

# FRESHMAN SUMMER EXPERIENCE

Log into Google Classroom (<http://classroom.google.com>). Your username is your student ID ##### and the password is your birthday MM-DD-YYYY.

Add yourself to the "Freshmen Summer Experiences" class. The class code is class code is **vi85ip**.

All readings are excerpts of "The 7 Habits of Highly Effective Teens" by Sean Covey. We have scanned the excerpts and posted them on the google classroom site under the activity.

Have questions? Please e-mail Mrs. Krauss at [rkrauss1357@columbus.k12.oh.us](mailto:rkrauss1357@columbus.k12.oh.us) or Mr. Hamilton at [bhamilton7121@columbus.k12.oh.us](mailto:bhamilton7121@columbus.k12.oh.us).

## Activity 1

### Why Having a Plan is Important

The first summer experience you will have is to explore who you are. All living things need to be nurtured, fed, and given the room to grow. We need to plan our future to be successful. The small readings will help to contextualize the path. The experiences will help you feel strong, independent and successful. Do all of the assignments on this page and WELCOME TO YOUR LIFE.

Recommended finish date is June 15<sup>th</sup>.

Read page 6

Do the following activities

1. Purchase a planner, make a planner on your computer, or set-up your planner on your phone and use it for at least one week.
2. Find a COTA bus schedule and plan a route from your house to Centennial High School (<https://www.cota.com/trip-planner/>).
3. Use Google Maps (<http://maps.google.com>) or MapQuest (<http://www.mapquest.com>) to map a route from your home to Centennial High School.
4. Print a copy of the school calendar (<https://www.ccsok.us/>)

## Activity 2

### Paradigms and Principles

One of the best ways to start your new life as a high school student is to decide who you are. What do you value? How do you live your life? This activity will start you on your journey. Read the excerpts from the 7 Habits book and develop your best self.

Recommended finish date is June 30<sup>th</sup>.

Read p 13-18, image 25, and 28

Choose one of the following activities. Be sure to submit the volunteer form, vision board, motto or song lyric in the project detailed in Activity 3.

- ❑ Volunteer at animal shelter, old age home, day care, YMCA. Make sure to complete Internship Hours form from Google Classroom. You will need 120 internship hours to graduate.
- ❑ Create a vision board for what you want to accomplish in high school ([https://www.huffpost.com/entry/the-scientific-reason-why\\_n\\_6392274](https://www.huffpost.com/entry/the-scientific-reason-why_n_6392274))
- ❑ Write a personal motto and create a sign or art work around it (<https://www.psychologytoday.com/us/blog/changepower/201508/9-reasons-you-need-personal-motto>)
- ❑ Identify a song that represents your values. Explain how the lyrics connect to you

## Activity 3

### Seven Habits of Highly Effective Teens

The book "7 Habits of Highly Effective Teens" by Sean Covey is a wonderful text and we encourage all students to read the whole book. However, we have pulled out an overview of each of the 7 Habits for you to read and explore. The first habit "Be Proactive" ask you to make a plan so let us start there. Have fun on your journey to discover your best self.

Look over entire project and choose **one activity from each category** that you feel that you can be successful accomplished.

Gather concrete proof that you attended, experienced, etc. the listed item. Create a poster or treasure chest of artifacts you gather in your summer journey. Label each artifact by activity and habit. You may take a photo as evidence (print out copy), ticket stub, flyer, program, artwork, signature, card, video, etc. Bring it with you on the first day of school (August 22, 2019). All evidence will be displayed during a party celebrating your achievements.

## Habit 1 - Be Proactive

Reading 34, 45, 49-50, image 55, 71

### Activities

- ❑ Video of you displaying your talent
- ❑ Go to concert, play, performance and write a positive review
- ❑ Visit Centennial High School and introduce yourself to administration and staff - get three signatures or take a picture with staff.
- ❑ Get your physical for school sports.
- ❑ Read summer letter assignment and start to brainstorm ideas

## Habit 2 - Begin with the End in Mind

Reading - 75, 81, samples 81, 82, 90, 91, 104

### Activities

- ❑ Create a mission statement
- ❑ Get OSU application
- ❑ Join a gym. Planet Fitness is offering Teens free membership this summer (<https://planetfitness.com>)
- ❑ Practice a sport daily for a week - pictures
- ❑ Interview a person in your career field
- ❑ Find and complete career inventory / Myers Briggs / etc. (<https://www.16personalities.com/free-personality-test>)
- ❑ Print copy of Ohio high school graduation requirements
- ❑ Go to post office and ask how to address a letter properly.

## Habit 3 - Put First Things First

Reading 107 - 116, 128

### Activity

- ❑ Take a ride on a COTA bus (<https://www.cota.com/trip-planner/>)
- ❑ Go to museum like COSI or the Columbus Museum of Art (<https://cosi.org/>, <https://www.columbusmuseum.org/>)
- ❑ See a movie at the Ohio Theatre (<https://www.capa.com/events-ticketing/capa-summer-movie-series>)
- ❑ Find a food truck and eat there. Take picture and find out their story. (<https://columbuscommons.org/events/food-trucks/>)

## Habit 4 - Think Win/win

Reading 152 - 154, 144, 162

Activity

- ❑ Write thank you notes and deliver them.
- ❑ Go to sporting event
- ❑ Walk in park where can't hear cars (<https://www.metroparks.net/>)
- ❑ Get library card (<https://www.columbuslibrary.org/>)
- ❑ Visit the Main Library and your local branch (<https://www.columbuslibrary.org/>)

## Habit 5 - Seek first to understand, then to be understood

Reading 165 - 167 and 176-178, 180

Activity

- ❑ Talk to your Ohio State Representative, your city Councilman, or your Columbus City Schools' Board Member. (<http://www.ohiohouse.gov/>, <https://www.columbus.gov/>, <https://www.ccsosoh.us/domain/156>)
- ❑ Introduce yourself to a police officer
- ❑ Introduce yourself to your mailman
- ❑ Go to OSU and talk to someone about admissions application
- ❑ Ask parents about their job and their dreams
- ❑ Meet the Superintendent of Columbus City Schools, Dr. Talisa Dixon.

