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***When students log in, they go to the first page (Profile). They should start here. Fill in required fields. When they are done with the page, students should hit 'Next' - that saves their work.**

***On second page – (Post-secondary options) – Students choose post-secondary options that might be of interest. Then hit 'Next' to save their work.**

***Third page - Students fill out the three survey questions (Survey page). Students need to hit 'Next' button on each page to save their work.**

Winter-Spring Survey Questions

1. Write a few paragraphs to explain what you plan to do after high school.
2. What classes and activities are most aligned with your goals?
3. Describe how you earn and spend money. Explain how you plan to gain financial independence from your family.

***On last page – (Contact Info) - Students can make sure that they have everything filled out correctly – Then hit "Next" to save and complete.**

One of the great things about Student Paths, is it is a flexible program, used by schools in the way that fits them best. When students are done with the most recent assessment/survey, most schools pick 1-3 articles they want to go through and then take ideas from the lessons we provide, or have students discuss articles in class, etc. It's really up to each school on exactly how much you do & what you choose to cover.

Give Your Attitude A Positive Charge

By Andrea Nies on May 24, 2013



It may seem like being happy is always just around the corner. It's easy to think about things you'd like to change or have more of. Focusing instead on the positive aspects of life and celebrating your successes is a healthier alternative. Recognizing that life naturally has

ups and downs and being willing to push through hard times will make all the difference.

Here's the good news: Simply having a positive attitude can help you feel good and achieve more. You've heard the popular saying: Life is 10% what happens to you and 90% how you deal with it. This has proven true for many very successful people. Here's a lesson from people who have faced roadblocks and have not given up.

They tried, and tried, and tried again

J. K. Rowling, author of the Harry Potter books, was one step from being homeless and was jobless before she followed her dream of becoming a writer. The manuscript of the first Harry Potter novel was rejected by 12 publishers. Persistence paid off, though, and her books are now popular around the world.

Basketball great Michael Jordan didn't make his school's varsity team as a sophomore in North Carolina. He practiced morning and night year-round to develop his skills, and is now generally considered the most successful basketball player of all time. It is easy to wish we could have done more, but it's important to realize that perception is personal. You get to choose what is good enough. "When we also choose to see things that are positive and not just negative we get a much more comprehensive picture of what is actually realistic," states Shona Vas, director of the Cognitive-Behavior Therapy Program at the University of Chicago.

A shot of positivity

If you are having a down day and need to inject some positivity, take Vas' advice and choose one of these activities:

1. Write down the things that are going well in your life. In a recent study, a group of adults wrote down three things that had gone well each day and why, for a week. Participants reported happier feelings for six months afterwards.
2. Determine five of your top strengths. Challenge yourself to use one of these each day for a week. A similar study by Martin Seligman, Ph.D., tracked people who did this, and volunteers also reported increased happiness for six months' time.

It is possible to be more optimistic. Research suggests that even pretending you are happier can make you feel better.

Start the spiral of success

If you do not feel very optimistic, think about how things could gain momentum and positively affect your next move. For example: You adopt a positive attitude toward studying rather than feeling like it's torture; over time, hard work pays off and leads to success on a test; you receive positive feedback from a teacher or parent, which inspires a desire to work hard again in the future, and so on. Adopting a certain attitude can foster a spiral of success.

Not convinced? Being happy with what you have does not mean ignoring your goals or desires to achieve great things. It simply means focusing on what is good about today. Studies show that optimists (not perfectionists) do better in school, sports and relationships than pessimists do. They also make more money.

Give yourself a break and recognize your achievements. Use your talents and feel good about them. Don't worry too much about small setbacks, and realize that even the most successful people have dealt with hardships in life.

Positive Attitudes Create Positive Experiences

By Macaela Bennett on September 02, 2013

It is no secret. Most students do not thoroughly enjoy attending school and revel in the excitement of snow days and summer breaks. I am not attempting to convince you that school is as fun as going to Six Flags in July, but as a soon-to-be high school graduate, I am going to share some wisdom that made my high school experience more enjoyable.

Expect Happiness

I learned one of the most important life lessons the summer before my sophomore year. I was a counselor at a summer camp and it was "Fight Night." This was the most intense game night with a rope ring, battle music and warrior paint. I had a massive headache, I was exhausted from carrying lumber for two hours and I had the worst attitude. I remember walking down the hill that led from my cabin to the fight ring to meet my campers and thinking to myself, "Just act excited and it will all be fine." As I walked closer, there was mud flying out of the ring, rotten eggs being thrown and battle cries from the boys' cabins. Within five minutes, I found myself having one of the most fun experiences of my life.

Attitude is Everything

Reflecting on that night, I realized that my attitude was the determining factor in whether or not I had fun. When I was convinced that I was going to be miserable, I was. But when I told myself to set aside my problems and put on a happy face, I had an incredible time.

While school is not the best comparison to "Fight Night," I know that my attitude largely determined my high school experience.

Enjoy High School

Find the funny and favorable aspects of every high school experience. It is astounding how your attitude completely determines your day. Try going to soccer practice without dreading

the sprints at the end and just being excited to become a better player; I guarantee you will enjoy it more.

Life is made of many stages. Every one of them will have enjoyable and miserable moments, but all you can do is see how every experience and person can impact and transform you into a better person.

Learn from Mistakes

Another important aspect of attitude is how I allowed tough circumstances affect me. High school can be extremely fun, but it can also quickly take a turn for the worse. The reality is that everyone endures at least one terrible high school experience. It is inevitable when you have hormonal teenagers crammed together into one building for long periods of time.

Don't allow the bad experiences dictate your high school career.

"Hindsight is 20/20." Looking back on all of the "bad" things I have endured over the past four years, I can now see how each one played a part in transforming me into who I am today. My difficult experiences have made me a determined, motivated and optimistic person. These are qualities that have given me more job, college and scholarship opportunities than I could have ever imagined. I am thankful for every obstacle God has thrown my way because I became a better person as a result.

NAME _____ **ADVISORY** _____

Part A -- Are you an optimist or pessimist?

Read the article, Give Your Attitude a Positive Charge, and answer the following questions:

1. Explain why you agree or disagree with this statement, "Life is 10% what happens to you and 90% how you deal with it."
2. List 5 points that the author argues in this article. Do you agree with each point? Why or why not?
3. What is one point that must be true?
4. What is one point that would be hard to prove to be true?
5. What are the differences between an optimist and pessimist?
6. "Life is 10% what happens to you and 90% how you deal with it" reminds us of the importance of attitude. There may be no way to know if it is true, but it helps us deal with situations in life. Write a few other phrases that could help you approach life with the right attitude.

Part B -- How do you boost your attitude?

1. Write down 5 positive things that happened this week.
2. What are a few ways many of us could make more positive things happen in life?
3. List a few people you would like to thank for their positive support over the years. Brainstorm a few ways you could thank them for their support.