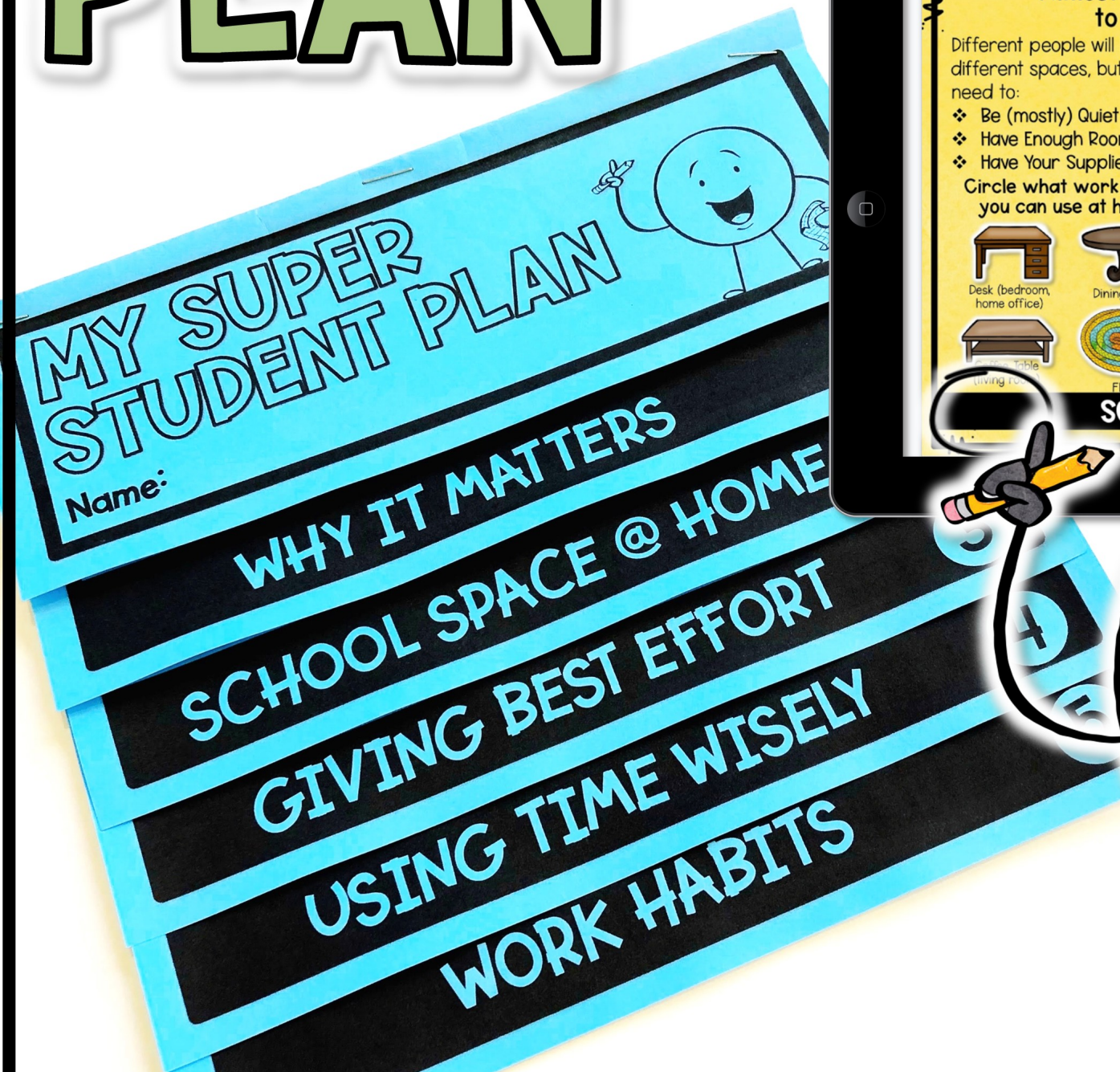


SUPER STUDENT PLAN



**No Cut Counseling Flipbook PLUS
Google Slides™ for Distance Learning**

Do you need this in a digital format?

It is also on Google Slides TM!



You can do this “live” with students – video chatting with them and screen sharing. Or, you can “assign” it to them to work on independently or with their parent. It includes some drag and drop as well as some typing into text boxes.

What is a job or career you are interested in having one day?

How is READING or MATH (circle one) important in that job?

Why would it be important to try your best at that job? What would happen if you work hard at it?

Think about a time you remember being a hard worker or trying your best on something at school. Write about it and share how you felt.



WHY IT MATTERS

1

SCHOOL SPACE @ HOME

2

GIVING BEST EFFORT

3

USING TIME WISELY

4

WORK HABITS

5

Almost every student needs a place to do schoolwork at home.



What type or types of schoolwork do you need to do at home?

Different people will have different spaces, but they all need to:

- ☐ Be (mostly) Quiet
- ☐ Have Enough Room to Work
- ☐ Have Your Supplies

Who can you ask for help when you're doing schoolwork at home?



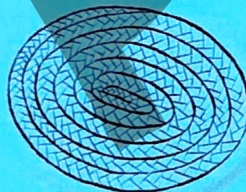
Circle or color what work space you can use at home.



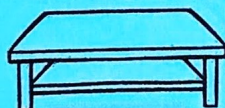
Desk (bedroom, home office)



Dining Table



Floor



Coffee Table (living room)

Draw three things you need in your workplace.

SCHOOL SPACE @ HOME

2

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There's a difference between just sitting in class
or doing your work as fast as you can and
actually **GIVING YOUR BEST EFFORT**.



