The background features several thick, diagonal bars in purple, yellow, blue, and red, each with a series of small, parallel lines at its ends. Overlaid on these are several faint, grey-outlined geometric shapes, including squares and circles, some of which are partially obscured by the text.

7TH GRADE SUCCESS

**ACADEMIC SUCCESS
CAREER EXPLORATION
CREATING A BETTER YOU**

HEY 7TH GRADERS,

As a seventh grader, you're growing and learning every day. Even though being with your friends is an important part of school, remember that learning is the most important reason you're in school. Work hard in your classes this year and get the best grades you can. It will pay off in lots of ways!

As a seventh grader, you also want to think of things you can do this year to make you stronger, healthier, and happier. Success doesn't just mean getting good grades—it also means taking care of yourself and being your best you.

You're probably not thinking too much about your future these days, but it's not too early to start thinking about what kind of career you might like to have, and about how you'll prepare for it.

This book is going to help you with all of the above. So, complete the activities in this book, and then use what you learn to help you have an awesome seventh grade year!

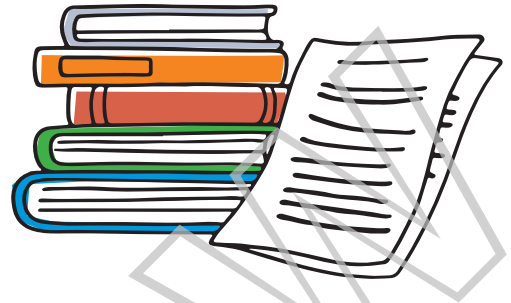
TABLE OF CONTENTS

Academic Success	2
Organization.....	3
Time Management.....	4
Study Smart.....	5
Writing Papers	6
Preparing for Tests	7
Test Taking	8
Class Success	9
Career Exploration	10
Your Interests	11
Your Abilities	12
Types of Careers	13
Ways to Prepare for a Career.....	14
Creating a Better You	16
Setting Goals.....	17
Developing a Growth Mindset	18
Building Self-Esteem	19
Social-Emotional Learning	20
Taking Care of Your Mental Health.....	22
Wrapping Up	24

ACADEMIC SUCCESS

To be a good student, you need to be organized. You also need to manage your time well, study smart, be a good test taker, and more.

This section will give you some tips on how you can get good grades, and be the best student you can be!



How are your grades?

Put a check mark by the statement that best describes how you feel about your grades.

- I am happy with the grades I get.
- I'd like to improve my grades a little.
- I'd like to improve my grades a lot.

If you're happy with your grades, congratulations. The tips in this section may help you get even better grades. If you'd like to improve your grades, this booklet can definitely help you do that!

7th Grade Skills Assessment

Put a check mark in the column that best describes how you think you're doing in each area.

	Very Good	Good	Needs Improvement
Organization	_____	_____	_____
Time management	_____	_____	_____
Attendance	_____	_____	_____
Homework	_____	_____	_____
Class participation	_____	_____	_____
Taking notes	_____	_____	_____
Reading to learn	_____	_____	_____
Preparing for tests	_____	_____	_____
Taking tests	_____	_____	_____

Which two of these areas do you need to improve the most?

1. _____
2. _____

ORGANIZATION



Being organized makes your life run smoother, saves you time, and makes you feel like you're "on top of things." The best way for you to stay organized is to regularly use a planner.

Use a planner.

A planner is your most important organizational tool. A planner will help you keep track of what you need to do—and help ensure that you get your assignments completed on time.

Take your planner to every class and use it to record the following:

- ▶ daily assignments
- ▶ tests and quizzes
- ▶ large assignments
- ▶ social activities
- ▶ appointments
- ▶ important dates
- ▶ weekly goals
- ▶ deadlines
- ▶ anything you need to remember

Here's how one student successfully uses his planner to stay organized.

Week of October 12		"Whatever is worth doing at all is worth doing well." Earl of Chesterfield	
Subject	Monday, October 12	Subject	Tuesday, October 13
Math	✓ Study for quiz - Tues	Sci.	✓ Read pages 75-80
Eng	✓ Read Story Due Tues	Math	★ Math Quiz
Art	✓ Do sketch Due Wed	English	✓ Read pages 5-10 Due Wed
	Early Dismissal	Hist.	✓ Study for test - Thurs
	Guitar Lesson 4:00		Soccer practice 4:00
Subject	Wednesday, October 14	Subject	Thursday, October 15
Hist.	✓ Study for test - Thurs	Health	Watch video
English	✓ Do research for paper	Hist.	★ History Test
Math	Do prob on p 26 Due Th	Math	Do prob on p 48 Due Fri
	Soccer practice 4:00	English	Do outline for paper
	John's birthday		Soccer game 7:00
Subject	Friday, October 16	Sat/Sun, October 17-18	
Sci.	Write report Due Mon	Finish English paper Due Mon	
English	Write rough draft	School Dance 8:00	

What about you?

