



**VARSITY**  
**UNIVERSITY**

**Student Success Life Skills**

**Lesson Plan**

## **Lesson Plan Introduction and Instructions**

Thank you for promoting student achievement, building school spirit, and giving back to your community. The focal points of these lessons are to assist students with short and long term goal planning, create a plan for self-improvement, time management, design a way to promote school activities, and give back to the local community.

For more information, or if you have any questions, please contact the Karen Lew, Dean of Varsity University at [klew@varsity.com](mailto:klew@varsity.com)

## **Goal Setting**

In this lesson, each student will be asked to complete a goal setting exercise using the SMART Goals format. The worksheet is included with specific instructions. Please assist the students in writing their goals by using stimulating and thought provoking questions. The goals can be used throughout the academic year as an assessment tool – students can use them to measure progress, reexamine priorities, and track successes.

## **Elevate You**

This lesson will challenge each student to develop a sense of appreciation for their skill sets and abilities. In these lessons, students will learn to define their commitment to success, challenge themselves to do their best, make decisions that matter and invest in their futures.

## **Elevate Your School**

This lesson will combine academic achievement, school spirit, and promoting school events and activities. The students will complete a two page essay based off of the questions included in the lesson plan. In addition to the writing assignment, students will be divided into groups and create videos to promote events and activities within the school. This learning opportunity encourages students to recruit other students for school activities and events.

## **Elevate Your Community**

In this lesson, students will complete a two page journal based off of the questions listed [ON PAGE X]. The questions challenge the students to engage in experiences that can help elevate and support their community. In addition to the writing assignment, the class or groups of students will work together to create a Kindness Campaign. What can students do to help promote kindness in the community? This can be a day of volunteering, reading to younger students, helping the elderly, etc.

### **Time Management Skills**

This lesson will provide students with a weekly calendar to support the time management skills reviewed in the student video. The student should utilize the weekly calendar to develop time management skills. Students will complete the calendar using the guide provided with the weekly calendar.

### **Study Skills Assignment Calendar**

Students can use the calendar write down what is due in each course. In addition to daily assignments, students can document topics covered in the course. The daily format can help guide a student's study plan.

### **Lesson Plans**

#### **Elevate You**

- Commitment to success
- Challenge yourself to do your very best
- Make decisions that matter
- Invest in your future

#### **Lesson Objectives**

1. The student will develop a goal setting strategy to support their Elevate You initiatives.
2. The student will use technology and writing skills to complete this lesson.
3. Active student engagement strategies will be used throughout the lesson.
4. The student will be able to develop individual academic achievement goals.

#### **Student Lesson:**

Choose one of the following questions and write a minimum of a two page response in the student's journal. In addition to answering questions, challenge students to find three websites that can help students reach their goals.

1. Do you ever set goals for yourself? What are some goals you have right now (short term and long-term)?

2. What can you do to assure you reach your goals?
3. If you are having difficulty reaching your goals, what can you do to overcome their challenges?
4. What's the difference between a wish and a goal?
5. Give specific examples of what your goals are for the end of this academic year.

## **Elevate Your School**

- Promote school spirit
- Embrace academic achievement
- Display pride in all that you do
- Get involved in school sponsored organizations and events

## **Lesson Objectives**

1. All students will develop a strategy to support their Elevate School initiatives.
2. The student will use technology and writing skills to complete this lesson.
3. Active student engagement strategies will be used throughout the lesson.
4. The student will be able to develop a sense of community and group interactions.

### **Student Lesson 1:**

Choose one of the following questions and write a minimum of a two page response in the student's journal.

1. What is the importance of being successful in school and having a positive experience?
2. If there was one thing you could change about your school, what would it be?
3. What do you do to help promote your school and build school spirit?

### **Student Lesson 2:**

In teams of three or four, students will produce a promotional video from the following list:

1. Promote an upcoming school event
2. Create a school news video broadcast
3. Support and promote a team/club (academic or athletic)
4. Recruit for a specific student activity
5. Interview your favorite teacher and get their tips on student success

The video must be 60 seconds or less. All members of the group should be a part of the development and appropriate grammar, language, and questions should be used. This is a video that will be shared with students, faculty, and administration.

### **Elevate Your Community**

- Make a difference
- Create and participate in service projects
- Get involved

- Give back to meaningful organizations

### **Lesson Objectives**

1. The student will develop a strategy to support their Elevate Community.
2. The student will use technology and writing skills to complete this lesson.
3. Active student engagement strategies will be used throughout the lesson.
4. Students will be able to develop a sense of community and group interactions.
5. Students will develop a sense of understanding and kindness while helping others.

### **Faculty or Coach Facilitated Discussion Questions:**

1. What does “community” mean to you?
2. How can you help improve your immediate community?
3. How you can spread the Elevate your community message shared with you?
4. As an ambassador of change, what would you change in your community?

**Student Lesson 1:**

Choose one of the following questions and write a minimum of a two-page response in the student's journal.

1. What does "community" mean to you?
2. How can you help improve your immediate community?
3. As an ambassador of change, what would you change in your community?

