

Top 20 Teens Summer Homework Schedule

All students must purchase the book **“Top 20 Teens: Discovering the Best Kept Thinking, Learning and Communication Secrets of Successful Teens”** (authors Paul Bernabei, Tom Cody, Mary Cole, Michael Cole, Willow Sweeney) – books can be purchased at The Master Teacher.com: cut and paste the link below: <https://www.masterteacher.com/teens-book-social-emotional-learning?quantity=1>

For every section **bolded below**, responses must be submitted to your teacher via Google classroom by the deadline listed. You will receive 5 points for timeliness and 10 points for content. For each **bolded** section (which is a chapter), students are expected to write a total of 6 sentences of reflection (for 6th grade,) 7 sentences of reflection (for 7th grade,) and 8 sentences of reflection (for 8th grade.) That makes a total of between 24-32 sentences per submission. Students are always welcome to write more than the minimum. Students are also welcome to submit work before the deadline but will be penalized points if the work is submitted after the deadline.

Cornerstones (Chapters 1-3): (Due June 28)

- **The 80/20 Rule**
 - Identify five people who you think are top 20's. What qualities or characteristics do they have that make them a top 20?
 - Choose 3 or more Star Qualities (page 7) that you would like to develop fully in yourself.
 - How will you demonstrate the willingness to work on these Star Qualities? Cite at least 2 specific examples of what this would look like.
- **A New Formula for Success**
 - How would you rate yourself (1-10) on the IQ and EQ scales?
 - In which of the EQ areas do you most want to improve: self smarts? People smarts? School smarts? Tell why.
- **The Frame: See- Feel-Do-Get**
 - Imagine your most challenging class.
 - How do you see it?
 - How do you feel it?
 - How do you act it in this class?
 - What results are you getting in there?
 - Challenge yourself to “see” this situation differently
 - How would this new way of seeing affect your feelings and actions in that class?
 - What different results might you now expect?

Thinking Self Smart (Chapters 4-7): (Due July 19)

- **An Inside Job**
 - Write about an area in your life where you need to take more responsibility.
 - Consider an outside situation over which you have little or no control. What is your current attitude about this situation and how can you change that attitude for the better?
 - What situation in your life are you using blame as a shield? What would happen if you dropped the blame shield and accepted responsibility?
- **Do you see or Are you Blind?**
 - Consider a part of your life in which you are not getting what is important to you. How do you see yourself and other people in this situation?
 - What new perspective might change your paradigm? (eg. how someone else sees it? Looking at it from a different role?)
- **Beliefs: Fact or fiction?**

- o Identify a belief that is not in your Best Interest. How is this false belief holding you back?
- o Rate the strength of that belief on your Conviction Scale and write down your thoughts about how this belief might be affecting your perspective about the situation.
- **Above & Below the Line**
 - o You have the power to live more frequently Above the Line and to visit only briefly Below the Line. Write about:
 - What triggers influence you to move Below the Line?
 - What indicators (reactions or feeling) help you be aware that you are Below the Line?
 - o What can you do to move Above the Line when you are Below the Line? Consider
 - Using Above the Line “trampolines.”
 - Taking responsibility and changing your thoughts.
 - Staying focused on the present, on whatever is in front of you.

Chapters 8-11: (Due August 9)

- **Eliminating Thought Circles**
 - o Bring to mind one of your recent Thought Circles. Was this Thought Circle an “angry” or a “worry” Thought Circle?
 - o Go back to this Thought Circle. Practice using the Parking Lot or Not Now and write how your Thought Circle might be different.
- **The Influence of Messages**
 - o Make a list of false messages that you have received about yourself.
 - o Which false messages have you interpreted as being true? Is it time for you to let go of these burning matches?
 - o Think about peer and media influence in your life.
 - What messages have you been believing, doing, saying, or wearing?
 - Where do these messages have you going?
 - How do these messages have you acting?
- **Learning from our Mistakes**
 - o Be aware of your current response to mistakes. Do any of the following describe your response? Explain how.
 - Denying
 - Blaming
 - Dwelling on
 - o Whenever you make a mistake in the next few weeks, own it and write about the lesson you have learned.
- **Growing through Risk**
 - o Identify something positive you strongly desire that requires you to step outside your comfort zone.
 - Which of the seven factors (p. 78 in the cartoon bubbles) holds you back from going outside your Comfort Zone?
 - Share ways you think you can step outside your comfort zone?
 - o Consider reckless risks
 - Which reckless risks are starting to appear in your world?
 - What tempts you to take these reckless risks?
 - What is your plan for dealing with these risks?

Feel free to continue to read your Top 20 Teens book as we will continue with the lessons when we get back to school in August! ☺