

THE EMPOWERED STUDENT



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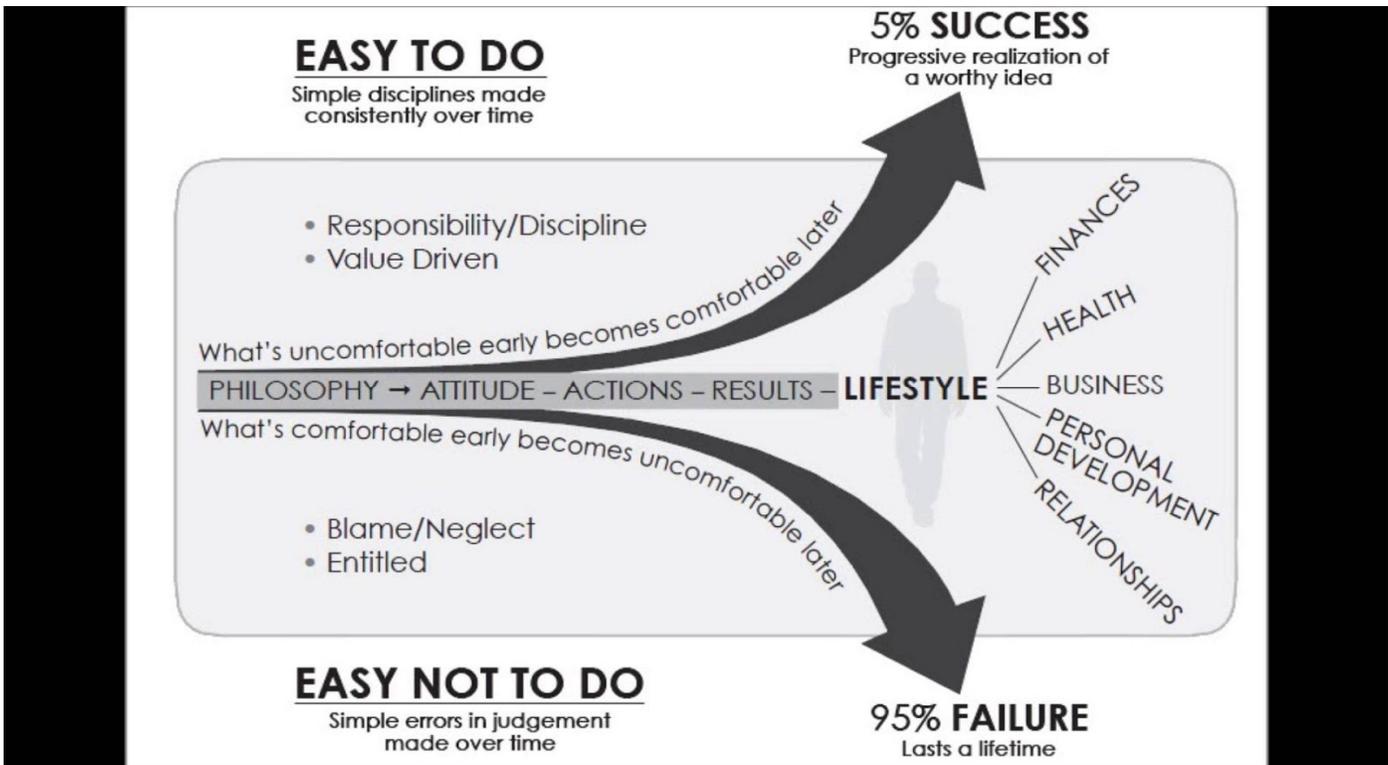
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The Empowered Student on Organization

Today's Date: _____

Student's Name: _____ Grade: _____ ID: _____

Everyone has his or her own system for being organized. Some more efficient than others, so take a moment to think about your own organizational strategies and ask yourself how effective are they?

	This is How I do It!	This is how well its working on a scale of 1 to 5. 5 Working well and a 1 not so much.
I currently organize my homework assignments by...		1 2 3 4 5
I currently organize my completed assignments by...		1 2 3 4 5
I do my homework each day at		1 2 3 4 5
I currently organize my materials to get ready for a test by...		1 2 3 4 5
I organize my time before the actual test by...		1 2 3 4 5
I organize the completion of my projects and essays by...		1 2 3 4 5

How effective are **Your** strategies when it comes to managing your homework, tests, projects & Essays?

