



The Scholar Athlete
MENTORING SPIRIT, MIND, BODY

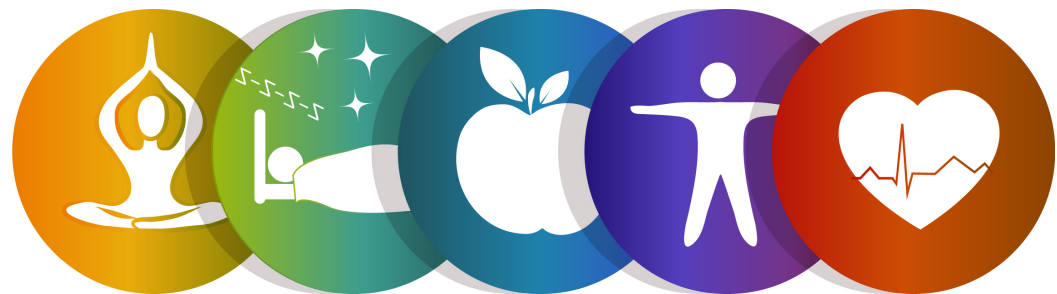


College Careers Preparation

Structured Study Hall

My Personal Education Plan for Success

Scholar Athlete Name:



I AM A JOURNEY HOUSE SCHOLAR ATHLETE! ONE DREAM, ONE TEAM!

Last Name:		First Name:	Middle Initial:
Street Address:		State:	Zip Code:
Phone Number:		Preferred Email Account:	GMAIL Account:
Current School:		Current Grade:	
Date of Birth:	Age:	Favorite things to do in your free time:	
JH Sport/Program:		Favorite School Subject(s):	
JH Team Name:			
Age Division:			
Coach/Mentor:		Favorite Book(s):	
Name of Person to call in an Emergency:		Phone Number:	
Medications or Allergies:			
Is there any more information you would like to share?			
I give my consent to Journey House to have my picture taken in any program activities, to be used for education and public relations purposes. Yes ___ No ___			
Scholar Athlete Signature:			Date:
Parent Signature:			Date:

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Project	Assignment / Task	Coach Initials & Completion Date	YES Points	Assignment / Task	Coach Initials & Completion Date
Project 1	Orientation (p. 14)		YES! 1	Button Proof	
Project 2	Memory Name Game		YES! 2	Be 100%	
Project 3	Victory Breath		YES! 3	Chicago Cubs Meditation	
Project 4	Comfort Zone		YES! 4	LeBron James Straw Breath	
Project 5	Create GMAIL Account		YES! 5	Objects vs Senses	
Project 6	Writing: Goals, Tips & Business Letter to Self (p. 12)		YES! 6	Human Values	
Project 7	Review Printing A to Z Review Writing A to Z		YES! 7	Neuroplasticity Sentis	
Project 8	Journaling, 2 minutes at the beginning of each study hall		YES! 8	Growth Mindset Motivation & Famous Failures	
Project 9	Power Breath		YES! 9	Steve Jobs on Failure	
Project 10	Who Are You?		YES! 10	7 Layers of Existence	
Project 11	Writing: Name Story (p. 13)		YES! 11	Partner Tag	
Project 12	Expansion Breath		YES! 12	Gratitude-Complain-Responsibility	
Project 13	7-Up Game		YES! 13	Four Sources of Energy	
Project 14	Importance of Awareness		YES! 14	Commitment Process	
Project 15	Writing: Jump Street Odyssey (p. 13)		YES! 15	Math of the Mind	
Project 16	Straw Breath		YES! 16	Problem vs Adventure Land	
Project 17	Writing: Cultural Knapsack (p. 13)		YES! 17	Trust Process	
Project 18	Candle Breath		YES! 18	Praise Process	
Project 19	Research Sports Hero		YES! 19	Life Story	
Project 20	Writing: Sports Hero (p. 13)		YES! 20	YES! Workshop Completion	
Project 21	Focus Breath		CBI - Milwaukee	Community Building Workshop	
Project 22	Presentation, Sports Hero				

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Project	Assignment / Task	Coach's Initials & Completion Date
Project 23	Dream Board Research through Magazines	
Project 24	Dream Board should include: 1) Your name (in cut out letters) 2) The Words "Dream, Team, and Journey" (in cut-out letters) 3) Positive Words 4) Home, Transportation, Clothes, Food, Sports, Things you like to do 5) High School / College 6) First Job and Dream Job Create Dream Vision Board (Poster, Magazine Clippings, Scissors, and Glue)	
Project 25	Presentation, Dream Board	
Project 26	Wisconsin Fun Facts	
Project 27	Who's Who Power Point (Local & National)	
Project 28	National Fun Facts	
Project 29	Team Building Challenge #1	
Project 30	Team Building Challenge #2	
Project 31	Team Building Challenge #3	
Project 32	Team Building Challenge #4	
Project 33	Team Building Challenge #5	
Project 34	Team Building Challenge #6	
Project 35	Vocabulary Building 2 words each session	
Project 36	Research Current Events	
Project 37	Writing: Select Current Event (Print, Read, & Save Online Article) and Write Analysis & Reflection	
Project 38	Presentation, Current Event	

Financial Projects	Financial Literacy Assignment / Task	Coach's Initials & Completion Date
Project 1	Financial Education: Money Smart for Young Adults (Ages 13 & Over) https://moneysmartcbi.fdic.gov/login/login.php You must score 80% or higher on each module. Upon successful completion, please print your certificate and place in your folder.	
Project 2	Bank on It	
Project 3	Check it Out	
Project 4	Money Matters	
Project 5	Setting Financial Goals	
Project 6	Borrowing Basics	
Project 7	Paying for College and Cars	
Project 8	Charge it Right	
Project 9	A Roof Over Your Head	

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Book	Title	Author	Summary
Book #1			
Book #2			
Book #3			
Book #4			
Book #5			
Book #6			
Book Reports	DRAFT #1 DATE SUBMITTED	DRAFT #2 DATE SUBMITTED	Coach's Initials & Completion Date
Book Report #1			
Book Report #2			
Book Report #3			
Book Report #4			
Book Report #5			
Book Report #6			
Oral Presentation			

Supplemental Learning Activities / Events	Coach's Initials & Completion Date
www.learntyping.org	
www.typingtest.com	
www.khanacademy.org	
www.funbrain.com	
www.vocabulary.com	
Social Studies Readings	
Science Readings	
Math Activities	
Health, Personal Hygiene	
Health, Dental & Skin Care	
Health, Nutrition	
Health, Grocery Shopping	
Health, Safety & Violence Prevention	
Health, Stress Management	
Health, Healthy Relationships	
Health, Benefits of Physical Activity	
Health, Importance of Meditation	
Earth Day, April 22, 2017	
Gala & Auction, May 6, 2017	
Gardening, June – September 2017	
Halloween Spook-Tacular, October 27, 2017	
Thanksgiving, November 21, 2017	
Winter Wonderland Celebration, December 2017	

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College & Careers Projects	College & Careers Assignment / Task	Coach's Initials & Completion Date
Project 1	College Research (Public vs Private)	
	Research your top 5 Colleges. Majors/minors List city/state List pros/cons List prices of each school	
Project 2	Presentation, College	
Project 3	College Scholarships vs Grants	
Project 4	Research Scholarships	
Project 5	College Personal Essay	
Project 6	College Campus Tour #1	
Project 7	College Campus Tour #2	
Project 8	College Campus Tour #3	
Project 9	College Campus Tour #4	
Project 10	College Campus Tour #5	
Project 11	College Campus Tour #5	
Project 12	FAFSA Application	
Project 13	Dream Job Research	
Project 14	Career Exploration	
Project 15	Employability Skills	
Project 16	Resume Workshop	
Project 17	Career Visit #1	
Project 18	Career Visit #2	
Project 19	Career Visit #3	
Project 20	Career Visit #4	

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Supplemental Curriculum Enhancement	Coach's Initials & Completion Date
Reading Skills, Facts vs Opinions	
Reading Skills, Generalizations	
Reading Skills, Skimming & Scanning	
Reading Skills, Author's Purpose	
English, Nouns	
English, Verbs	
English, Tenses	
English, Simple Subjects / Simple Predicates	
English, Subject Verb Agreement	
English, Personal Pronouns	
English, Appositives	
English, Adjectives	
English, Adverbs	
English, Prepositions	
English, Identifying sentence parts	
English, Direct / Indirect Objects	
Social Studies, Discovering our Past	
Social Studies, Economics	
Social Studies, World Geography / Culture	
Social Studies, US History	
Social Studies, Psychology / Sociology	
Science, The Solar System	
Science, The Earth's Atmosphere	
Science, Maps	
Science, Rocks & Minerals	
Science, Plate Tectonics	
Science, Weather	

WHOLE NUMBERS	Workbook	Assigned Pages/Notes	Coach's Initials & Completions Date
Addition			
Subtraction			
Multiplication (Memorize)			
Division			
FRACTIONS			
Understanding Fractions			
Reducing Fractions			
Changing Fractions			
Addition			
Subtraction – Borrowing			
Multiplication			
Division			
Fractions Review			
DECIMALS			
Understanding Decimals			
Reading/Writing Decimals			
Changing Decimals			
Comparing Decimals			
Adding Decimals			
Subtracting Decimals			
Multiplying Decimals			
Dividing Decimals			
Decimals Review			

PERCENTS	Workbook	Assigned Pages/Notes	Coach's Initials & Completions Date
Understanding Percents			
Changing Percents			
Finding Percents			
Finding a Number			
Percent's Review			
RATIOS			
ALGEBRA			
GEOMETRY			
Perimeter			
Area			
Volume			
Circumference Circle			
MEASUREMENTS			



Writing Activities Details and Templates

Each writing activity should be written as a separate document, typed, saved in GOOGLE DOCS, and printed for your portfolio folder. Remember to tell us your story. **Good writers are amazing STORY TELLERS.** Write using thick, rich descriptions to paint a picture with your words for your readers to understand and see. Do not move on to the next writing assignment until you receive approval from your Structured Study Hall Coach, who will give you guidance on how to improve your writing and story-telling skills in the following assignment. Drafts will be re-written until the writing assignment is at an “A” level. *Dig deep, reflect, brainstorm, organize your creative ideas, and tell the story within you!*

Writing Tips:

1. Be a Story Teller!
2. Shorter sentences make stronger writing. Avoid conjunctions (and, because, etc.). When you see yourself using “and” & “because,” stop and think if it would make better sense to create two separate sentences.
3. Use present tense verbs.
4. Avoid pronouns (it, he, she, they, we). Instead of a pronoun, name it! Be specific!
5. Use commas appropriately (series, separating a compound sentence, introductory phrase).
6. Place introductory phrases at the beginning of the sentence. (Introductory words include: Since, When, If, Before, During, etc)
Example: When you use an introductory word, place it at the beginning of the sentence.

(1) Letter to Myself Template (Business Style Letter – Align to Left Margin)

Date

First and Last Name
Home Address
City, State, Zip

Dear [Your Name]:

Introductory Paragraph – describe how you feel today
Paragraph 2: Goal 1 to accomplish in the next 6 months
Paragraph 3: Goal 2 to accomplish one year from today
Paragraph 4: Goal 3 to accomplish two years from today

Sincerely,
[Leave space blank for your signature]
First and Last Name

(2) NAME STORY

[Format: Double-Spaced, 12 Point Font, Indented Paragraphs, Title Centered, Name & Date Top Left Corner]

We all have a unique connection to our names – some of us have a love or hate relationship with our names, while others may feel that our names signify a special family tie. This activity asks you to explore this connection by reflecting on your own name. With this in mind, write a brief story about your name. Remember, it's your story. Feel free to focus on your full name, middle name, last name, and/or nickname. Feel free to research your name online as well.

(3) JUMP STREET ODYSSEY

[Format: Double-Spaced, 12 Point Font, Indented Paragraphs, Title Centered, Name & Date Top Left Corner]

Compose brief responses to the following questions:

- Where were you born?
 - What language(s) or dialects is (are) spoken in your home?
 - Please describe your favorite neighborhood.
 - Where do you attend school? Describe your classmates.
 - Describe your teacher. Do you perceive your teachers to be similar or different from you and your family? In what ways are they similar? In what ways are they different?
 - Describe the first time you interacted with someone different from yourself and provide details.
 - Aha! Moment: Describe the first time you felt different from everyone else. Describe the situation & provide details.
-

(4) WHAT'S INSIDE YOUR CULTURAL KNAPSACK?

[Format: Double-Spaced, 12 Point Font, Indented Paragraphs, Title Centered, Name & Date Top Left Corner]

People experience their social environment through their culture. Culture is transmitted from generation to generation. Unpack your cultural knapsack. Please describe and provide details about what you celebrate in your culture – such as favorite traditions, recipes, celebrations, and holidays.

(5) MY SPORTS HERO

[Format: Double-Spaced, 12 Point Font, Indented Paragraphs, Title Centered, Name & Date Top Left Corner]

Write (type) a short essay about a man or woman you admire who has excelled in a sport. Make sure to give details about why you admire this person. What inspires you about this person? What did you learn from your sports hero?

Welcome to College Careers Preparation Structured Study Hall!

Expectations & Overview:

1. Welcome and Introductions (Memory Name Game)
2. Goals of College Career Preparation Structured Study Hall
 - a. **Structured Study Hall is a rigorous college prep program to prepare you for college and/or career.** *This is not homework help.* We are also teaching you how to manage your time. Time management is an extremely important skill. You need to learn how to manage your time to complete homework assignments prior to or after study hall.
 - b. This is a college career preparation structured study hall designed to offer the following: keyboarding skills, financial literacy, reading, presentation skills, writing intensive, vocabulary building, general studies enhancement, health & wellness, Wisconsin & National facts, college campus field trips, career exploration, life skills, effective listening, team building challenges, Youth Empowerment Seminar (YES!) human values process points, and Community Building.
 - c. This is writing and reading intensive. Anything written will be typed, saved, printed, and turned in to a Coach for editing and grading. You will correct any edits and turn it in again for a final grading. Your goal is to turn in "A" level work or you will continue to correct edits until it is. All writing creations will be completed in Google docs.
 - d. Always bring a book to read to study hall. There may be days where we start with 5 minutes of silent reading. Also, if there is ever down time, you should open your book and read.
 - e. Academics is a priority in school. In order to be on any Journey House Athletics team, you are required to be successful in school and out of school. The College Career Preparation Structured Study Hall is a great way to enhance your general studies and life-skills, both on and off the court or field.
 - f. Study Hall is mandatory in order to participate on any Journey House Athletics team. If you choose to skip study hall, please do not show up for practice. You will not be allowed to practice/play. It is not one or the other.
 - g. Study Hall is serious. We are preparing you for secondary education, workforce, technical schools, college/university or the armed forces. Please be on-time and ready to work. Be 100%!
 - h. Coaches will not tolerate any misbehavior, derogatory terms, cursing, bad attitudes, or disrespecting others. We are grooming you to become responsible, prepared and successful Scholar Athlete.
3. **Orientation:**
 - a. At Orientation all new Scholar Athletes receive the following: folder, Personal Education Plan (PEP) plan, and spiral notebook. *Please bring a pen and/or pencil to class.*
 - b. Please complete the 2nd page on Day 1/Orientation. Legibly print your home address, city, state, zip code, phone number, emergency contact & phone number, correct spelling of your first, middle, and last name.
 - c. Introduction to Victory Breath and Power Breath to increase focus, energy, and awareness.
 - d. Comfort Zone Activity
 - e. If you do not already have one, create GMAIL account for saving documents in GOOGLE Docs. Scholar Athletes will work in Google Docs to create and complete all writing and presentation projects.