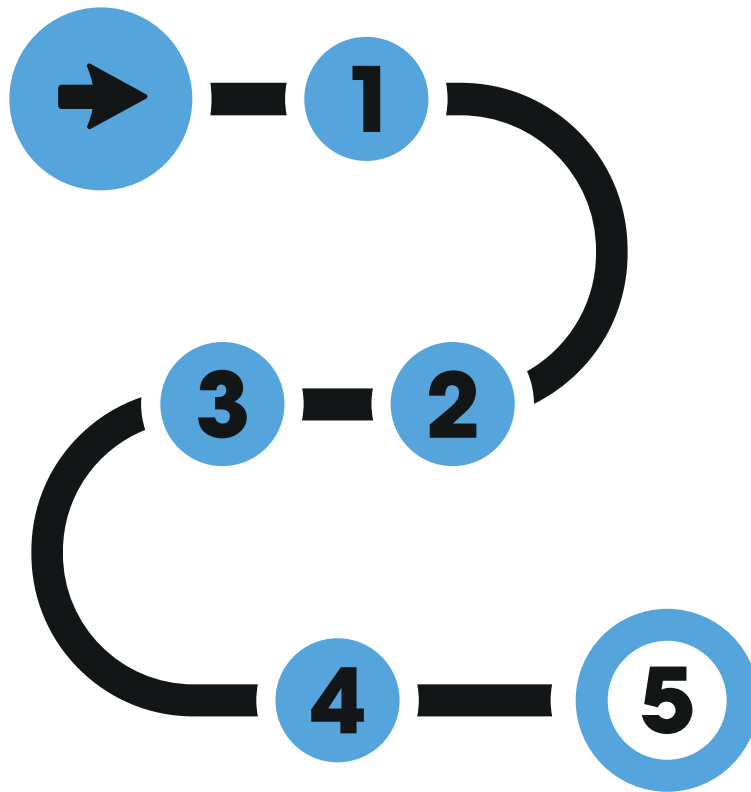


PLANNING FOR WEEKS 1-20

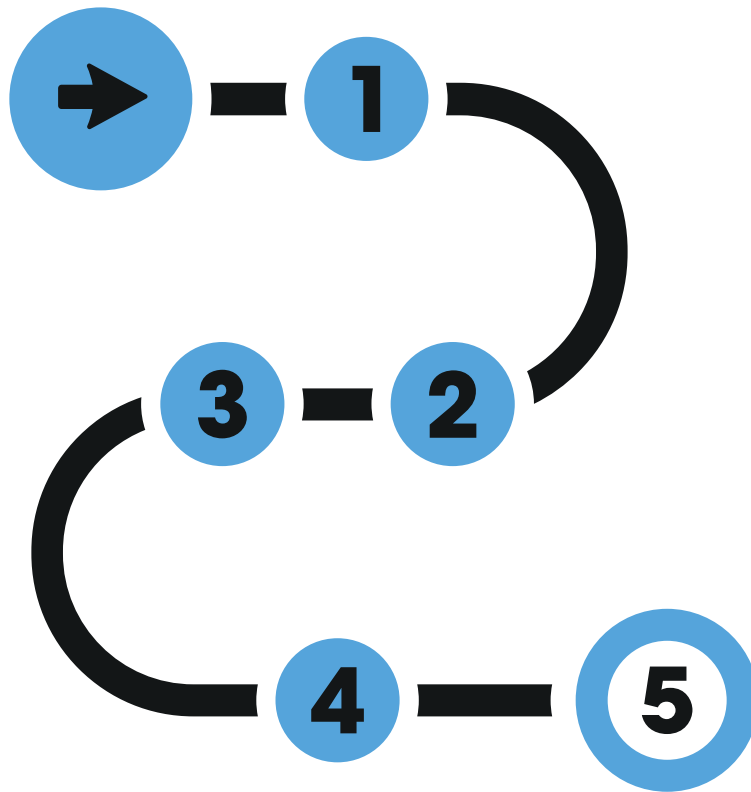
This guidebook is for educators and adult mentors working with student leaders. Each page will provide general guidance on how the Student Leadership Program is designed with tips for effective implementation.



School Year: _____

PLANNING FOR WEEKS 1-5

This guidebook is for educators and adult mentors working with student leaders. Each page will provide general guidance on how the Student Leadership Program is designed with tips for effective implementation.



School Year: _____



PROGRAM OVERVIEW

Welcome to the Believe In You Student Leadership Program! You and your students are about to embark on a 20-week leadership journey that will provide experiential learning that is real, relevant, and rewarding.

The 20-week schedule is broken into four 5-week quarters. Each quarter covers 1 of the 4 components of the *Plan, Do, Study, Grow Leadership Cycle*. This first 5-week road map covers the Plan component of the PDSG Cycle.

In addition to a student Leadership Cycle Guide, students will also use Emotions Education Journals. The table below provides you with an at-a-glance view of the weeks ahead.

PDSG	LEADERSHIP	EMOTIONS EDUCATION
PLAN	Activate a Team	Core Emotions
	Set a Team Goal	Open Journal: Core Emotions
	Define Key Results	Your Authentic Self
	Create an Action Map	OPEN Journal: Authentic Self
	Assign Responsibilities	Energy for Positive Action

Emotions Education adapted from Emotions Education 101™
 Hilary Jacobs Hendel LCSW and Heather Sanford LCSW, MPA

For more information visit:
www.hilaryjacobshendel.com

ACADEMIC LANGUAGE



Academic language is the foundation of student learning. Although there are many definitions of the term Academic Language, for our purposes it is the vocabulary that students must learn, understand, and be able to use in order to master a topic or subject area. In this program, we'll use the *Lead By Example Academic Language of Leadership* posters and cards. *Download and print the full packet from the BelieveInYou.com website.*

Each card provides a leadership-focused vocabulary word, a definition, and a set of questions to help facilitate group discussions. The table below provides two words per week for group discussion. Follow the sample lesson outline on the next page to incorporate this activity into your overall lesson or meeting plan.

PDSG	WEEK #	ACADEMIC LANGUAGE
PLAN	1	Leadership, Honesty
	2	Engage, Kindness
	3	Motivation, Respect
	4	Responsibility, Support
	5	Achievement, Purpose



Academic Language in 3 Steps

- 1) Introduce the word.
- 2) Read the definition.
- 3) Use the discussion questions.





SAMPLE LESSON MAP

INTRODUCE ACADEMIC LANGUAGE

(5 TO 10 MINUTES)

Begin the class with a meaningful discussion using Lead By Example Academic Language Posters.

LEADERSHIP ACTIVITY OR BELIEVE IN YOU VIDEO EPISODE

(10 TO 15 MINUTES)

Use one of our Leadership Activities (e.g. Super Chicken), or watch an inspiring episode of the Believe In You video series with Kevin Atlas.

TEAM PROJECT WORKING SESSION

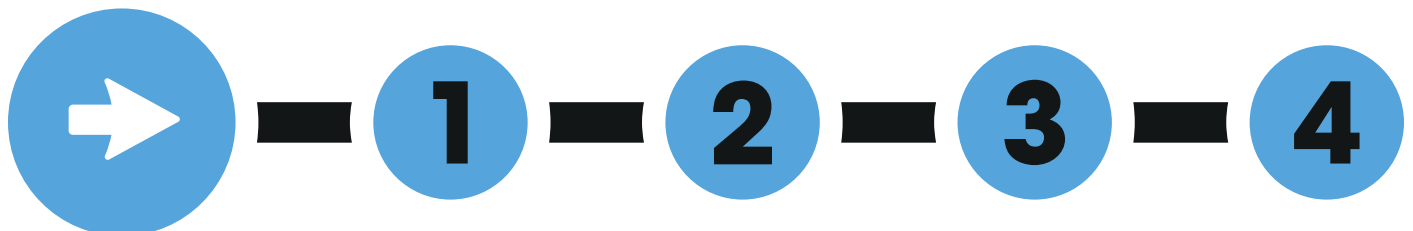
(15 TO 20 MINUTES)

Introduce the weekly leadership work using the weekly overview page in the Student Leadership Cycle Guide. Then, give teams time to collaborate and work on their leadership projects.

EMOTIONS EDUCATION CONTENT SESSION

(5 TO 10 MINUTES)

Use the weekly Emotions Education page to introduce topics and concepts to the students. Then, provide time for students to write in their Emotions Education Journals.



INTRODUCE "LEADERSHIP" *(5 TO 10 MINUTES)*

Download and print the Leadership Academic Language Card. Introduce the word and definition, and then lead the discussion.