Very So/So Not At All

How effective are **Your Parents'** strategies when it comes to managing your homework, tests, projects & Essays?

Very So/So Not At All

What is one thing you are willing to do today to either - continue your strategies, use your parents or come up with some new strategies. _____

“A wise man can see more from the bottom of a well than a fool can from a mountain top.”

The Empowered Student on Communication

Today's Date: _____

Student's Name: _____ Grade: _____ ID: _____

Learning how to communicate with the adults in your life, especially in high school is an opportunity to learn how to get your needs met. Getting your social/emotional, academic and future career needs met could be the difference between a life fulfilled with joy and happiness or one filled with despair and frustration. I for one chose the life of joy and happiness, how about you?

If this is true for you check the box

If not, what do I need?

<input type="checkbox"/> I talk to my teachers without being embarrassed .	
<input type="checkbox"/> I ask for help when I am confused about directions for an assignment, tests, essays, etc.	
<input type="checkbox"/> I ask for help when I do not understand new concepts I am learning.	
<input type="checkbox"/> I turn to my parents and talk to them openly and honestly when I am stressed, worried, mad, etc.	

How does **communicating/talking** with your teachers, parents and adults in general help you with your social/emotional, academic and college/career readiness? _____

What is one thing you are willing to do today **to talk** to your teachers and parents more often? Think about some of the conversations you have had in the past where you talked to your teachers and parents, ask yourself how did you make that happen? _____

“Everything you are against weakens you. Everything you are for empowers you.” *Wayne Dyer*

The Empowered Student on Note Taking

Today's Date: _____

Student's Name: _____ Grade: _____ ID: _____

How well do I **Take Notes**

If this is true for you check the box.

If no, what's my plan?

If this is true for you check the box.	If no, what's my plan?
<input type="checkbox"/> I take notes in all my classes daily.	
<input type="checkbox"/> I have a note taking system . If yes, what is it?	
<input type="checkbox"/> I write down conclusions, questions and evidence.	
<input type="checkbox"/> I write down everything from the lecture or..?	
<input type="checkbox"/> I use abbreviations when taking notes.	
<input type="checkbox"/> I use my notes as a study guide .	
<input type="checkbox"/> I take notes from the textbooks I read and use them as a study guide.	
<input type="checkbox"/> I use Highlighters or different color pencils when taking notes.	
<input type="checkbox"/> I review my notes for each class at least 5 minutes a day.	

How can **taking** better **notes** now help you do better academically, as well as in college and/or in your job? _____

When was the **last** time **you** took **notes** that **helped** you **understand** what was happening in class? What did the notes look like and what strategy did you use? _____

What is one thing you can do today that would make you a **better note taker**? _____

“Success is doing ordinary things extraordinarily well” *Jim Rohn*

The Empowered Student on Test Taking

Today's Date: _____

Student's Name: _____ Grade: _____ ID: _____

Suggested things to do to study

If I am not doing that now, this is what I can start doing today.

<input type="checkbox"/> I read all the directions before I take a test.	
<input type="checkbox"/> I use different strategies when taking different types of tests.	
<input type="checkbox"/> I look over old tests making sure I understand the material.	
<input type="checkbox"/> I skip the questions I cannot answer right away and come back to them later.	
<input type="checkbox"/> I go to review sessions when available?	
<input type="checkbox"/> I prepare for the tests starting the very first day I am told.	
<input type="checkbox"/> I review my class notes and homework as a part of getting ready for the tests.	
<input type="checkbox"/> I take notes as the teacher is going over the old tests on the parts I missed or did not understand.	

How can using different test taking strategies help you do better in school? _____

What is one test taking strategy you can use today, which will allow you to do a little better in school? _____

The Empowered Student on Homework

Today's Date: _____

Student's Name: _____ Grade: _____ ID: _____

How you make homework work for you could be all the difference in setting the foundation of your work ethic and productivity. How do I allow the **Homework** I turn in become **my tool** for success?

If this is mostly **true** for you **check** the box below.

If not, what is one thing I can do today?