1. Do you have a planner?

yes no

(If you don't have a planner or agenda, talk to a parent about getting one for you.)

2. Do you use your planner?

yes sometimes not really

3. What can you do to make better use of your planner?

Break down assignments. Use your planner to break down large assignments into more manageable tasks. For example, imagine that you have to write a two-page paper and draw a map of a country by Friday for social studies. You could give yourself these four assignments.

- Mon - Do outline for paper & get materials for map
- Tues - Write first draft of paper
- Wed - Revise paper and work on map
- Thurs - Do final copy of paper and finish map

TIME MANAGEMENT

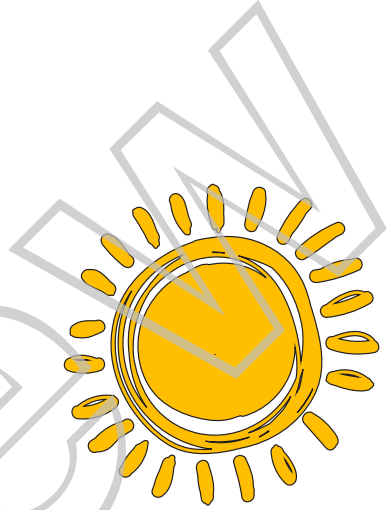
Having good routines is one way that you can improve your time management. Routines make your day run smoother and help you get everything done more efficiently.

Have a good morning routine.

Having a good morning routine gets your day off to a good start.

List the things that make up your morning routine on a school day.

1. _____ Wake up time: _____
2. _____
3. _____
4. _____ Time you leave for school: _____
5. _____



How can you improve your morning routine?

Have a good nighttime routine.

Having a good nighttime routine will help ensure that you get a good night's sleep.

List the things you regularly do to wind down and get ready for bed on a school night.

1. _____ Bedtime: _____
2. _____
3. _____
4. _____ Time you should be asleep: _____
5. _____



How can you improve your nighttime routine?

STUDY SMART

When you study smart, you make the most of your homework time so you don't have to spend a ton of time doing it. Here are a few tips to help you study smart.

Get started.

For many students, getting started is the hardest part of doing homework. Do you have trouble getting started on your homework?

- Yes, I put it off Sometimes No, I just do it

If you have a hard time getting started, begin with something easy or a subject you like.

Which subject would that be for you? _____

Have a good study area.

A good study area should be quiet and have all of the following: good lighting, comfortable chair, place to write, supplies (paper, pencils, etc.), and no distractions.

How can you improve your study area? _____

Take homework seriously.

No one needs to tell you how important homework is to your success in school. Doing all of your homework to the best of your ability will help you learn more—and get better grades.

1. Where do you usually do your homework? _____

2. How many hours a day do you usually spend on homework?

- 0-1/2 1/2-1 1-2 More than 2 hours

3. How would you rate your homework grades?

- Excellent Good OK Should be better

What can you do to improve your homework grades? _____

WRITING PAPERS

To succeed in school and in college, you must be able to clearly communicate your thoughts and ideas in writing.

How are your writing skills?

Check the boxes that best describe you.

- | | Almost Always | Sometimes | Hardly Ever |
|--|--------------------------|--------------------------|--------------------------|
| 1. I know how to use the internet to find information. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. Before I begin writing, I take time to organize my ideas. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. I give myself plenty of time to write and revise my papers. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. I have someone else read my papers before I turn them in. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. I am careful to correct all grammar and punctuation errors. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

Survey Results - Give yourself 2 points for each **Almost Always**, 1 point for each **Sometimes**, and 0 for each **Hardly Ever**. **Your Score** _____

If your score is 8-10, you're probably a pretty good writer. Keep it up! If you have less than 8 points, consider the items you marked **Sometimes** or **Hardly Ever** and work on improving those writing strategies.

Steps to writing a grade-A paper

In order to write a good paper, there are a number of steps you need to go through. Read through the steps below and figure out the order in which these steps should be completed. Write the correct number (1 - 5) in each box. (#1 has been done for you.) Answers are below.

- Write the first draft.** Write the first draft in one sitting. Don't worry about making mistakes—just start writing.
- Rethink, revise, rewrite.** Read your first draft out loud to see if it makes sense, think about how you can improve it, and rewrite. Give it to someone else to read.
- 1 Gather information.** Have a system for gathering and organizing information. Use index cards, a notebook, and/or printouts from online resources.
- Organize your ideas.** Use the information you've gathered to make an outline of your main ideas. Add supporting information for each idea.
- Write the final draft.** Make final changes and turn in a neat, clean copy.

