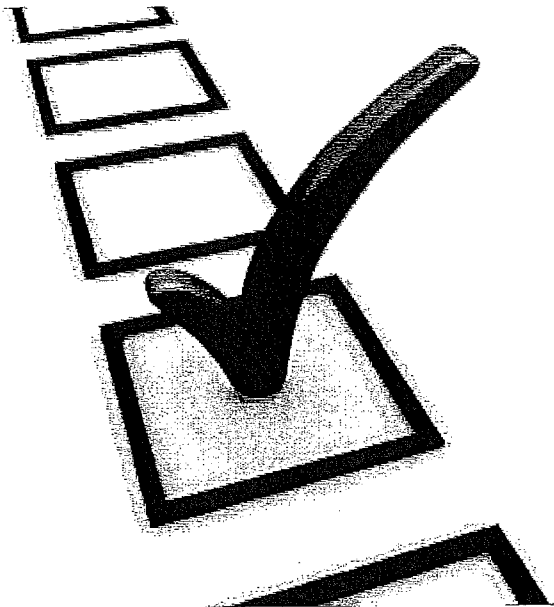


YEAH OR NAH

This is a fun, quick icebreaker game. Student's pop up and tell you "yeah" (Yes) or "nah" (No) to the answer of a question, whether it is correct or not. One point for the team for each correct answer. You can pick out lots of trivia. Here are some samples: (THE ACTUAL ANSWERS ARE IN PARENTHESES)

- There exist more chickens than people in the world. (yeah)
- How do you keep from crying while peeling onions? Try chewing candle wax - it's supposed to be a powerful cure.(nah)
- Who loves soft drinks most? Iceland consumes more Coca-Cola per capita than any other country.(yeah)
- Take a look into the heavens. Clouds in the sky fly higher during the night than they do at daytime. (nah)
- Do you hear all that strange singing called "Karoke"? The word literally means "empty orchestra" in Japanese. (yeah)
- Talk about close calls! A flash of lightning strikes the earth about 1,000 times every second. (nah)
- Trying to lose weight the easy way? Melting an icecube in your mouth burns approximately 3 calories. (yeah)
- The average person blink over 10,000,000 times a year. (yeah)
- Are you musical? Then you can tell that the dial tone of a normal telephone is in the key of "c".(nah)
- Deal 'em! Playing cards were originally invented by the Chinese. (yeah)



What Is Important to Me?



Values provide perspective in the best of times and the worst.

—Charles Garfield

Objective: To identify what is valued.

Materials needed: A copy of the “Values-Setting” worksheet, a pencil, and a sheet of plain paper that can be cut into pieces for each mentee.

Procedure: Distribute the materials to each mentee. Have the mentees divide their blank sheet of paper into twelve strips (they do not need to be neat as they will be writing on them.) You may also do this ahead of time for expediency. Begin by explaining that you will say a word and mentees should write it on one of their twelve pieces of paper. They should then take that paper and place it on the matrix in the position they value it (#1 is the most important and #12 is the least important). Continue to do this until all twelve pieces of paper are used and all twelve spaces are filled. (Mentors, be sure to allow some time in between as mentees will be repositioning their papers. Try it yourself!)

- Money
- A nice home
- Friends
- Education
- Spiritual beliefs
- A job you love
- A good-paying job
- Love
- Family

- Health
- Happiness

The last piece of paper is a bonus. Mentees can write anything they want to on that piece.

Ask mentees to look over their list and see if they are satisfied.

Discussion questions:

- What did you place in the #1 position?
- How many times did you have to rearrange your matrix?
- Why did you need to rearrange?
- Do you think that this order will change during your life?
- Do you think it can change from week to week?
- Why is that?

Closure questions:

- Do you see your order remaining the same after you graduate from high school?
- Why do you think that is?
- Will you still value the same things but maybe not in the same order?

Table 15.1 Values-Setting Worksheet

#1 (Most Important)	#7
#2	#8
#3	#9
#4	#10
#5	#11
#6	#12 (Least Important)

Money

A Nice Home

Friends

Education

Spiritual Beliefs

Job You Love

Good Paying Job

Love

Family

Health

Happiness

Table 15.1 Values-Setting Worksheet

#1 (Most important)	#7
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