<input type="checkbox"/> I try to do all my homework – meaning everything I am assigned and if I don't understand I ask questions.	
<input type="checkbox"/> I have a place where I keep my completed homework for each subject that is easy to find.	
<input type="checkbox"/> I circle questions that I do not know how to solve or the answers to.	
<input type="checkbox"/> I write notes on my homework for the teachers to read with the hope that I will get help.	
<input type="checkbox"/> I use my homework as a guide to study for tests. Meaning I write down what I know and still need to learn.	
<input type="checkbox"/> I use my downtime in class (For that class), at snack or lunch to get some homework done .	

How can thinking about **homework** as a **tool** for success help you in school? _____

When was the last time you thought completing your homework helped? Describe the situation. _____

“Our life is what our thoughts make it.” Marcus Aurelius

The Empowered Student on Coping with Difficult Times

Today's Date: _____

Student's Name: _____ Grade: _____ ID: _____

How well do I **cope** with and **manage** my **stress** and/or **failures**?

Remember we all need some stress in our lives to function. Too **little stress** and we become unproductive. Too **much stress** and we become **overwhelmed**. We need a healthy balance of stress in order to get things done.

For each strategy circle where you are and write one thing you can do to be better.

On a scale of 1 to 5; where a 1 is not at all and a 5 is all the time. Circle the number that makes the most sense.

What is one thing you can do to manage this area more effectively?

I can manage my disappointments	1	2	3	4	5	
I can handle stressful situations	1	2	3	4	5	
I have the ability to gather information before reacting to a situation.	1	2	3	4	5	
I have friends I can talk to when I feel emotionally overwhelmed.	1	2	3	4	5	
I have proven strategies that I use that help me handle my emotions.	1	2	3	4	5	
I have the ability to decide how to respond to different situations appropriately.	1	2	3	4	5	
I have the ability to seek help from supportive people around me.	1	2	3	4	5	
I take my failures in stride and see it as an opportunity to be more successful and adjust for the next time.	1	2	3	4	5	
Total your Score here:	Score of 36-40 = coping effectively Score of 32-35 = managing well Score of 26-31 = sometimes overwhelmed Score of 18-25 = overwhelmed more times than not Score of 17 or below = could use more support					

How can using different **coping strategies** and viewing your setbacks from a different angle help you? _____

What have you discovered to be the most effective and healthy strategy for coping with your stress and setbacks? _____

“It is health that is real wealth and not pieces of gold and silver.” Mahatma Gandhi

The Empowered Student on Learning Styles - Linguistics

Today's Date: _____

Student's Name: _____ Grade: _____ ID: _____

The type of learner you are will determine things like your talents, interests and hobbies. As well as the types of classes you might take and the occupations you might want to explore. It might even give you ideas about how to study or when to study.

If linguistics is your strength:	One way to study is...
<input type="checkbox"/> I value books and talking about them	Read the chapters ahead of time
<input type="checkbox"/> I hear words in my head before speaking or reading them	Write down your thoughts and use them as questions
<input type="checkbox"/> I enjoy word games, puns, and tongue twisters	Create word games to study for tests
<input type="checkbox"/> In school, I usually do better in English, Social Studies, and History than Math or Science	Think about words in other subjects and how they came up or decided to use those words
<input type="checkbox"/> I pay attention to signs, posters, and bulletin boards	Make signs, posters, and bulletin boards as review guides
<input type="checkbox"/> I write well	Re-write your notes

What are some classes you think you could take while in high school that would continue to reinforce your **strength** as a **linguistic** learner?

9 th grade I could take	10 th grade I could take	11 th grade I could take	12 th grade I could take

What kind of jobs do you think **Linguistic Learners** have or could get? If you don't know what would you guess? _____

What job would you like to do? _____

The Empowered Student on Learning Styles – Kinesthetic

Today's Date: _____

Student's Name: _____ Grade: _____ ID: _____

The type of learner you are will determine things like your talents, interests and hobbies. As well as the types of classes you might take and the occupations you might want to explore. It might even give you ideas about how to study or when to study.

If Kinesthetics is your strength

One way to study is...

<input type="checkbox"/> I am physically active and enjoy the outdoors	Take breaks in between study sessions where you actually do something physical – like shoot hoops. Go to the beach and study.
<input type="checkbox"/> I find it difficult to sit still for long periods	Every 10 minutes get up and walk around
<input type="checkbox"/> I like working with my hands	Create experiments where you can touch what you are learning
<input type="checkbox"/> I need to touch things when learning about them	Make and form associations with whatever you are studying
<input type="checkbox"/> I am well coordinated	Create a physical game that helps you study Like tag but with a twist
<input type="checkbox"/> I need to practice my skills by doing them rather than simply reading/hearing about them	Act out your study guides. You could play charades.

What are some classes you think you could take while in high school that would continue to reinforce your **strength** as a **Kinesthetic** learner?

9 th grade I could take	10 th grade I could take	11 th grade I could take	12 th grade I could take

What kind of jobs do you think **Kinesthetic Learners** have or could get? If you don't know what would you guess? _____

What job would you like to do? _____

The Empowered Student on Learning Styles - Mathematical

Today's Date: _____

Student's Name: _____ Grade: _____ ID: _____

The type of learner you are will determine things like your talents, interests and hobbies. As well as the types of classes you might take and the occupations you might want to explore. It might even give you ideas about how to study or when to study.

If Logical-Mathematical is my strength

One way to study is...

<input type="checkbox"/> I ask a lot of questions about how things work	Write down your questions about how things work and then ask your teachers
<input type="checkbox"/> I mentally compute measurements and simple formulas	Write your own formulas for each subject
<input type="checkbox"/> I enjoy Math and Science at school	Turn all your subjects into math and science problems and see how they connect
<input type="checkbox"/> I like to play games of strategy like chess	Create a game of strategy when studying
<input type="checkbox"/> I look for rational explanations	Think of why things are the way they are and then create a study guide
<input type="checkbox"/> I think logically and seek logical answers	Create steps and outline your answers as you study
<input type="checkbox"/> I feel more comfortable when something has been measured, categorized, analyzed, or quantified in some way	Try and quantify what you are studying by thinking about how much energy your brain has to use to study and how you would refuel your brain

What are some classes you think you could take while in high school that would continue to reinforce your **strength** as a **Logical-Mathematical** learner?

9 th grade I could take	10 th grade I could take	11 th grade I could take	12 th grade I could take

What kind of jobs do you think **Logical-Mathematical Learners** have or could get? If you don't know what would you guess? _____

What job would you like to do? _____

The Empowered Student on Learning Styles – Musical Learner

Today's Date: _____

Student's Name: _____ Grade: _____ ID: _____

The type of learner you are will determine things like your talents, interests and hobbies. As well as the types of classes you might take and the occupations you might want to explore. It might even give you ideas about how to study or when to study.

If Music is my strength

One way to study is...

<input type="checkbox"/> I might hum, sing, or make tapping sounds while working	Write a song using the vocabulary and concepts from your class – use that as a study guide
<input type="checkbox"/> I listen to music often	Listen to music when you study, then listen to that same music in the morning before the test
<input type="checkbox"/> I can tell if a musical note is off key	Write a silly song about what you are learning and make it off key on purpose
<input type="checkbox"/> I might play a musical instrument or sing well	That song you just wrote for class sing it and record it and then play it back
<input type="checkbox"/> I might find music enriching	Think about whatever subject you are studying and relate it to music
<input type="checkbox"/> I know the tunes and words to many different songs	Memorize the vocab and make a song

What are some classes you think you could take while in high school that would continue to reinforce your **strength** as a Musical learner?

9 th grade I could take	10 th grade I could take	11 th grade I could take	12 th grade I could take

What kind of jobs do you think **Musical Learners** have or could get? If you don't know what would you guess? _____

What job would you like to do? _____

The Empowered Student on Learning Styles – Social Learner

Today's Date: _____

Student's Name: _____ Grade: _____ ID: _____

The type of learner you are will determine things like your talents, interests and hobbies. As well as the types of classes you might take and the occupations you might want to explore. It might even give you ideas about how to study or when to study.

If Being Social is my strength	One way to study is...
<input type="checkbox"/> I like to work with others	Use people to help you study
<input type="checkbox"/> People come to me for advice	
<input type="checkbox"/> I am sensitive to people's emotions, feelings and moods	When studying thinking about whatever subject was feeling at the time or what their emotions might have been
<input type="checkbox"/> I prefer learning in groups and spending one-on-one time with my teachers	Find a group of students in your classes that you gel with.
<input type="checkbox"/> I prefer social activities and staying after class to talk to people	Create group games to study for tests. Maybe ask your teachers what games they have played that seem fun
<input type="checkbox"/> I prefer to work with a group	

What are some classes you think you could take while in high school that would continue to reinforce your **strength** as a Social Learner? For example, you could take a psychology class, drama, or art.

9 th grade I could take	10 th grade I could take	11 th grade I could take	12 th grade I could take

What kind of jobs do you think **Social Learner** have or could get? If you don't know what would you guess?__

What job would you like to do?_____

The Empowered Student on Active Listening

Today's Date: _____ Student's Name: _____ Grade: _____

If this is true for you check the box.

If not, what is one thing I can do today to improve in this area?

<input type="checkbox"/> I focus solely on the person talking hanging on every word without needing to check my phone every 5 seconds.	
<input type="checkbox"/> I let the person talking finish his or her thoughts before I ask questions.	
<input type="checkbox"/> I clarify anything said so I can better understand what was said and keep on track in the conversation.	
<input type="checkbox"/> I ask questions about the person I am talking to, to get to know him or her better.	
<input type="checkbox"/> When I am in class, I can listen and take notes without writing down everything .	
<input type="checkbox"/> I pay attention to my teachers' body language while they are talking to see if they really emphasize something because if they do it must be important.	
<input type="checkbox"/> I create a mental picture of what my teachers are talking about and either write it down or draw it.	
<input type="checkbox"/> I sometimes fake that I am listening in class and instead I am <input type="checkbox"/> day dreaming or <input type="checkbox"/> distracted or tell myself the class is <input type="checkbox"/> boring .	

Being an *Active Listener* will help you be a **more successful** student because you will **retain more** and **learn more**. Being an *Active Listener* does not happen overnight. It takes **concentrated effort** and **focus**. There is a difference between *hearing* and **listening**. The person who **masters Active Listening** will master his or her *relationships, learning and life*.

"Are you doing what you're doing today because it works or because it's what you were doing yesterday?" Dr. Phil

The Empowered Student on Feeling Better

Today's date _____

Student: _____

Term: _____ Instructor: _____

If this is true for you check the box.

If you checked the box, what is one thing you could do INSTEAD?

<input type="checkbox"/> I compare myself to others often	Example – I could compare my own milestones
<input type="checkbox"/> I want to look different than I do	
<input type="checkbox"/> I need people to tell me how great I am	
<input type="checkbox"/> I need to be liked by everyone	
<input type="checkbox"/> I have a hard time believing I am good enough	
<input type="checkbox"/> It's hard to trust people	
<input type="checkbox"/> It's hard for me when people say nice things about me	
<input type="checkbox"/> I don't know what my strengths are	
<input type="checkbox"/> I often find myself focusing on what I don't have	
<input type="checkbox"/> I seek and want the approval of others	

Self-Esteem and **confidence** can take the most marginal of people a long way. Where would you rate your **self-esteem** today? A **one** would be mean that you don't feel that great about yourself and you don't believe you are worthy. Whereas, a **10** is you feel good about every part of who you are from your body to your mind.

1 2 3 4 5 6 7 8 9 10

What is the **HIGHEST** your self-esteem has ever been? 1 2 3 4 5 6 7 8 9 10

What is the **lowest** your self-esteem has ever been? 1 2 3 4 5 6 7 8 9 10

What did you **notice** when it was **HIGH** compared to when it was **low**? _____

What are **some of** the positive things in your **life** that help you **raise** your self-esteem? For example, maybe you are good at skateboarding, playing an instrument, acting, or doing a sport. List them here _____

Who are the **people** in your **life** that make **you feel good** about yourself? Write down their names. (It could be a friend, parent(s), sibling, teacher, coach, school counselor, etc.) _____

What **do people** say are **your** most **positive qualities**? _____

"The best accessory one can have is confidence" ML King Jr.