5 2 1 4 3

PREPARING FOR TESTS



To do well on any test, you must be prepared.

Think about the last time you prepared for a test.

1. When did you study for the test? (Check all that apply.)

- Over several nights Right before the test I didn't study
 The night before All of the above

2. What study strategies did you use? (Check all that apply.)

- Reviewed class notes Studied with classmate(s) Other: _____
 Went over the textbook Made flashcards I didn't study
 Went over handouts Got quizzed by someone else

3. How did you do on the test?

4. What could you have done to get a better grade on the test?



Test Preparation Tips

- ▶ Pay **close attention** in class the day before a test. This is when teachers often go over information you need to know.
- ▶ If your textbook has **review questions**, know all of the answers. Also, go through your textbook and make sure you know the meanings of all the words in **bold** and *italic* print.
- ▶ Try teaching material to yourself in front of a **mirror**.
- ▶ If a teacher hands out a **review sheet**, study it until you know everything on it. Then use it to come up with questions that might be on the test.
- ▶ Write down any names, dates, or facts you need to remember on **index cards**. Take these cards with you the day of the test and go over them as often as you can.

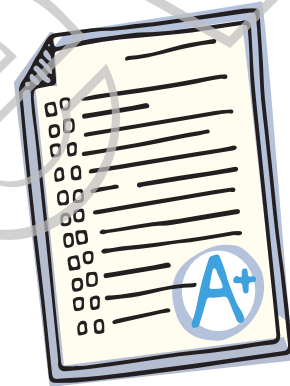
What can you do to be better prepared for tests this year?

TEST TAKING

To do well on any test, you must study and be prepared. You can further improve your test performance by being a good test taker.

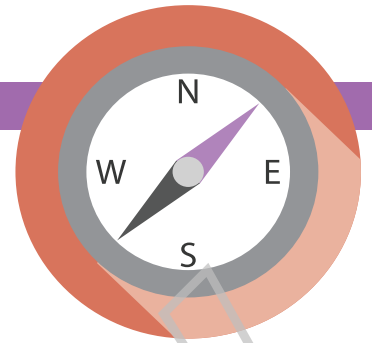
See if you can answer the following questions on test-taking strategies.

1. When answering multiple choice questions, it's best to
 - a. try to come up with the answer in your head *before* you look at the answer choices.
 - b. choose c if you don't know the answer.
 - c. if you're not sure of the answer, cross out the choices you know are wrong and make an educated guess.
 - d. both a and c
2. If you get stuck on a question or problem
 - a. keep working until you figure it out.
 - b. skip it.
 - c. mark it and come back to it.
 - d. make a guess.
3. When answering essay questions, it's best to start with
 - a. the easiest question.
 - b. the hardest question.
 - c. the first one.
 - d. any question. It doesn't matter which one you start with.
4. When answering a math problem, you should
 - a. not worry about showing your work.
 - b. spend as much time as you need on each problem.
 - c. estimate the answer before beginning the problem.
 - d. all of the above.
5. True/false questions with absolute words like *all*, *always*, *never*, and *none* are usually true.
 TRUE FALSE
6. True/false questions with words like *usually*, *often*, and *sometimes* are usually true.
 TRUE FALSE
7. If any part of a true/false question is false, the whole statement is false.
 TRUE FALSE



1. d 2. c 3. a 4. c 5. False 6. True 7. True

CAREER EXPLORATION



You wouldn't go on a trip without knowing where you are going, or without a map or GPS providing directions. If you did, who knows where you would end up?

It's the same in the journey of life. To prepare for your future, you need to think about where you're going and how you're going to get there.

Your Career Journey

Career exploration is a personal journey that's always evolving. *Here are some things you can do to get your career journey off to a good start. These are also things we'll discuss in this section.*

Think about your interests. Your interests are simply the things you like to do. At this point in your career exploration journey, when you're just starting to think about what you'd like to do with your life, considering what you enjoy doing is a good place to start.

Think about your abilities. Your abilities are what you're "good at" or have a talent for. Of course, your talents and skills will change and develop as you grow, but considering your abilities now will help you identify which career areas to explore first.

Learn about your career options. It's important to learn about the types of career fields that are available so that you know what your options are. There might be careers you've never heard of that could be the perfect fit for you!

Learn about your education options. Almost all career fields require some kind of education or training after high school, and it's important to learn how various education options can help you prepare for a career.

Check the box that best describes where you are on your career journey.