Look at these parts of giving best effort. Give yourself a score for each.

0 = NEVER

1 = SOMETIMES

2 = USUALLY

3 = ALWAYS

- | | |
|--|--|
| ___ Listen to and read the directions. | ___ Work the WHOLE time. |
| ___ Follow all directions. | ___ Not too fast, not too slow. |
| ___ Complete sentences, correct capitalization, and punctuation. | ___ Ask questions if you need help. |
| ___ Show your work. | ___ Check your answers before turning in work. |
| ___ Be helpful in partner or groupwork. | ___ Answer questions in class. |

It is easy for me to give my best effort when...

If I gave more effort on my schoolwork, then...

It is hard for me to give my best effort when...

I know I have given my best effort if...

GIVING BEST EFFORT

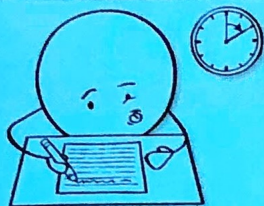
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USING TIME WISELY

4

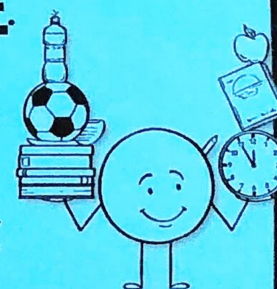
WORK HABITS

5



One of the things that makes a HUGE difference in whether or not someone is a super student is how they choose to **SPEND THEIR TIME.**

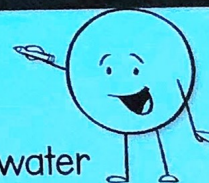
- Some people focus on doing what is FUN
- Some people focus on doing what is EASY
- Some people focus on DOING THEIR BEST WORK



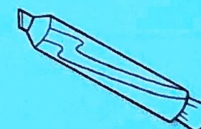
How do you think you spend your school time? Why?



Mark each thing on the list below as G for "good use of time" or B for "Bad Use of Time" or D for "depends".



- | | |
|--|--|
| <input type="checkbox"/> Talking with a friend | <input type="checkbox"/> Getting a drink of water |
| <input type="checkbox"/> Reading the directions | <input type="checkbox"/> Doing the work as best as you can |
| <input type="checkbox"/> Asking for help | <input type="checkbox"/> Going to the bathroom |
| <input type="checkbox"/> Playing with your pencil | <input type="checkbox"/> Sitting and doing nothing |
| <input type="checkbox"/> Checking your work | <input type="checkbox"/> Thinking about the directions or how to do the work |
| <input type="checkbox"/> Thinking about a toy, video game, or something else fun | <input type="checkbox"/> Drawing a picture |
| <input type="checkbox"/> Walking around | <input type="checkbox"/> Helping a friend |
| <input type="checkbox"/> Doing the fast as best as you can | |



Now, think about how YOU spend time. Cross off the things you need to do LESS of and highlight the things you need to do MORE of.

USING TIME WISELY

4

WORK HABITS

5

HABITS are things that we do without having to think too much about them. There are **GOOD HABITS** and **NOT-SO-GOOD HABITS**. You've already worked on having a good home work space, giving your best effort, and using your time wisely. Those are all good work habits!

Read the scenarios below and decide if they are good or not-so-good habits. Circle or highlight the good ones. Cross off the not-so-good.

Leo has folders but he doesn't really use them. He just shoves papers wherever he can quickly. Leo also doesn't say much in class. He tries to pretend he's invisible.

Anna Maria is very talkative. She spends a lot of class time chatting with her friends. Anna Maria also loves finding pencils or other things to play with during class.

George tries to stay focused during class even when there are distractions. He also does his work the day the teacher assigns it so he doesn't forget.



Read the good work habits and definitions below. Draw lines or arrows to match them up correctly.



BE ORGANIZED

ASK FOR HELP

PARTICIPATE

FIND AND FIX MISTAKES

DO YOUR HOMEWORK

TAKE SHORT BREAKS

You learn more and don't make the same errors again.

You get more practice and don't get zeroes on those assignments.

You understand better and don't stay stuck or confused.

Your brain gets a chance to chill out if it's getting frustrated or frazzled.

Things don't get lost and you can find things faster.

Your teacher knows what you know and that you're paying attention.

Which work habit are you already doing?

Which work habit do you need to focus more on?

PERSEVERANCE is an important part of being a super student. It means that you keep going, keep working, even if you don't really *want* to.



One trick for helping yourself to persevere is self-talk: to talk to yourself in your brain and think helpful thoughts that keep you going!

Read each of the thoughts below, then finish the sentences to make them more helpful.

It's too hard.

It's okay if it's hard because...

This is boring.

It's okay if it's boring because...

Who cares?

I care about learning and doing my best because...

I want to play instead.

I want to play right now but...

PERSEVERANCE

6

Hey y'all! I'm Sara. I create resources for elementary students, counselors, and teachers that improve social emotional learning and school culture. My focus is making things that are *effective* and *engaging* for diverse learners and that utilize wording and scenarios accessible to ALL populations.



Education

B.A. from Michigan State University
Psychology and Anthropology

M.S. from Vanderbilt University
Community, Research, and Action

M.Ed. From Vanderbilt University
Human Development Counseling:
School Counseling and
Clinical Mental Health

Experience

I started my post-grad career as a school-based therapist before becoming an elementary school counselor. Social and emotional learning in youth is my passion, whether through large group prevention, individual intervention, or parent and teacher education! I have been an elementary school counselor since 2012, providing a comprehensive school counseling program to a diverse population.

Let's Connect:

