volume: Find the area of the base (b); multiply by the height (h); and divide by 3.

Square Pyramid: $v = \frac{1}{3}bh$



Triangular Pyramid: $v = \frac{1}{3}bh$



Rectangular Pyramid: $v = \frac{1}{3}bh$



MULTIPLICATION TABLE

	1	2	3	4	5	6	7	8	9	10	11	12
1	1	2	3	4	5	6	7	8	9	10	11	12
2	2	4	6	8	10	12	14	16	18	20	22	24
3	3	6	9	12	15	18	21	24	27	30	33	36
4	4	8	12	16	20	24	28	32	36	40	44	48
5	5	10	15	20	25	30	35	40	45	50	55	60
6	6	12	18	24	30	36	42	48	54	60	66	72
7	7	14	21	28	35	42	49	56	63	70	77	84
8	8	16	24	32	40	48	56	64	72	80	88	96
9	9	18	27	36	45	54	63	72	81	90	99	108
10	10	20	30	40	50	60	70	80	90	100	110	120
11	11	22	33	44	55	66	77	88	99	110	121	132
12	12	24	36	48	60	72	84	96	108	120	132	144

SCIENCE RESOURCE

MEASUREMENTS OF ASTRONOMY

Measurement	Earth	Sun	Moon
Mass (m)	5.98×10^{24} kg	1.99×10^{30} kg	7.35×10^{22} kg
Radius (r)	6.37×10^3 km	6.96×10^5 km	1.74×10^3 km
Average Density	5.52 g/cm^3	1.42 g/cm^3	3.34 g/cm^3

SPECIFIC HEAT OF COMMON MATERIALS IN

					$\frac{\text{J}}{\text{kg} \cdot \text{K}}$
Water	=	4180	Aluminum	=	903
Alcohol	=	2450	Carbon	=	710
Ice	=	2060	Glass	=	664
Steam	=	2020	Iron	=	450
			Copper	=	385
			Brass	=	376
			Silver	=	235
			Lead	=	130

PHYSICS EQUATIONS

Density

$$D = \frac{m}{V}$$

m is mass; V is volume

Distance

$$d = v \cdot t$$

v is velocity; t is time

Acceleration

$$a = \frac{(vf-vi)}{t}$$

vf is final velocity;
vi is initial velocity;
t is time

Distance

$$d = vi \cdot t + \frac{1}{2} \cdot a \cdot t^2$$

vi is initial velocity; t is time;
a is acceleration

Net Force

$$F = m \cdot a$$

m is mass; a is acceleration

Kinetic Energy

$$K.E. = \frac{1}{2} \cdot m \cdot v^2$$

m is mass; v is velocity

Force of Gravity

$$F_g = \frac{(G \cdot m_1 \cdot m_2)}{d^2}$$

G is universal gravitational constant;
m₁, m₂ are masses of the two objects;
d is separation distance

Work

$$W = F \cdot d$$

F is force; d is distance

Power

$$P = \frac{W}{t}$$

W is work; t is time

Momentum

$$p = m \cdot v$$

m is mass; v is velocity

Electrical Force

$$F_e = \frac{(k \cdot Q_1 \cdot Q_2)}{d^2}$$

Q₁, Q₂ are electrical charges;
d is separation distance;
k is Coulomb's constant
 $k = 9.0 \cdot 10^9 \frac{\text{N} \cdot \text{m}^2}{\text{C}^2}$