- I have a specific career I want to pursue. It is _____.
- I have a career area/subject I'm interested in. It is _____.
- I don't have any idea of what career area or subject I'm interested in pursuing.

YOUR INTERESTS

When you're thinking about a career, it's important that you consider your interests. You want to have a career with activities and tasks you enjoy.

Circle the activity in each of the following 10 groups that's most appealing to you.

A	B	C
1. listen to people	repair cars	develop work schedules
2. give advice	cook meals	organize files
3. take care of people	build cabinets	write reports
4. coach kids	grow plants	design a building
5. guide tours	drive and deliver	plan events
6. interview people	work in a factory	create a budget
7. assist customers	assemble electronics	develop a website
8. manage people	inspect product quality	enter data in a computer
9. sell products	make art	write articles
10. speak in public	operate machinery	conduct research

Review your answers. Did you circle mostly As, Bs, or Cs? _____

Tasks in the A column are about working with **People**. They represent jobs in which you spend most of your time talking to, teaching, or caring for others.



Can you think of a job in this category? _____

Tasks in the B column are about working with **Things**. They represent jobs where you mostly work with your hands building, repairing, or creating.



Can you think of a job in this category? _____

Tasks in the C column are about working with **Information**. They represent jobs in which you spend most of your time doing "desk-type" activities dealing with information, data, words, or numbers in some way.



Can you think of a job in this category? _____

YOUR ABILITIES

Considering your abilities, skills, and personality is very important when determining which careers will be a good match for you. You are likely to be much happier and more successful in a career that focuses on your strengths!

The importance of soft skills

In addition to having skills in reading, writing, math, etc., having good soft skills will help you succeed in school, in a career, and in life.

Soft skills are a combination of people skills, communication skills, and character traits. You can work to develop these important skills when you're in the classroom, involved in activities, and with friends and family.

Read through the list of soft skills below and check off the four that best describe you.

- | | | |
|--|--------------------------------------|--|
| <input type="checkbox"/> Patient | <input type="checkbox"/> Creative | <input type="checkbox"/> Problem solver |
| <input type="checkbox"/> Curious | <input type="checkbox"/> Honest | <input type="checkbox"/> Strong work ethic |
| <input type="checkbox"/> Kind | <input type="checkbox"/> Dependable | <input type="checkbox"/> Friendly |
| <input type="checkbox"/> Adaptable | <input type="checkbox"/> Determined | <input type="checkbox"/> Positive attitude |
| <input type="checkbox"/> Good listener | <input type="checkbox"/> Responsible | <input type="checkbox"/> Organized |

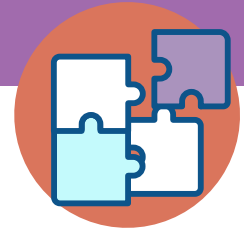
Certain soft skills are especially important for specific careers. For instance, if you want to be a doctor, you need to have a strong work ethic and be able to work under pressure. While you might not know what career you want to go into quite yet, you can still think about how the traits you have might help you choose a career that would be a good for you.

Choose one of the above soft skills that you would like to work on and improve.

Which one did you choose? _____

Why did you choose this soft skill?

TYPES OF CAREERS



Exploring different types of careers is important because the perfect career field just might be one you've never considered.

To make career exploration easier, careers with common features are grouped into Clusters. Look through the 16 Career Clusters below and put a ✓ by those you might be interested in.

- Agriculture, Food, & Natural Resources:** farm, fish, and work to improve the environment
- Arts, A/V Tech & Communication:** design, create, perform, and produce multimedia content
- Architecture & Construction:** design, build, and maintain homes and structures
- Business Management & Administration:** plan, oversee, and organize a business
- Education & Training:** teach in schools, libraries, museums, and businesses
- Finance:** manage and work with money
- Government and Public Administration:** make laws and provide public services
- Health Science:** work in healthcare treating people
- Hospitality & Tourism:** work in restaurants, hotels, and casinos
- Human Services:** help people through counseling, social work, and more
- Information Technology:** work with computers, software, and network systems
- Law, Public Safety, Corrections, & Security:** keep people safe and enforce laws
- Manufacturing:** make products on a large scale using machinery, such as in a factory
- Marketing:** promote and sell goods and services
- Science, Technology, Engineering, & Mathematics (STEM):** use math and science to do research and solve problems
- Transportation, Distribution, & Logistics:** transport people and goods from one place to another by car, truck, airplane, or train

Choose one of the Career Clusters you checked and write why you think the careers in this Cluster are ones you might want to consider for yourself.

WAYS TO PREPARE FOR A CAREER

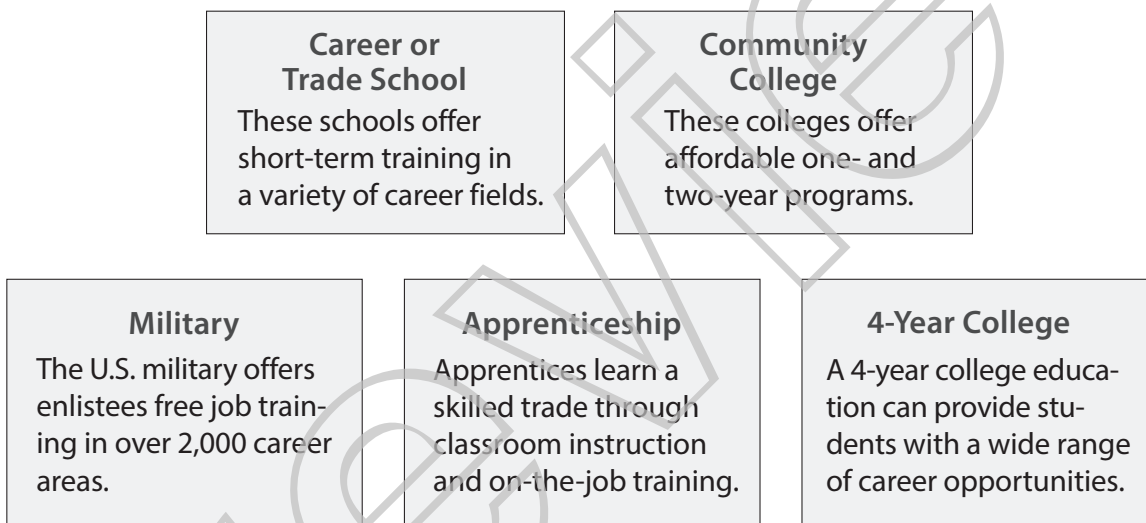


There are many ways to prepare for a career, and it's important that you consider all of your options.

Maybe you already have an education option in mind (e.g., four-year college), or perhaps you have a career in mind and need to figure out how you should prepare for it. Or maybe you have no idea what education option would be best for you. Wherever you land on this spectrum is fine, but now is the time to start learning about all of the ways you can prepare for a career.

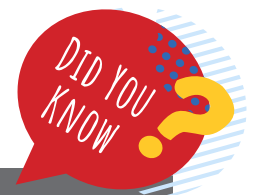
Five ways to prepare for a career

Here is some basic information on the ways you can prepare for a career.



Which is right for you? Check **Yes** (this is how you want to prepare for your career), **Maybe** (you'd like to learn more), or **No** (you don't think this option is for you).

- | | | | |
|------------------------|------------------------------|--------------------------------|-----------------------------|
| 1. Two-Year College | <input type="checkbox"/> Yes | <input type="checkbox"/> Maybe | <input type="checkbox"/> No |
| 2. Four-Year College | <input type="checkbox"/> Yes | <input type="checkbox"/> Maybe | <input type="checkbox"/> No |
| 3. Career/Trade School | <input type="checkbox"/> Yes | <input type="checkbox"/> Maybe | <input type="checkbox"/> No |
| 4. The Military | <input type="checkbox"/> Yes | <input type="checkbox"/> Maybe | <input type="checkbox"/> No |
| 5. Apprenticeship | <input type="checkbox"/> Yes | <input type="checkbox"/> Maybe | <input type="checkbox"/> No |



About 2/3 of high school graduates attend college in the fall after they graduate.

Different careers require different education.

You can prepare for many careers by joining the military or by getting an apprenticeship, but most students prepare for a career by going to a 4-year college, 2-year college, or career/trade school. In many cases, your career choice will determine which education option is most appropriate for you.

Four-year colleges offer bachelor's degrees.

A four-year degree can open doors and prepare you for a wide variety of career fields. A four-year college degree is also the first step for careers that require advanced degrees, such as a master's degree or a doctorate.

Two-year colleges offer associate's degrees.

With an associate's degree, you can prepare for a number of fast-growing career fields. You can also start at a two-year college and then transfer to a four-year college to earn a bachelor's degree.

Career/trade schools mostly offer certificates.

Certificates serve as proof that you've mastered a particular skill.



Test your knowledge!

Fill in the blanks with A, B, or C to show how you think you would most likely prepare for each of the following careers. The answers are at the bottom of the page.

