



TOOLS FOR SUCCESS

A workshop to support
your academic progress
and overall success

WE'LL LEARN HOW TO...

01.

BE ENGAGED

Understand why it's important to not only attend class, but actively listen and participate.

02.

MANAGE OUR TIME

Learn and implement strategies for organizing what we have to do and how much time we need to do it.

03.

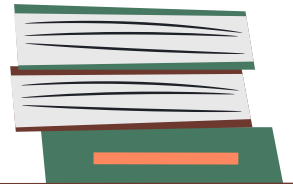
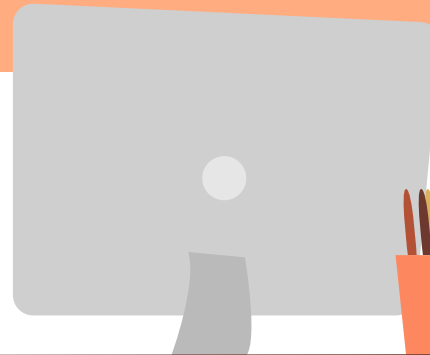
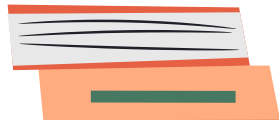
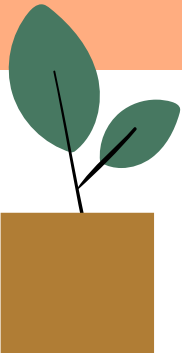
MANAGE OUR STRESS

Learn how our mindset matters, healthy ways to respond to stress, and strategies for staying motivated.

04.

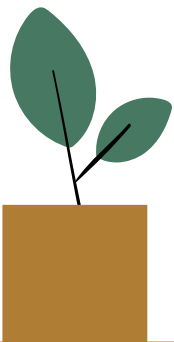
BE FUTURE-FOCUSED

Make connections to what's ahead and how what I do now has an impact on what's to come.





ATTENDANCE & ENGAGEMENT



WHY IS IT IMPORTANT?



Students who attend school regularly are more likely to:

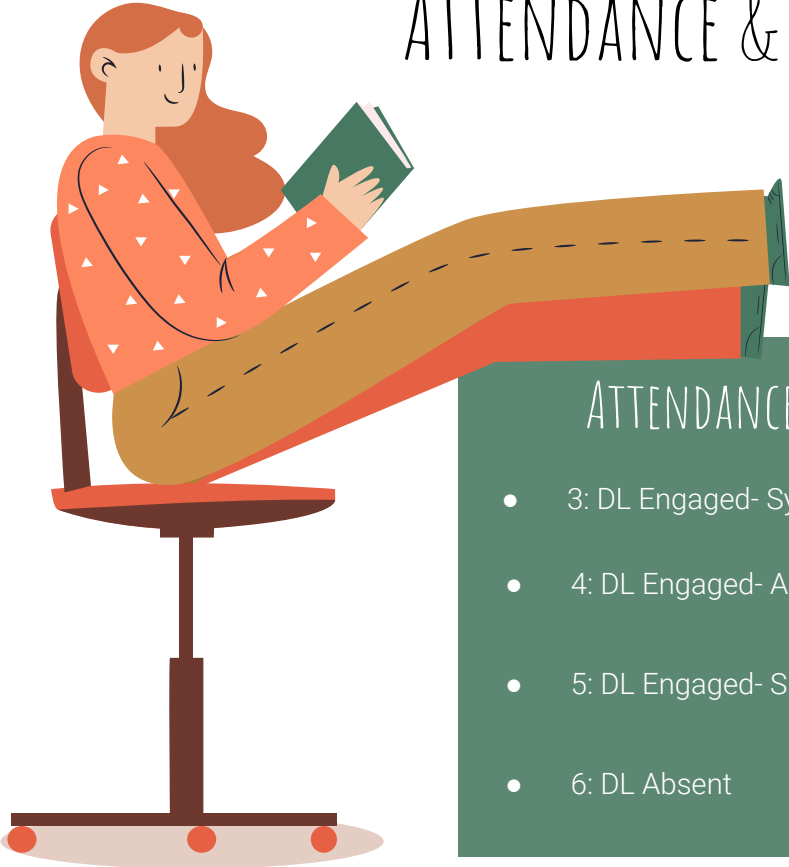
- Earn passing grades
- Graduate
- Have strong academic skills