Electric Current

$$I = \frac{Q}{t}$$

Q is electric charge flowing;
t is time

Electrical Energy

$$W = V \cdot I \cdot t$$

V is voltage; I is current; t is time

Power

$$P = V \cdot I$$

V is voltage; I is current

Electrical Potential Difference

$$V = \frac{W}{Q}$$

V is volts; W is work done; Q is electric charge moving

Heat Energy

$$H = c \cdot m \cdot \Delta T$$

c is specific heat; m is mass;
 ΔT is change in temperature

SCIENCE RESOURCE

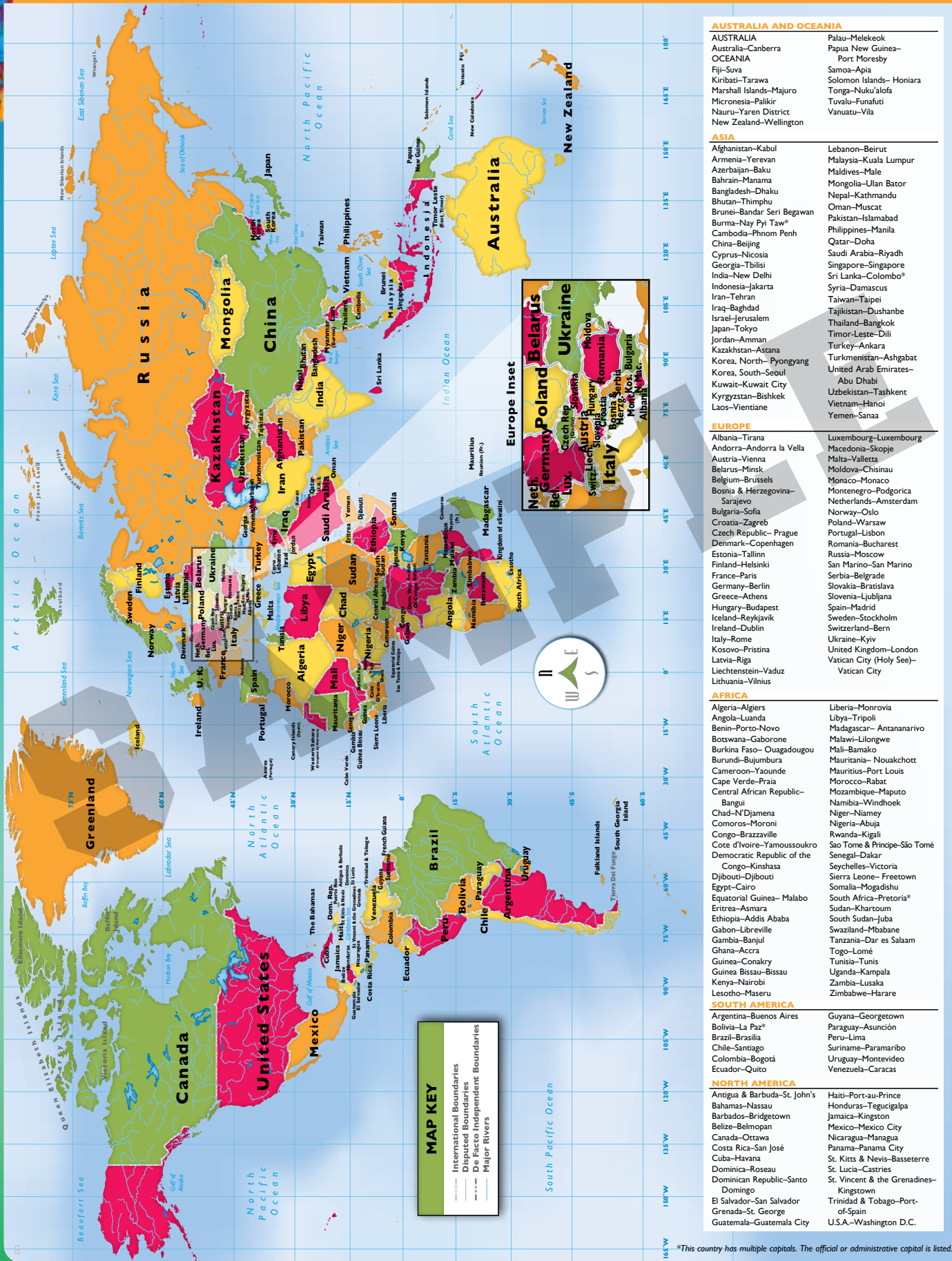
PERIODIC TABLE

GROUP	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18												
PERIOD 1	H HYDROGEN 1.00794																													
PERIOD 2	Li LITHIUM 6.941	Be BERYLLIUM 9.012182								B BORON 10.811	C CARBON 12.0107	N NITROGEN 14.0067	O OXYGEN 15.9994	F FLUORINE 18.9984032	Ne NEON 20.1797															
PERIOD 3	Na SODIUM 22.98977	Mg MAGNESIUM 24.305								Al ALUMINIUM 26.98154	Si SILICON 28.0855	P PHOSPHORUS 30.973762	S SULFUR 32.065	Cl CHLORINE 35.453	Ar ARGON 39.948															
PERIOD 4	K POTASSIUM 39.0983	Ca CALCIUM 40.078	Sc SCANDIUM 44.955912	Ti TITANIUM 47.88	V VANADIUM 50.9415	Cr CHROMIUM 51.9961	Mn MANGANESE 54.938045	Fe IRON 55.845	Co COBALT 58.933195	Ni NICKEL 58.6934	Cu COPPER 63.546	Zn ZINC 65.38	Ga GALLIUM 69.723	Ge GERMANIUM 72.630	As ARSENIC 74.9216	Se SELENIUM 78.96	Br BROMINE 79.904	Kr KRYPTON 83.798												
PERIOD 5	Rb RUBIDIUM 85.4678	Sr STRONTIUM 87.62	Y YTTERIUM 88.90585	Zr ZIRCONIUM 91.224	Nb NIOBIUM 92.90638	Mo MOLYBDENUM 95.94	Tc TECHNETIUM (98)	Ru RUTHENIUM 101.07	Rh RHODIUM 102.9055	Pd PALLADIUM 106.42	Ag SILVER 107.8682	Cd CADMIUM 112.411	In INDIUM 114.818	Sn TIN 118.710	Sb ANTIMONY 121.76	Te TELLURIUM 127.6	I IODINE 126.9047	Xe XENON 131.29												