A – four-year college B – two-year college C – career/trade school

- | | | |
|------------------------|-------------------------|-------------------------------|
| 1 <u>C</u> electrician | 6 ___ chemist | 11 ___ paralegal |
| 2 ___ x-ray technician | 7 ___ dental hygienist | 12 ___ massage therapist |
| 3 ___ pharmacist | 8 ___ preschool teacher | 13 ___ cosmetologist |
| 4 ___ truck driver | 9 ___ auto mechanic | 14 ___ high school teacher |
| 5 ___ engineer | 10 ___ veterinarian | 15 ___ engineering technician |

Answers are below.

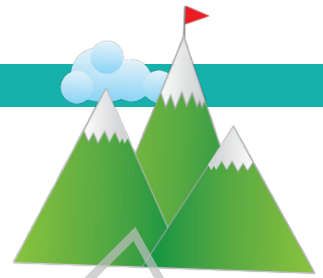
Want to learn more?

The following websites will provide you with up-to-date information—and help you determine which education option might be best for you.

- ▶ bigfuture.collegeboard.org
- ▶ apprenticeship.gov
- ▶ nces.ed.gov/collegenavigator
- ▶ todaysmilitary.com

1. C 2. B 3. A 4. C 5. A 6. A 7. B 8. B 9. C 10. A 11. B 12. C 13. C 14. A 15. B

CREATING A BETTER YOU



Are you a positive person, or do you have a hard time looking on the bright side of things? Do you keep going when things get hard, or do you often get discouraged and quit?

Everyone has things they'd like to improve about themselves. Part of being a successful student (and person) means always learning, growing, and working on those parts of you that will make you happier, healthier, and more resilient. After all, success doesn't just mean getting good grades and the career of your dreams. It also means taking care of yourself and being your best you!

Work to become your best you.

Check the boxes that best describe you.

- | Yes | No | |
|--------------------------|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | Do you generally have a positive approach to learning new things? |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you regularly set academic and personal goals? |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you try to limit the amount of time you spend online? |
| <input type="checkbox"/> | <input type="checkbox"/> | Are you generally able to control your emotions and behaviors? |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you have healthy ways to deal with stress? |

Give yourself 2 points for every **Yes** answer. **Your Total** _____

The higher your score, the closer you are to being your best you. Regardless of your score, this section is sure to give you some ideas on how you can create a better you.

To create a better you, what's one thing you should work on improving? _____

What can you do this year to improve this one thing? _____

SETTING GOALS

It's important for people of all ages to set short-term and long-term goals.

Goals give you direction, focus, and purpose. Goals can also help you develop a plan of action. For example, if you want to go to college, there are certain things you need to do to reach that goal. *If you're not in the habit of setting goals, now is the time to start!*

Set short- and long-term goals.

Short-term goals are ones you can achieve within days or weeks. Long-term goals may take weeks, months, or even years to achieve. Here are Jason's short-term and long-term goals.

Jason's short-term goals

Get a B on my next history test
Practice my soccer drills three times this week
Have all of my chores done by Friday

Jason's long-term goals

Get all As and Bs this term
Make the soccer team next year
Go to college and become a lawyer

Make your goals specific, measurable, and realistic.

Not specific – I will do better in math.

Specific – I will get a B in math this semester.

Not measurable – I won't be so shy in class.

Measurable – I will raise my hand at least three times today.

Not realistic – I usually get all Cs on my report card, but this term I'll get straight As.

Realistic – I usually get all Cs on my report card, but this term I'll get 2 or 3 Bs.

Write it down.

Research shows that you are more likely to achieve goals that are written down.

Think about what you want to achieve in school and in your personal life. Write down a short- and long-term academic goal, and a short- and long-term personal goal.

An academic short-term goal _____

An academic long-term goal _____

A personal short-term goal _____

A personal long-term goal _____

DEVELOPING A GROWTH MINDSET

Sometimes your successes, failures, talents, and shortcomings are defined by how you look at them—and by the mindset you have. If you think you're capable of succeeding, you have a greater chance of doing just that!

Fixed vs. Growth Mindset

Having a fixed mindset means that you believe being good at something is a talent or a gift. A fixed mindset tells you there are limits to what you can accomplish—and that who you are right now is who you will always be.

If you have a **growth mindset**, you believe that with effort, you can improve your skills and abilities, and that there are no limits to what you can accomplish.

Fixed Mindset examples

I don't get it.
This is too hard for me.
I'm just not good at this.

Growth Mindset examples

I don't get it **yet**.
I'm going to figure this out.
I just need some practice.



In what area of your life do you have a fixed mindset? _____

See challenges as opportunities.

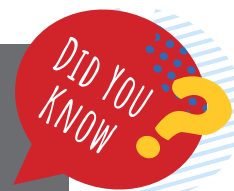
If you have a growth mindset, you don't give up when something is hard. You consider challenges as opportunities to grow.