## Habit 6 - Synergize

Reading 183 - 184, 202

Activity

- ❑ Try a new type of cuisine (Chinese, Indian, Mexican, Middle-Eastern, Greek, Somali, Ethiopian, Thai, Vietnamese, etc.)
- ❑ Visit a church, mosque, synagogue of different religions
- ❑ Visit Hocking Hills (<https://www.hockinghills.com/>), Hoover Dam (<https://www.columbus.gov/recreationandparks/parks/Hoover-Reservoir-Park/>), Scioto-Audubon Metro Park (<https://www.metroparks.net/parks-and-trails/scioto-audubon/>)
- ❑ Go to Columbus Zoo and Aquarium (<https://www.columbuszoo.org/>)
- ❑ Go to top of William Oxley Thompson Library (the main OSU library) (<https://library.osu.edu/locations/thompson>)
- ❑ Take a selfie on one of Columbus' local universities (OSU, Ohio Dominican, Capital, Franklin, Otterbein, Columbus College of Art and Design)

## Habit 7 - Sharpen the Saw

Reading 208-209, 218-219, & 241

### Activity

- Do yoga
- Meditate every day for a week and keep a journal
- Talk to someone of a different religion about the differences and similarities.
- Read the news for a week - or listen to news daily podcast
- Attend a local festival or fair
- Watch a sunrise
- Keep a food journal

## Activity 4

### A Freshman Letter to Your Senior Self

After your summer experience you are ready to become a successful high school student. You have made plans for your future and thought about how to get there. You have looked at who you are and what your strengths are. You have developed the ability to give to others the space to feel, the benefit of the doubt and given yourself a chance to grow and embrace new experiences and expand your understandings. Now it is time to jump in and take high school by storm. As a last step before high school take some time to memorialize who you are and how far you have already come. Complete the Freshman letter to Senior self. These will be returned to you when you graduate so you can see how far your journey at Centennial High School has taken you. Please include your letter in a properly addressed envelope with your summer experience project.

In doing this "Freshman Letter to My Senior Self," you do not have to write about each sub-topic, write about what is important to you. This is for you, and it should deal with the elements and aspects that are important and real in your life – the good, the bad, and the ugly! The more honest you are with yourself, the more you will appreciate and value your letter in years to come. This "Freshman Letter to My Senior Self" will not only serve as a documentary of who you are, it will serve as an introduction of yourself to your freshman teachers. We want to get to know the real you.

Write at least one paragraph for each of the following six parts of the "Letter to Self".

**ME, NOW:** my hopes, fears, dreams, intentions, goals, problems, concerns, likes, dislikes, joys, frustrations; what I like about myself; what I don't like about myself; what I'm proud of; what I think about; what bothers me; who I am, etc.

**MY WORLD:** a description of my home, bedroom, school, neighborhood, town; my favorite places to go; chores, allowance, pet(s), possessions, clothes, religion, current events; FAVORITES – books, music groups, movies, TV, etc. Include a map of your room, street, etc.

**WHAT I DO:** my hobbies, pastimes, sports, school activities; what I do when I'm alone; what I do with friends; favorite snacks and foods; chores; how I spend my weekends and vacations; special activities I do, organizations I belong to, etc.

**PEOPLE IN MY LIFE:** my family, siblings, aunts & uncles, grandparents, friends, best friend(s), teachers, the opposite sex, "him" or "her", who I like, people I'd like to know better, people I admire and respect, important people in my life, people who annoy me, etc.

**MY PAST:** where I was born, where I lived, growing up, childhood accidents, childhood memories, schools I attended, previous pets, trips I've taken, important events in my life so far, former friends, former teachers, teams I played on, previous romances, etc.

**MY FUTURE:** predictions of what I accomplished during high school, what I want to do after high school, my long-range intentions, what I'm looking forward to; what I'm dreading; my goals, my hopes and fears for the world; summer vacation, high school, college, marriage, employment, etc.

**MY SUMMER EXPERIENCE:** how I changed as a result; what new things I learned; what I would like to do but haven't yet.

**POSTSCRIPT:** Type the following at the bottom of your letter and sign it underneath:

*PS: "Go tell your favorite high school teacher goodbye and especially go tell Mrs. Krauss, Mrs. Crombie-Stotik, or Mr. Sarossy **thank you for making you write this letter.**" Enclose your letter in an envelope addressed to yourself.*

## Suggested approach to writing:

**Step 1** Brainstorm ideas by making an idea web. Make sure you include specific details to support each idea.

**Step 2** Rough draft. Make sure each paragraph contains one main idea.

**Step 3** Final Draft due 1st day of school:

## Type the final draft of your letter:

12 pt. font double-spaced

Times New Roman

No more than 1" margins

Turn in letter in an envelope addressed to yourself

10 points will be taken off each day late, unless there are extenuating circumstances approved.

Feel free to email either Mrs. Krauss ([rkrauss1357@columbus.k12.oh.us](mailto:rkrauss1357@columbus.k12.oh.us)) or Mr. Hamilton ([bhamilton7121@columbus.k12.oh.us](mailto:bhamilton7121@columbus.k12.oh.us)) if you have questions or concerns: