

# Pathway Pre-Writing Plan

November 16, 2018



## Individual Career and Academic Plan Connection:

Student to Post Secondary; Transitioning beyond high school  
Student to Self; Social and emotional well being  
Student to Community; Behavior that connects us to our community  
Student to School; Academics and school community

**Essential Question: What connections do I have that I am grateful for?**

### Sub Question(s):

**Who and what am I grateful for?**

**How can a practice of gratitude impact my life?**

**What connections give me strength?**

**Outcomes:** *Students will be able to...*

- 1) *Understand how practicing gratitude can impact their life.*
- 2) *Identify a Source of Strength in their life.*
- 3) *Express gratitude to a Source of Strength in their life.*
- 4) *Reflect on the connections that they have made with others and with their learning.*

**Products:** Career Cruising Journal Entry, Sources of Strength Thank You Card

9:05-10:20am	Introduce the idea of gratitude and the value of connections.	Location: Students will stay in 2nd period classrooms with 2nd period teachers.
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1. The Pathway Time video links are also available on the PHS website under Counseling → Career Cruising → Pathway Time 11/16/2018
2. Explain to students that today we are going to be talking about gratitude and the value of connections. (<1 minute)
3. Show students Brian Doyle's 365 Days of Thank You at this link: <https://goo.gl/Wqh5B2> (9 minutes)
4. Have students log into career cruising and find the "My Journal" Page:
  - a. Go to PHS Website → Click Quick Links → Click CareerCruising → Click (Student Name) → Click My Journal.
  - b. Click "Add New Entry"
  - c. Title Entry - PHS Gratitude Project
  - d. Answer this prompt (please write the prompt on the board for students):
    - i. **Describe** a time when you thanked someone or they thanked you. What happened? How did it make you feel?

- ii. If students are having a hard time answering this prompt, please encourage them to think of someone they would like to thank and what for and write about this.
  - iii. Entries should be at least 3-5 sentences long. Encourage students to describe their experiences similarly to how Brian did. (10 Minutes)
5. Show students An Experiment in Gratitude: The Science of Happiness at this link: <https://goo.gl/9tuuhT> (8 minutes)
  6. Show students the PHS Gratitude Project Video at this link: <https://www.youtube.com/watch?v=1xTDewwhQRo&feature=youtu.be> (6 minutes)
  7. When the video has finished, pass out Sources of Strength postcards.
    - a. *Please think of an adult who is a Source of Strength for you as you are going to write a postcard to them. This can be a coach, a teacher, a mentor, a parent or family member, or another adult in your world. Take some time to write a message of gratitude to them telling them why they are a source of strength for you or what you are grateful for.*
    - b. Encourage students to give the card to the adult. If it is a Poudre staff member and they would like to have the card delivered to them, they can drop it off in the Counseling Office. If they would like additional cards, they are also available in the Counseling Office and they are welcome to get additional cards to share with others or with friends. (15 minutes)
  8. Students will finish by taking the PSD Connections survey. The survey will be in their email. (20 minutes) **HERE ARE SOME IMPORTANT DETAILS REGARDING THE SURVEY:**
    - a. All staff need to do to deliver this survey is have students open up their PSD email accounts, identify and open the Connections Survey email, and click the “Begin Survey” link. The first question asks which language a student prefers to take the survey in (English, Spanish, Mandarin).
    - b. The subject line of the student email is “**PSD Student Connections Survey 2018/19**”
    - c. The email address of the sender is: DoNotReply-Surveys@psdschools.org
    - d. Check the “junk” email folder with a student if they cannot locate the Connections Survey invitation email.
    - e. Remember that this is a voluntary survey, **ANY STUDENT THAT INDICATES THEY DO NOT WISH TO PARTICIPATE MUST HAVE THAT DECISION HONORED** by our staff.

## Academic Time Dismissal:

9:05 - Class Begins

10:20 - Class ends

\*If the lesson doesn't take the whole Pathway period:

### **Students MAY quietly:**

1. Read
2. Journal
3. Work on homework

### **Students MAY NOT:**

1. Leave for another classroom/teacher
2. Go to the Media Center
3. Be dismissed early

## Points for the Day

- Weekly Impala points (participation in group activity, academic time): 10 points

## Online Lesson Access

Web address to find lessons and link to Career Cruising: PHS Webpage, Counseling, Career Cruising

## Logging in to Career Cruising for Students:

1. PHS Webpage
  2. Quick links, select career cruising
  3. Students will be prompted to log in with their PSD Google credentials
  4. Then their PHS email and password.
- If they are already logged in to their PSD Google account it will take them directly to their email/password log in.
  - If students are having difficulty; make sure they are not logged in to a personal Google account/drive.
  - If there are network difficulties, have them set goals & create a journal entry on their laptop that can be uploaded later to Career Cruising.