When things come easy, you aren't forced to develop your skills or abilities, and you miss out on the satisfaction and pride you only feel when you do something that's hard.

So, when you encounter a challenge or are in a tough situation, you can complain, get frustrated, and give up, or you can look at it as an opportunity and find a way to succeed.

Write about a time you took on a challenge. How did it turn out?

When Michael Jordan was cut from his high school basketball team and Steven Spielberg was rejected from film school three times, they didn't give up—they rose to the challenge. They had a growth mindset!



BUILDING SELF-ESTEEM



Self-esteem is the perception of our own worth. It's how we feel about ourselves. When you have low self-esteem, it can feel like you aren't good enough or don't measure up—even though that's not true. There are many things that make you amazing, valuable, and most importantly, you. Improving your self-esteem can help you see that!

How strong is your self-esteem?

Yes No

1. Do you acknowledge both your strengths and weaknesses?
2. Are you able to confidently say no when you don't want to do something?
3. Are you easily influenced by others?
4. Are you able to express your needs to others?
5. Do you feel confident most of the time?
6. Do your positive experiences outshine your negative ones?
7. Do you generally have a positive outlook?

The more **Yes** boxes you checked, the better your self-esteem likely is.

If you checked several **No** boxes, or you'd just like to feel better about yourself, the following tips are a great place to start.

- ▶ **Accept and believe in yourself.** Appreciate and accept yourself as a unique individual. Believe in your skills and abilities.
- ▶ **Practice positive self-talk.** When you have thoughts that are negative or critical, make the choice to think differently. Fill your thoughts with positive, encouraging messages.
- ▶ **Develop your skills.** Whether you like sports, writing, or cooking, developing your skills and becoming more accomplished at something is a great way to improve your self-esteem.
- ▶ **Accept that you are a work in progress.** If you tend to be hard on yourself, cut yourself some slack. No one is perfect. Just strive to do your best.

How can you work to keep your self-esteem strong this year?

SOCIAL-EMOTIONAL LEARNING



Social-Emotional Learning (SEL) is the process of developing social-emotional skills, like coping with feelings, getting along with others, decision making, and more.

Why is SEL important?

Social-Emotional Learning is important because it enhances your ability to succeed in school, in a career, and in life. Developing SEL skills will help you be happier and healthier, do better in school, and have a brighter future.

SEL covers a lot of areas, but here we'll focus on one SEL skill that will help you succeed in 7th grade, and beyond: self-management.

Self-Management

Self-management means being able to navigate and control your emotions, thoughts, and behaviors in different situations. *Here are some things you can do to improve your self-management skills, along with some examples.*

- ▶ Manage stress
"I have to get a good grade on tomorrow's test. I need to take a deep breath and study."
- ▶ Overcome obstacles
"I need money to get a new bike. I'll talk to mom to see if she has any jobs for me."
- ▶ Control negative impulses
"Her text made me so angry, but I didn't respond. I'll talk to her about it tomorrow."
- ▶ Use feedback to improve yourself
"I've been told that I talk too much, so I'm really going to try to listen more."
- ▶ Motivate yourself
"When my homework is done, I can call my friends."

Choose one of the above skills and write about a time you demonstrated that skill.

Self-management in action

Read through the following scenarios and choose the way you would probably act in each situation. Would you most likely do A, B, or C? Be honest!

1. You get a low grade on a paper you worked really hard on. How do you react?
 - A. Get discouraged and decide that you're just a terrible writer.
 - B. Throw the paper away and tell yourself it's no big deal.
 - C. Read the notes from your teacher, so that you'll know what to do differently next time.
2. You don't understand what you're doing in math now, and you have a big test coming up.
 - A. You know that it's no use so you don't bother studying for the test.
 - B. You go over the chapter again, get discouraged, and figure you'll do the best you can.
 - C. You talk to your teacher and ask for help.
3. A friend told you that a girl in one of your classes is spreading a rumor about you.
 - A. You get angry and think of ways to get back at her.
 - B. You feel hurt and say some not very nice things about her.
 - C. You talk to her and ask her if what you heard she said is true.

Which did you choose?

Mostly Cs – You have good self-management skills. Keep it up!

Mostly Bs – You likely have some areas of self-management you can improve on.

Mostly As – Self-management is likely difficult for you.

Here are a few self-management tips.

- ▶ **Be aware of your emotions and work to control them.** At your age, controlling your impulses can be tough. If you're upset or feeling angry, remember to stop, take a breath, and think before you say or do something you will regret—or that will hurt someone else.
- ▶ **Don't give up.** When you have a problem or run into an obstacle, be determined to come up with a solution or a way to succeed. Keep a positive attitude and don't give up.
- ▶ **Be open to both positive and negative feedback.** We all want to hear good things about ourselves and what we do, but growth most often comes when we receive constructive feedback from those who have our best interests at heart.