**Student Lesson 2:**

Start a class Kindness Campaign that can be done in your community. Make a difference in the lives of others by being kind. Each student will create one slogan or choose a quote about kindness. The quotes and slogans will be shared with other students, classes, and in the community. The Kindness Campaign should serve as a vehicle for change. As ambassadors of change, share a different student quote at the beginning of each class.

Have the school or local newspaper do a story on the Kindness Campaign. Contact a local news station and ask them to interview your class and promote your campaign.



## SMART Goals Worksheet

The student should take time to think about their short-term goals, or what they hope to learn and improve upon. The student should take time to think about their long-term goals, or what they hope to accomplish over the course of the next five years.

### **SMART METHOD OF GOAL SETTING:**

- S:** Specific → What exactly do you wish to accomplish? Specifically describe desired result.
- M:** Measurable → How will you know when you have achieved this goal?
- A:** Attainable → Do you have the necessary resources to achieve this goal?
- R:** Realistic → Is this goal realistic, considering resources and time?
- T:** Time → When will this goal be achieved?

### **SHORT-TERM GOALS**

- 1.) S \_\_\_\_\_  
M \_\_\_\_\_  
A \_\_\_\_\_  
R \_\_\_\_\_  
T \_\_\_\_\_  
Benefits of achieving goal \_\_\_\_\_  
Potential Obstacles \_\_\_\_\_  
Potential Solutions \_\_\_\_\_
- 2.) S \_\_\_\_\_  
M \_\_\_\_\_  
A \_\_\_\_\_  
R \_\_\_\_\_  
T \_\_\_\_\_  
Benefits of achieving goal \_\_\_\_\_  
Potential Obstacles \_\_\_\_\_  
Potential Solutions \_\_\_\_\_

**LONG-TERM GOALS**

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1.) S \_\_\_\_\_  
M \_\_\_\_\_  
A \_\_\_\_\_  
R \_\_\_\_\_  
T \_\_\_\_\_  
Benefits of achieving goal \_\_\_\_\_  
Potential Obstacles \_\_\_\_\_  
Potential Solutions \_\_\_\_\_

2.) S \_\_\_\_\_  
M \_\_\_\_\_  
A \_\_\_\_\_  
R \_\_\_\_\_  
T \_\_\_\_\_  
Benefits of achieving goal \_\_\_\_\_  
Potential Obstacles \_\_\_\_\_  
Potential Solutions \_\_\_\_\_

## Suggested Writing Topics

Use the following topics as writing prompts for weekly writing opportunities. Students should complete a two page journal entry based on the topics below. At the end of the academic year, the students' journals should provide reflection and motivation to continue being the best person they can be.

- Make every day count.
- Change your game from the inside out.
- Walk louder than you speak.
- Describe your character.
- Why is discipline so important?
- Why is accountability important?
- How can you inspire others?
- Communication...how can you improve your communication skills?
- What is your favorite song? How does it motivate you?
- What would you do if a bully bothered you on your way home?
- What would you do if you did very poorly on a test?
- How can you help others in your community?
- Chase your dreams.
- Make memories, what have you done to help promote your school?
- What would you do if you found a magic wand?
- If you were principal of this school, what would you do?
- If you could break the Guinness Book of Records, what would it be for?
- What would you do, if you just won the lottery?
- If you could go back in time and change one thing in your life, what would you change?
- What do you consider your greatest accomplishment to date and why?

<b>Time</b>	<b>Sunday</b> _____	<b>Monday</b> _____	<b>Tuesday</b> _____	<b>Wednesday</b> _____	<b>Thursday</b> _____	<b>Friday</b> _____	<b>Saturday</b> _____
7:00							
8:00							
9:00							
10:00							
11:00							
12:00							
1:00							
2:00							
3:00							
4:00							
5:00							
6:00							
7:00							
8:00							
9:00							
10:00							
11:00							



## How to Use the Time Management Worksheet

### **PART 1: Identify Obligated Time**

1. Fill in your classes.
2. Fill in the hours you work.
3. Fill in the time it takes to get ready and travel between home, school, and work.
4. Fill in any other regular appointments.
5. Fill in a Lunch and Dinner Break. Include time for food preparation.
6. Establish a set time to go to sleep and get up in the morning.

### **PART 2: Identify Free Time**

1. Assign time for studying for each class.
2. Allow a minimum of 1-2 hours for each hour spent in class per week.
3. Use large blocks for major tasks, smaller blocks for reviewing material or shorter tasks.
4. Schedule regular breaks and rewards for completing a task—don't marathon study.
5. Schedule fun events—recreation, watching television, going out with friends.

### **PART 3: Evaluate Your Situation**

1. Have you found "hidden time" you didn't know you had?
2. Is there enough time available to study for all your classes appropriately?
3. If your schedule cannot accommodate all the demands on your time, seek help from your teacher or coach.
4. If your schedule looks reasonable, then stick to it! If needed, adjust your schedule to accomplish everything you need.

MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY		

**Study Skills Assignment Calendar: Daily Assignments or Study Topics**