Research shows that missing 10 % of the school year, or about 18 days, negatively affects a student's academic performance. That's just two days a month (and that's known as chronic absence)



ATTENDANCE & HYBRID LEARNING



ATTENDANCE CODES

- 3: DL Engaged- Synchronous
- 4: DL Engaged- Asynchronous
- 5: DL Engaged- S + A
- 6: DL Absent



THE GOAL!

WHAT THEY MEAN

- Student attended a class zoom session
- Student completed an assignment or other asynchronous class component
- Student attended the class zoom session and completed assigned work
- Student did not attend class or complete any work on a particular day

logs in but gets marked
absent on accident

Forgot I had class at
that time

Didn't feel like attending

WHY MIGHT STUDENTS BE ABSENT?

internet trouble

sick

feeling unmotivated
about school



Students, write your response!

LET'S TALK SOLUTIONS

Tell someone!

- Email teacher immediately, parents have 72 hrs to clear an absence
- Internet Trouble: Email teacher or call school immediately
- Forgetting class:
 - set alarms
 - print out school schedule & post it in your work space
- Not feeling like attending/ feeling unmotivated
 - Contact your counselor
- "Couldn't get into class"
 - Email teacher immediately
- Incorrectly marked absent
 - Email teacher & attendance immediately to clear

Where you can find your teacher contact information

- Visit the Staff directory, on ETHS Website, for your teacher's email address
- Contact the school
- Teacher contact information is on the Profile page of Aeries.

TIME MANAGEMENT

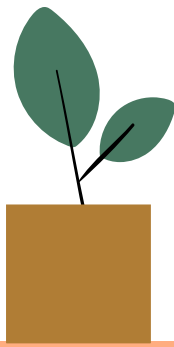


WHAT IS YOUR GREATEST BARRIER TO
MANAGING YOUR TIME?



Students, write your response!

Click Interactive Slide
not remove this bar



WHY IS IT SO HARD?



We often procrastinate because we believe an assignment or task will take too long, or be too difficult



Distractions can cause a 15 minute task to take 1 hour!



When there are many tasks to accomplish, we feel overwhelmed and don't know where to start



People always say, "just focus!" but I don't know an effective strategy



NAME IT + BREAK IT DOWN: THE POMODORO METHOD

1

CHOOSE THE TASK TO
ACCOMPLISH

2

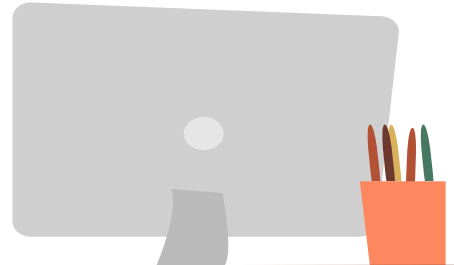
SET THE TIMER FOR 25
MINUTES + WORK UNTIL
IT GOES OFF

3

TAKE A 5 MINUTE BREAK
AND RESTART THE TASK

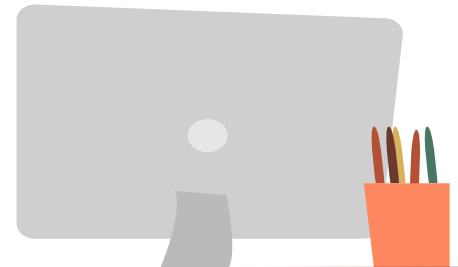
4

TAKE A LONGER BREAK
EVERY 4 SESSIONS



1. CHOOSE THE TASK TO ACCOMPLISH

- MAKE SURE IT'S JUST ONE THING
- WORKING ON 5 THINGS AT ONCE DECREASES PRODUCTIVITY
- CLOSE WINDOWS NOT NEEDED FOR THE TASK AT HAND
- GATHER ALL ITEMS YOU NEED BEFORE YOU START
- MAKE SURE ONE OF THOSE THINGS IS A POST-IT OR NOTEPAD AND PEN
 - WHEN YOU RANDOMLY REMEMBER SOMETHING ELSE YOU NEED TO DO, DON'T LET IT TAKE AWAY FROM YOUR FOCUS- WRITE IT THERE AND MOVE ON!



2. SET THE TIMER

- EXPERIMENT WITH SESSION LENGTHS (20, 30, EVEN 40)

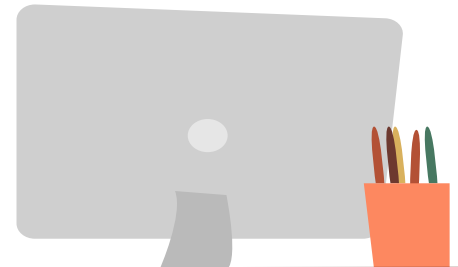
3. TAKE A BREAK

- IF YOU'RE ON A ROLL, KEEP IT UP! YOU DON'T HAVE TO BREAK UP A FOCUSED SESSION, IF IT'S WORKING :)
- WHAT YOU DO DURING THE BREAK IS UP TO YOU
 - GET A GLASS OF WATER, GO TO THE RESTROOM, ETC.



4. TAKE LONGER BREAKS AFTER 4 SESSIONS

- 20-30 MINUTES
- TAKE A WALK, EAT LUNCH, ETC.



POMODORO IN REVIEW



STRUCTURE

Be aware of your environment and do what you can to minimize distractions (same space, phone off, etc)



CONSISTENCY

Maintaining the habit is more important than the amount of time spent on the task



ACCOUNTABILITY

Tell someone you live with how you are chunking your work time



PATIENCE

You are creating a new habit!
Be patient with yourself and don't be discouraged on harder days.



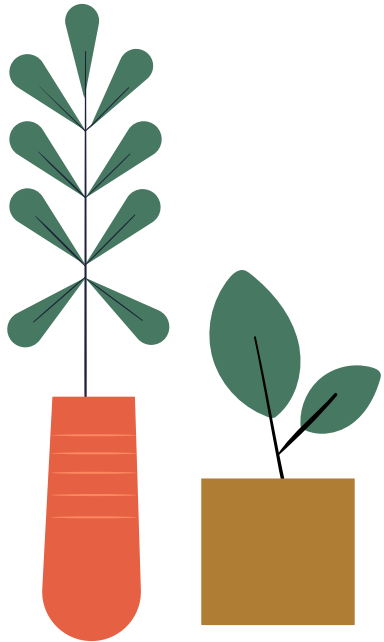
LET'S REVIEW



Briefly summarize what you just learned.



Students, write your response!



YOUR MIND MATTERS

Stress Management

STRESS: NAME IT TO TAME IT!

WHAT IS IT?

- A state of mental or emotional strain resulting from adverse or demanding circumstances. It can come from an event or thought that makes you feel frustrated, angry, or nervous.
- It's your body's reaction to a challenge or demand.



PROS & CONS



POSITIVE EFFECTS

- Can make you feel energized and motivated.
- Encourages us to deal with challenges.
- Increases strength.
- Increases stamina.

NEGATIVE EFFECTS

- Feeling overwhelmed (physical symptoms of anxiety)
- Use of unhealthy coping like drugs or alcohol to “relieve” stress
- Potentially affects long term health

LEARNING YOUR STRESS INDICATORS:

EVERYONE EXPERIENCES STRESS DIFFERENTLY.

IT CAN AFFECT HOW A PERSON FEELS, THINKS, AND ACTS.

Body

- _____ Headaches
- _____ Sleep Problems
- _____ Heart pounding/chest tightness
- _____ Tight neck/shoulders
- _____ Unexplained shaking
- _____ Nausea
- _____ Shallow breathing

Feelings

- _____ Easily frustrated
- _____ Fits of anger
- _____ Feeling sad
- _____ Isolation (avoid people)
- _____ Feel nervous
- _____ Low energy
- _____ Feel overwhelmed
- _____ Cry easily

Thinking

- _____ Can't make a decision
- _____ Negative self talk
- _____ Forgetful
- _____ Can't concentrate
- _____ Avoidance (deadlines, tasks, etc.)
- _____ Resistant to change
- _____ General uninterest



Students, drag the icons!



REASONS FOR FEELING STRESSED

School Performance

Peer Pressure

Family issues/expectations

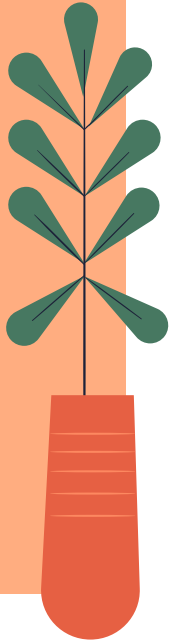
Death of a loved one/pet

Not understanding the current
Online/Hybrid learning system

Move to a new home

Finances

Changes in your daily life



WAYS TO DEAL WITH STRESS

Exercise daily

Meditation

Plan your time - Be realistic, don't try to do too much

Get plenty of sleep

Practice positive talk

Deep centered breathing - Let's practice



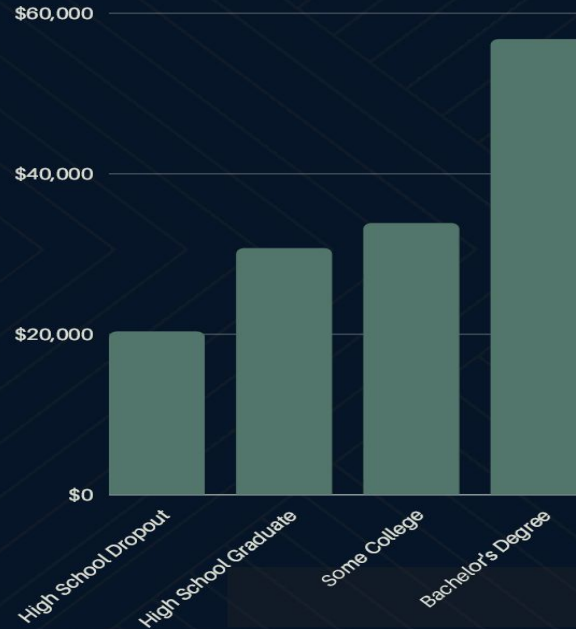
FUTURE-
FOCUSED



EARNING A HIGH SCHOOL DIPLOMA LEADS TO HIGHER WAGES

AVERAGE ANNUAL INCOME

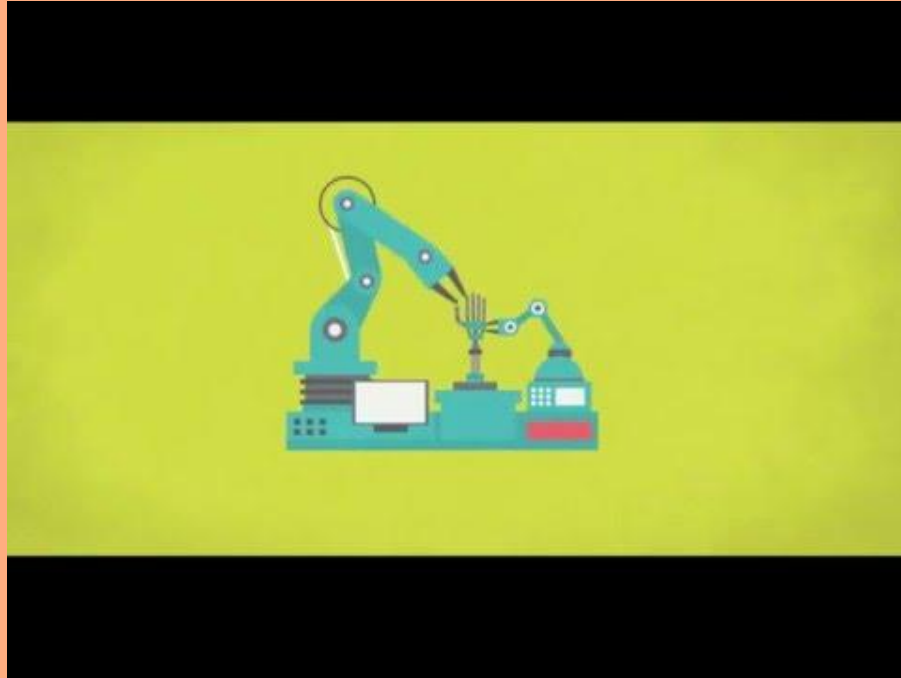
AS REPORTED BY THE U.S. CENSUS BUREAU



30% of high school dropouts live in poverty



LEARN MORE, EARN MORE



EDUCATION LEADS TO HIGHER WAGES AND LOWER UNEMPLOYMENT

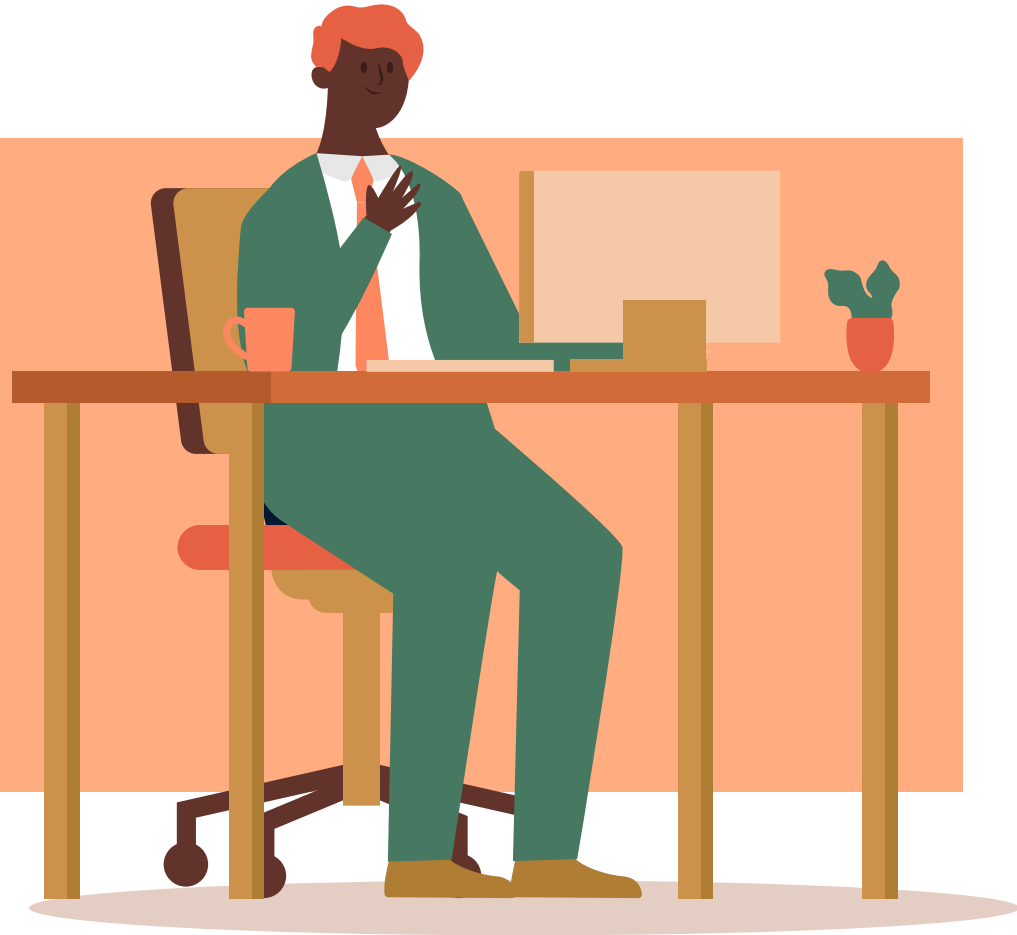
4 STEPS AND 4 SKILLS TO A SUCCESSFUL CAREER

Academic Skills and Knowledge

Life Skills

Employability Skills

Technical Skills



21ST CENTURY SKILLS

How today's students can stay competitive
in a changing job market

Learning Skills



critical thinking



creativity



collaboration



communication

Literacy Skills



information



media



technology

Life Skills



flexibility



leadership



initiative



productivity



social skills



ETHS CTE PATHWAYS

ARTS, MEDIA & ENTERTAINMENT

- Multimedia Design
- Computer Graphics
- Art of Animation
- Study of TV/Film
- Broadcast Journalism
- Photo as Art
- Advanced Photo
- Visual Imagery
- Journalism Technology

BUSINESS & FINANCE

- Computerized Accounting

ENGINEERING & ARCHITECTURE

- Architectural Design 1, 2, 3
- Principles of Engineering
- Product Design & Engineering
- Engineering Drafting 3, 4

HEALTH SCIENCE & MEDICAL TERMINOLOGY

- Sports Medicine

INFORMATION & COMMUNICATION TECHNOLOGIES

- Computer Science Principles AP
- Computer Science A AP

TRANSPORTATION

- Automotive Technology 1, 2



NEXT STEPS

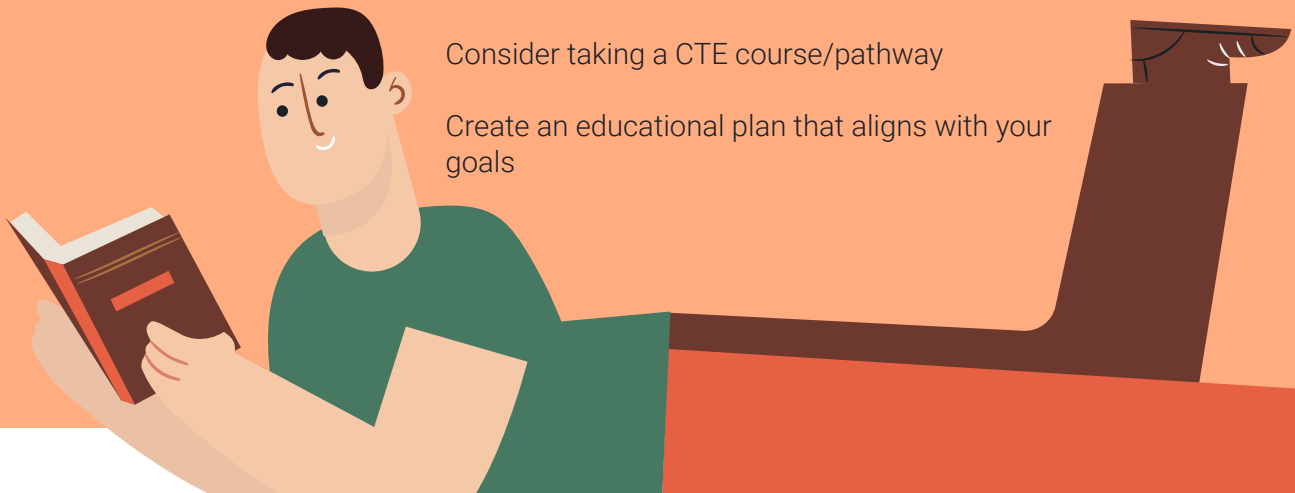


Talk to your teacher about ways to improve your grades

Take a career-inventory test (CA Colleges)

Consider taking a CTE course/pathway

Create an educational plan that aligns with your goals



SUMMARY

SUPPORTS & RESOURCES ON CAMPUS

- Counselor- Each counselor can be reached by google voice, email, zoom appointments. Contact information is on the Guidance Website
- Clubs, sports, arts programs --- get connected!
- Academic support is available Tuesday - Friday from 1 - 2:15 pm. Students can send an email to their teacher or sign up through google classroom link or Canvas. Teachers can help with clarifying an assignment, re-teach a concept, due dates for assignments and help develop a plan to get back on track
- Mental Health and Wellness resources on the SVUSD website
- Credit Recovery options