PERIOD 6	Cs CESIUM 132.905	Ba BARIUM 137.327	LANTHANIDS			Hf HAFNIUM 178.49	Ta TANTALUM 180.94788	W TUNGSTEN 183.84	Re RHENIUM 186.207	Os OSMIUM 190.23	Pt PLATINUM 195.084	Au GOLD 196.966569	Hg MERCURY 200.59	Tl THALLIUM 204.3833	Pb LEAD 207.2	Bi BISMUTH 208.9804	Po POLONIUM (209)	At ASTATINE (210)	Rn RADON (222)											
PERIOD 7	Fr FRANCIUM (223)	Ra RADIUM (226)	ACTINIDS			Rf RUFENIUM (261)	Db DUBNIUM (262)	Sg SEABORGIUM (263)	Bh BOHRHIUM (264)	Hs HASLIUM (265)	Mt MEITNERIUM (266)	Rg ROBERTSERGIUM (267)	Cn COOPERNIUM (285)	Nh NIHONIUM (286)	Fl FLEROVIUM (287)	Mc MOSCOWIUM (288)	Lv LIVERMORIUM (289)	Po POLONIUM (289)	At ASTATINE (285)	Og OGANESSON (284)										
	La LANTHANUM 138.90547	Ce CERIUM 140.116	Pr PRASEODYMIUM 140.90765	Nd NEODYMIUM 144.242	Pm PROMETHIUM (145)	Sm SAMARIUM 150.36	Eu EUROPIUM 151.964	Gd GADOLINIUM 157.25	Tb TERBIUM 158.92535	Dy DYSPROSIUM 162.5	Ho HOLMIUM 164.93032	Er ERBIUM 167.259	Tm THULIUM 168.9341	Yb YTTERIUM 173.054	Lu LUTETIUM 174.9668	Ac ACTINIUM (227)	Th THORIUM 232.03806	Pa PROTACTINIUM 231.03688	U URANIUM 238.02891	Np NEPTUNIUM (237)	Pu PLUTONIUM (244)	Am AMERICIUM (243)	Cm CURIUM (247)	Bk BERKELIUM (247)	Cf CALIFORNIUM (251)	Es EINSTEINIUM (252)	Fm FERMIUM (257)	Md MEDECIUM (258)	No NOBELIUM (259)	Lr LAWRENCIUM (262)

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WORLD MAP



NORTH AMERICA

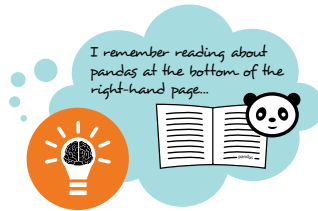


READING AND TECHNOLOGY

INTEGRATING PRINT AND DIGITAL TECHNOLOGIES

OUR BRAINS ARE AMAZING AND COMPLEX!