How can you work to improve your self-management skills this year?

TAKING CARE OF YOUR MENTAL HEALTH

Mental health refers to a person's emotional and psychological well-being. While your mental health can be impacted by some things you can't control, you can control how well you look after your mental health.

One important way you can help take care of your mental health is by learning how to manage stress.

How much stress do you have?

Stress is your body's reaction to change, demands, or difficult situations. Stress is a part of life, but too much stress can have a negative impact on the way you feel, your relationships, and your success in school.

Think about the stress you have in your life and answer the following:

	Yes	No
Do you often feel overwhelmed?	<input type="checkbox"/>	<input type="checkbox"/>
Do you have trouble sleeping?	<input type="checkbox"/>	<input type="checkbox"/>
Do you often feel frustrated, nervous, or angry?	<input type="checkbox"/>	<input type="checkbox"/>
Do you get a lot of headaches or stomachaches?	<input type="checkbox"/>	<input type="checkbox"/>
Do you have a hard time relaxing?	<input type="checkbox"/>	<input type="checkbox"/>
Do you eat too much or too little?	<input type="checkbox"/>	<input type="checkbox"/>
Do you feel dread or panic when thinking about everything you have to do?	<input type="checkbox"/>	<input type="checkbox"/>

How many did you check "Yes?" _____

Each of the above can be an indicator of stress, and the more you checked, the more stress you are likely dealing with.

What in your life causes you stress?

Dealing with stress



Regardless of how much stress you have in your life, the following tips will give you tools that will help you relax and feel calm.

Take care of mind and body. Get eight hours of sleep, eat healthy, and get regular exercise.

Do you get enough sleep each night? Yes Sometimes Hardly ever

How healthy is your diet? I eat healthy My diet is ok My diet is not so healthy

Are you physically active? Yes Sometimes Hardly ever

Take time for yourself. Do something that has made you feel calm or happy in the past. Listen to music, go for a walk, play with a pet, or spend time in nature.

What do you do when you want to relax and feel calm? _____

Get support. Confide in others when you're feeling stressed. Whether it's a friend, family member, spiritual leader, or counselor, it's much healthier to share your concerns than it is to go it alone.

Do you have someone you can talk to when you're feeling stressed? Yes Not really

Deep breathing. Close your eyes, relax your body, and imagine a relaxing scene, adding as many details as you can. Breathe deeply. Breathe in, count to four, exhale. Repeat several times.

Confront your stressors. Make a list of the things that are stressing you out and determine how each can be dealt with. Coming up with a plan will also help you feel empowered and less overwhelmed.

What is one thing that stresses you out? _____

What can you do to deal with this stress? _____

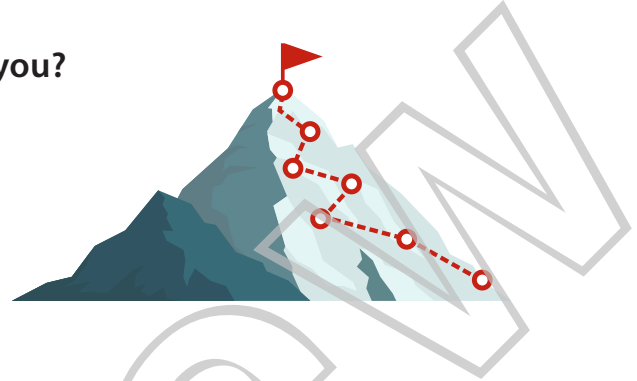
Remember, some things in life are beyond our control. If you are stressed over things you can't control or change, let those worries go completely.

WRAPPING UP

We've covered a lot in this activity book, and you've done a lot of work to complete it. Great job! Here we'll reflect a little on what you've learned—and look ahead to the future!

Which section was the most helpful for you?

- Academic Success
- Career Exploration
- Creating a Better You



How was this section helpful?

Which of these three topics would you like to learn more about?

Write down three things you learned from completing this activity book.

Your teachers and counselor are here to help you succeed. Do you need help with anything now?

“Successful and unsuccessful people do not vary greatly in their abilities. They vary in their desires to reach their potential.” John Maxwell

ALL ABOUT YOU

Your favorite place to be

Things you enjoy doing with your family

Something you enjoy doing with your friends

Something you like to do by yourself

Things you are thankful for

Something that makes you sad or angry

Things that makes you happy

Three words you'd use to describe yourself

The best things about 7th grade



**7TH GRADE
SUCCESS**

WOODBURN PRESS

woodburnpress.com

Item 5102