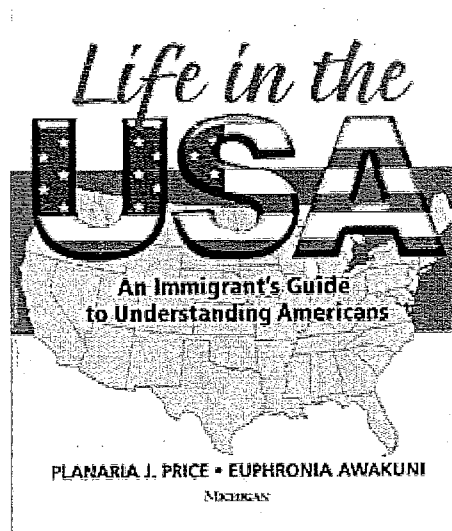


"LIFE STUDY" TRIVIA QUIZ ICEBREAKER

Break the group into two teams. Use these questions as an icebreaker game have a recorder from each team write the groups answers to each question. See who knows the most about life trivia! Answers are in CAPS.

1. Life and exercise: In terms of aerobics, weight loss, and endurance, which of these three is the best exercise?
a. SWIMMING b. cycling c. running d. weight lifting
2. Life and work: Which state has the biggest ranch in the U.S.? The ranch is a quarter of a million acres.
a. Texas b. HAWAII c. Arizona d. New Mexico
3. Life and TV: Which type of programming is the most violent, according to experts? This type of TV program shows 30 violent acts per hour.
a. Western shows b. Cop shows c. CARTOON SHOWS d. Science fiction shows
4. Life and alcohol: Besides being involved in 42% of all fatal auto accidents, alcohol is in 46% of all homicides, 28% of all suicides and 35% of all
a. robberies b. ACCIDENTAL FALLS c. break-ins



Rather Than???

This is... A light introductory activity that reveals personal preferences about each participant.

The purpose is... Everyone knows one personal preference about each other. The information may then prompt some small talk later.

Use this when...

- One or more of the individuals are new to the team.
- Individuals do not know each other very well.

Materials you will need...

- No materials are necessary for this activity.

Here's How...

1. Sit in a circle so everyone can see each other.
2. Start by declaring something that you like to do.
3. The participant next to you restates what you said and then says something that *he/she* would *rather* do than that.
4. The next participant restates what was just said and then says something that *he/she* would rather do than that.
5. Continue around the room.

For Example... "I like to collect porcelain dolls."

"Rather than collect porcelain dolls, I like to eat ice cream."

"Rather than eat ice cream, I like to sunbathe on the beach."

"Rather than sunbathe on the beach, I like to surf the net."

"Rather than surf the net, I like to coach my daughter's soccer team."

Ask these questions...

- Why is it important for us to know each other beyond a purely school related context?
- How difficult (or easy) was it to share information about yourself with others?
- How can we learn more about each other?

Tips for Success...

- Play can go around the room indefinitely.
- Allow the group to react briefly to comments but not to dwell on anyone's statement (and certainly not to criticize)- however bizarre or unpopular.
- You may use this activity to just get acquainted or get a meeting started without asking the Debrief questions afterwards.

PERSONALITY QUESTIONNAIRE

PERSONAL DATA:

1. First and Last Name _____
2. What is the name you prefer to be called _____
3. Home Phone Number _____
4. Parent or Guardian's Name _____

WHO AM I?

1. People who know me well think I am _____
2. If I could save only one thing in a fire, it would be _____
3. If you could change one thing about yourself, it would be _____

4. How **"wired"** are you? (iPods, cell phones , etc) _____

5. What is your least favorite body part? _____
6. Who is your best friend? _____
7. What thing are you careless about? _____
8. What time of day are you at your best? _____
9. When are you tense the most? _____
10. What is the one thing that you worry the most about? _____
11. What is your favorite band? _____
12. What is your favorite song? _____
13. What is your favorite store to buy clothes in? _____
14. What is your favorite thing at Dunkin Donuts? _____
15. If I had a million dollars, I would _____



HANDOUT II

Habits and Strategies Check List

Habits and Strategies That Help You Do School - What works for you?	I do this a lot and it works	It would help if I did this more often	I'd like to try this out	This would never work for me
1. Sometimes I let my parents know what I need to do so they can help me keep my commitments by checking in with me or helping me stick to a schedule that keeps me on track.				
2. I know how to use my parents as a shield to protect my time and avoid doing things that might get me in trouble. (For example, I can say, "Look, my parents won't let me go out after eight on school nights." or "You know, if my parents find out, I'll be grounded for a month. I think I'll pass this time.")				
3. I know how to check myself before I say something out loud—I've got a handle on what's okay to say publicly, what's better to say privately, and what's best left unsaid.				
4. I know when it's not a good idea to "free-style"—I know the times when I need to do things exactly "by the book."				
5. When I've got a problem at school I've got friends or family I can talk with who can help me sort things through to come up with a solution.				
6. When I'm upset or angry I know how to "chill out" and not make a major production out of it in class. I can postpone dealing with it until later.				
7. I can walk away from ignorant comments directed at me, especially when I think there's not much I can do that will change this person's behavior. I have learned, "It's just not worth my time and energy."				
8. Around school I know the teachers and administrators who will cut me some slack and those who won't.				

Habits and Strategies That Help You Do School
- What works for you?

I do this a lot and it works **It would help if I did this more often** **I'd like to try this out** **This would never work for me**

9. I can tell the difference between quality work and work that is shoddy. I know what I do differently when I make an effort and when I don't.				
10. I manage my time to meet school obligations week in and week out.				
11. I prioritize tasks and responsibilities.				
12. I map out plans for completing a complex task. I identify the steps and materials needed to complete it. I "chunk" a big task into smaller parts so it is easier to check what I have accomplished and what I have left to do.				
13. I make good choices about when and where to do what homework. (For example, I know what is easier to do when I'm tired and what kind of work requires me to be totally focused and alert with no distractions.)				
14. I accurately predict how long it will take to do various kinds of school tasks and assignments.				
15. I know that there will be some peak times during the year when I need to gear up and crank out school work at the exclusion of most other activities.				
16. I know when it's important to use standard English and when it's okay to use different dialects and slang.				
17. I ask myself questions that will help me get ready and organized to do work.				
18. When I'm distracted I use strategies that will help me refocus and pay attention.				

Habits and Strategies That Help You Organize Information – What works for you?	I do this and it's pretty easy	I do this but it's hard	I'd like to learn how to do this	This won't work for me
19. I use graphic organizers.				
20. I use Post-it notes for summarizing information, for reminders, for markers of things I need to read over or review.				
21. I number chunks of information that I need to remember in a specific order.				
22. I highlight or circle words and concepts that might be hard to remember.				
23. I create a picture in my mind that includes all the things that are related to the same concept or category.				
24. I draw pictures and symbols to make connections between concepts and ideas.				
25. I rewrite information on note cards that will help me review and study.				
26. When I take notes I leave space to correct things, add new information, and write summary points.				