The way the brain learns from paper and printed material/books is different than how it learns from reading on screens such as phones and tablets.¹



Since books have text that is set in a stationary place, the brain can latch on to that physical space and remember it better.

For example, sentences and paragraphs are set in size, shape and location. A book has set left and right pages that give 8 total physical corners that our minds can remember.¹

SCREEN READING

Most reading on a screen is scrolling and moving continuously so your brain doesn't have anything to latch on to and remember as easily!¹

- Another reason your teacher may have you read or write with paper (and not review and type on screen) is to help your concentration and focus.³
- **It has been proven that students are most likely to skim, browse and jump around in an article on screen.**¹ Most screen devices have many distractions—alerts and notifications, other programs, Internet interests, music, etc.—all of which pull attention away from the reading.⁴

INTEGRATION TIPS!

However, using technology is important for well-rounded growth. Here are some tips as to how you may integrate your paper planner with technology!

STEP 1: In your digital calendar set alerts for events that you will be attending—games, work, family activities, etc. Also, note the time you set aside to do your homework. When you are alerted to do your homework, then you can refer to your Success by Design Student Planner.

STEP 2: Your Student Planner may have preprinted subjects, or you may be able to write in your specific subjects. In this paper planner, you will have the space to **write all the details and information you need to know in order to accomplish your assignments successfully and completely.**

For example: Alert yourself digitally, "Do homework from 6–8 p.m.," and then in your planner have written, "Math, pages 76–77, numbers 1–10. Use the new formulas."

STUDENTS IN THE U.S. REPORT:²

85% multitask when reading **DIGITALLY**
 only **26%** multitask when reading in **PRINT**

When asked which platform contributes to their best success for reading (print, tablet, e-reader, phone, or computer), **92%** of students said they concentrated best when reading in **PRINT!**

JULY 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

AUGUST 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

TASK LIST:

.....

.....

.....

.....

.....

S	M	T	W	T	F	S
1	2	3	4	5	6	
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

BACK TO SCHOOL



JOURNAL

A new school year is starting again and it is a big change for your schedule! What are your goals to **STEP IT UP** this year? (Write, sketch, and embellish your thoughts below.)

[Dotted writing area for journaling]

LANGUAGE ARTS

MATH

SCIENCE

SOCIAL STUDIES

AFTER SCHOOL/
SERVICE LEARNING

HALL PASS

✓	✓
Parent/Teacher:	Parent/Teacher:
To: Time: Initial:	To: Time: Initial:

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Parent/Teacher:	Parent/Teacher:
To: Time: Initial:	To: Time: Initial:

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Parent/Teacher:
To: Time: Initial:

SAT, JULY 27

SUN, JULY 28

WEEKLY GOAL:

LANGUAGE ARTS

MATH

SCIENCE

SOCIAL STUDIES

AFTER SCHOOL/
SERVICE LEARNING

HALL PASS

S	M	T	W	T	F	S
			1	2	3	
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

BACK TO SCHOOL



STEP UP

You are in charge of everything you do in your life and everyone around you gets to see which characteristics you decide to have!



Throughout your life you will face many challenges. During these challenges, it is important to make sure your good character traits stay intact. Sometimes it is easier to make bad decisions that go against your character and morals. But you want to continue to be true to yourself and show your great character throughout all hardships. You need to show **RESPONSIBILITY, COURAGE, OPTIMISM, COMPASSION, INTEGRITY, COOPERATION, GRIT, RESPECT, GENEROSITY,** and **INNOVATION** in your life! All of these character traits make you a well-rounded, caring and great individual!

Can you think of any more character traits that you need in life? Which one is most important to you?