BELIEVE IN YOU VIDEO EPISODE *(10 TO 15 MINUTES)*

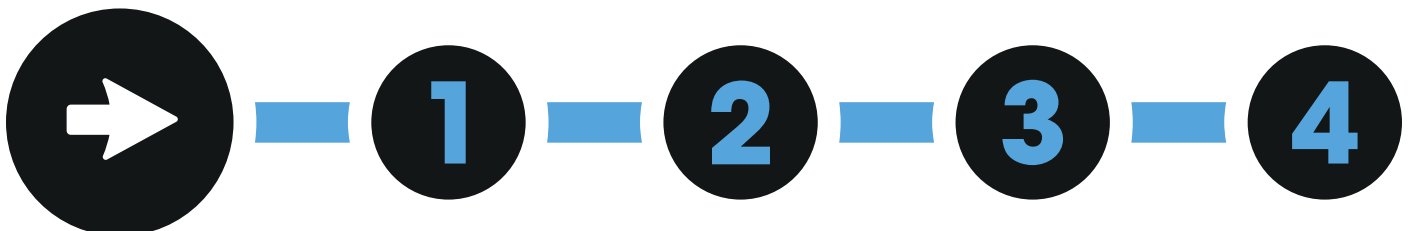
Watch Season 1, Episode 1 – The Kevin Atlas Story
Then, give students 5 minutes to react to Kevin's story.

TEAM PROJECT WORKING SESSION *(15 TO 20 MINUTES)*

Introduce the project, the Plan, Do, Study Grow Cycle, and the 5 Characteristics of Highly Successful Teams. Then, create project teams and allow teams time for team discussion.

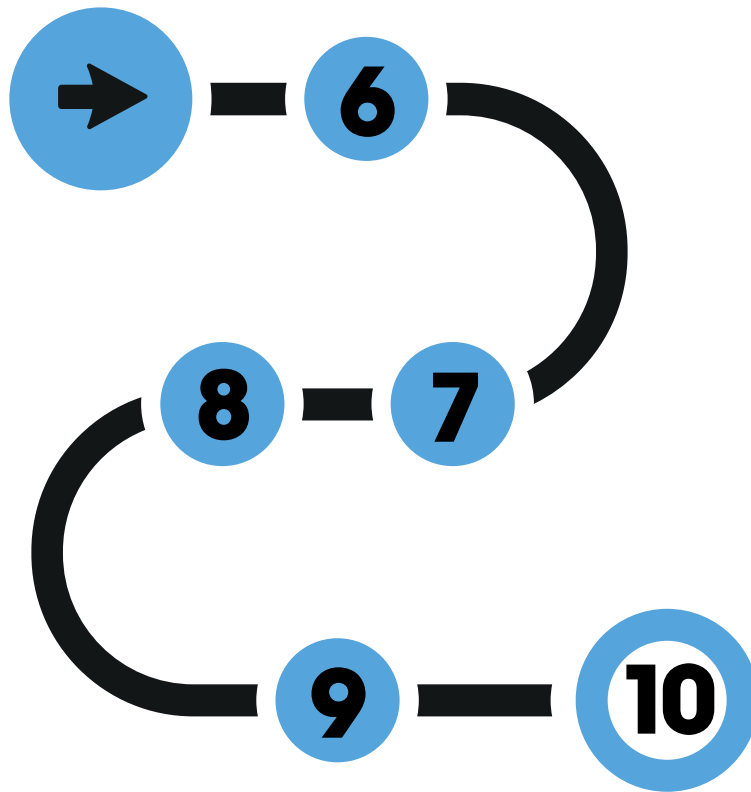
EMOTIONS EDUCATION CONTENT SESSION *(5 TO 10 MINUTES)*

Introduce and discuss core emotions and emotional energy. Allow students time for journal writing and personal reflection.



PLANNING FOR WEEKS 6-10

This guidebook is for educators and adult mentors working with student leaders. Each page will provide general guidance on how the Student Leadership Program is designed with tips for effective implementation.



School Year: _____



PROGRAM OVERVIEW

Welcome to weeks 6-10 of the Believe In You Student Leadership Program! You and your students are on a journey toward community and personal transformation through empowerment!

The 20-week schedule is broken into four 5-week quarters. Each quarter covers 1 of the 4 components of the *Plan, Do, Study, Grow Leadership Cycle*. This second 5-week road map covers the DO component of the PDSG Cycle.

In addition to a Student Leadership Cycle Guide, students will also use Emotions Education Journals. The table below provides you with an at-a-glance view of the weeks ahead.

PDSG	LEADERSHIP	EMOTIONS EDUCATION
DO	Visualize Success	Open Journal: Emotional Energy
	Measure Outcomes with Integrity	Finding Optimism
	Be Productive with Enthusiasm	Open Journal: Stay Connected
	Find the Courage to Demonstrate Grit	Curious and Courageous
	Find Your Power and Be Loyal to Your Team	Open Journal: Sharing Your Energy

Emotions Education adapted from Emotions Education 101™
 Hilary Jacobs Hendel LCSW and Heather Sanford LCSW, MPA

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ACADEMIC LANGUAGE



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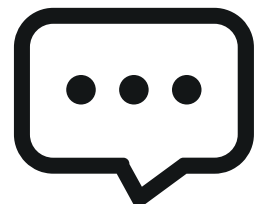
Each card provides a leadership-focused vocabulary word, a definition, and a set of questions to help facilitate group discussions. The table below provides two words per week for group discussion. Follow the sample lesson outline on the next page to incorporate this activity into your overall lesson or meeting plan.

PDSG	WEEK #	ACADEMIC LANGUAGE
DO	6	Potential, Virtue
	7	Integrity, Optimism
	8	Enthusiasm, Responsibility
	9	Grit, Courage
	10	Power, Loyalty



Academic Language in 3 Steps

- 1) Introduce the word.
- 2) Read the definition.
- 3) Use the discussion questions.





SAMPLE LESSON MAP

INTRODUCE ACADEMIC LANGUAGE

(5 TO 10 MINUTES)

Begin the class with a meaningful discussion using Lead By Example Academic Language Posters.

LEADERSHIP ACTIVITY OR BELIEVE IN YOU VIDEO EPISODE

(10 TO 15 MINUTES)

Use one of our Leadership Activities (e.g. Super Chicken), or watch an inspiring episode of the Believe In You video series with Kevin Atlas.

TEAM PROJECT WORKING SESSION

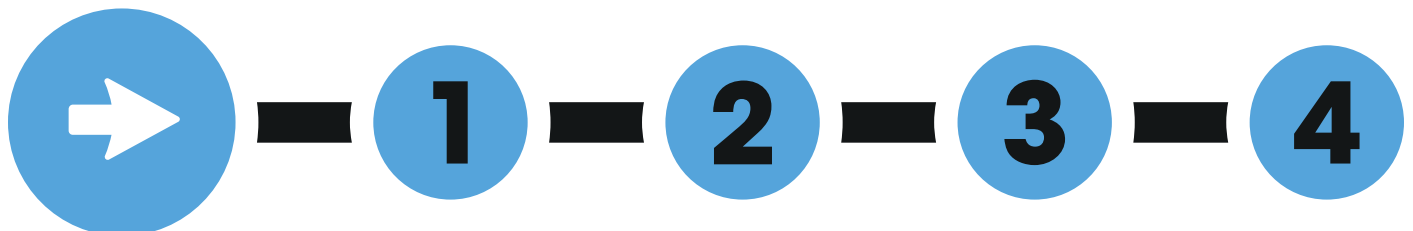
(15 TO 20 MINUTES)

Introduce the weekly leadership work using the weekly overview page in the Student Leadership Cycle Guide. Then, give teams time to collaborate and work on their leadership projects.

EMOTIONS EDUCATION CONTENT SESSION

(5 TO 10 MINUTES)

Use the weekly Emotions Education page to introduce topics and concepts to the students. Then, provide time for students to write in their Emotions Education Journals.



INTRODUCE "POTENTIAL" (5 TO 10 MINUTES)

Download and print the Leadership Academic Language Card. Introduce the word and definition, and then lead the discussion.

LEADERSHIP ACTIVITY (10 TO 15 MINUTES)

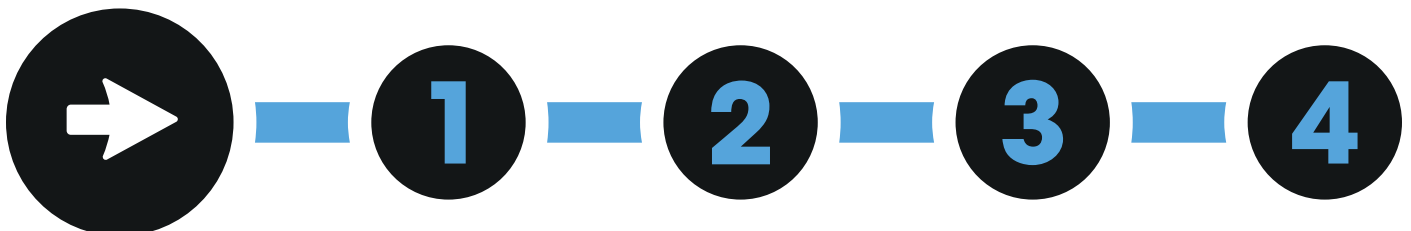
Use the activity *Super Chicken* to illustrate and discuss every person's path toward reaching their potential.

TEAM PROJECT WORKING SESSION (15 TO 20 MINUTES)

This is the week when teams begin to take action and DO what's listed on their action plans. Introduce and discuss the importance of visualizing success during the DO phase of the PDSG cycle.