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Initial:	Initial:	Initial:	Initial:

SUN, SEPT 1

WEEKLY GOAL:

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RESPONSIBILITY

GROWING PAINS

The day has finally arrived; you are gifted the electronic device you have been begging for. You can hardly wait to download the latest games, music, and connect with your friends. That is until you find out there will be limits on your device! What?! Why don't my parents and teachers trust me? I'm not going to do anything bad; I just want to be a part of the conversations that my friends are having. Why are adults so unreasonable and unfair?

CHARACTER COACHING FROM ADULTS WHO HAVE BEEN THERE

The truth is your parents and teachers are not being unreasonable or unfair. They are working to teach you responsibility through digital citizenship. Digital citizenship can be defined as the patterns, habits, and actions that define your use of digital content. Your digital devices give you online access to many great things. You can have fun conquering virtual worlds with your friends, sharing pictures with others, communicating important information to your family via texting and video calls, or even using the device to research information for school projects. Access to these good things unfortunately gives you access to dangerous activity and bad habits.



IMPORTANT THINGS TO CONSIDER:

- Digital Purchases: Do you have permission to buy stuff online?
- Screen Time: How much time are you spending on your device?
- Digital Etiquette: How are you treating others online?
- Digital Integrity: Is the source of the information factual, and is it age appropriate?
- Digital Literacy: How do you know the person sending you emails, texts, and messages, is who they say they are?
- Digital Privacy: Are my privacy settings set to an appropriate level, and do my parents have access to my device?

If you are gifted with a digital device, your parents are actually showing you a great amount of trust. These devices have potential for harm, but using them with careful guidelines allows you to practice responsibility. You have opportunities to show that you can practice safe and appropriate usage of these devices for your age. Practicing responsible behavior now will allow you to develop healthy habits that will grow with you as you get older.

RESOURCES: <https://www.digitalcitizenship.net>
<https://safesitter.org/digital-citizenship/>

ACTIVITY: DIGITAL RESPONSIBILITY

Rate how responsible you are with your current digital devices and what you still need to work on.

	I'M AMAZING	I'M ALRIGHT	I'M SO-SO	I COULD DO BETTER	HELP ME!
DIGITAL PURCHASES					
SCREEN TIME					
DIGITAL ETIQUETTE					
DIGITAL INTEGRITY					
DIGITAL LITERACY					
DIGITAL PRIVACY					



SEPTEMBER 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

TASK LIST:

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S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

RESPONSIBILITY



THINK

RESPONSIBILITY is the ability to act independently and make decisions without being told.



FEEL

Using a digital device increases your level of RESPONSIBILITY when it comes to your online conduct, but have you ever considered that there is also a RESPONSIBILITY that comes when you are finished with it? Instead of simply pitching your obsolete or broken device into the nearest trash can, it should be safely recycled instead.



ACT

By recycling your electronics you:

- Save energy
- Lower pollution
- Support "green" industry

Recycling takes less energy and causes less pollution than extracting raw materials, shipping them to a manufacturing facility, and processing them into new products. It also allows the creation of "green-friendly" jobs.

For more facts and information:



https://www.epa.gov/smm-electronics/basic-information-about-electronics-stewardship

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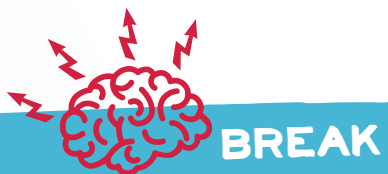
WEEKLY GOAL:

SAT, SEPT 7

SUN, SEPT 8

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

COMPASSION



DID YOU KNOW?

An ambiguous image is an optical illusion that can be interpreted in multiple ways, depending on perspective. An example of this is "Rubin's Vase." Some may look at the image and see a white vase, while others see two faces in black. If we stop and break down the image, both the vase and the faces can be seen depending on how we look at it.

This principle also comes into play when we consider other points of view. You may not understand someone until you try to see things through their perspective. For more ambiguous images, visit:



https://www.artofplay.com/blogs/articles/fun-with-ambiguous-images

Describe a time you changed your perspective to be more COMPASSIONATE.

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SUN, DEC 22

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