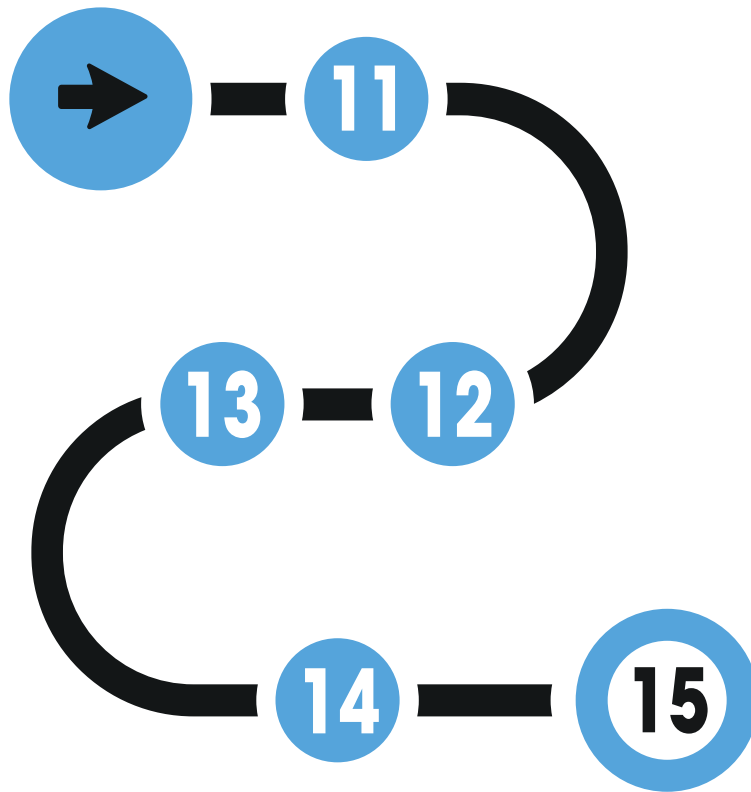
EMOTIONS EDUCATION CONTENT SESSION (5 TO 10 MINUTES)

Quickly review the core emotions as well as the C's:
Connected, Creative, Courageous.
Allow students time for journal writing and personal reflection.



PLANNING FOR WEEKS 11-15

This guidebook is for educators and adult mentors working with student leaders. Each page will provide general guidance on how the Student Leadership Program is designed with tips for effective implementation.



School Year: _____



PROGRAM OVERVIEW

Welcome to weeks 11-15 of the Believe In You Student Leadership Program! You and your students are on a journey toward community and personal transformation through empowerment!

The 20-week schedule is broken into four 5-week quarters. Each quarter covers 1 of the 4 components of the *Plan, Do, Study, Grow Leadership Cycle*. This third 5-week road map covers the STUDY component of the PDSG Cycle.

In addition to a Student Leadership Cycle Guide, students will also use Emotions Education Journals. The table below provides you with an at-a-glance view of the weeks ahead.

PDSG	LEADERSHIP	EMOTIONS EDUCATION
STUDY	Follow the Plan While You Organize Data	Calm the Waves
	Follow the Plan While You Analyze Data	Open Journal: Finding Calm
	Follow the Plan While You Use the Data	Compassion for Self and Others
	Follow the Plan While You Make Adjustments	Open Journal: Feeling Safe
	Follow the Plan While You Make Adjustments	Explore Creativity

Emotions Education adapted from Emotions Education 101™
Hilary Jacobs Hendel LCSW and Heather Sanford LCSW, MPA

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ACADEMIC LANGUAGE



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Each card provides a leadership-focused vocabulary word, a definition, and a set of questions to help facilitate group discussions. The table below provides two words per week for group discussion. Follow the sample lesson outline on the next page to incorporate this activity into your overall lesson or meeting plan.

PDSG	WEEK #	ACADEMIC LANGUAGE
STUDY	11	Growth Mindset, Self-Esteem
	12	Humility, Greatness
	13	Moral Character, Empathy
	14	Affiliation, Safety
	15	Empowerment, Leader



Academic Language in 3 Steps

- 1) Introduce the word.
- 2) Read the definition.
- 3) Use the discussion questions.





SAMPLE LESSON MAP

INTRODUCE ACADEMIC LANGUAGE

(5 TO 10 MINUTES)

Begin the class with a meaningful discussion using Lead By Example Academic Language Posters.

LEADERSHIP ACTIVITY OR BELIEVE IN YOU VIDEO EPISODE

(10 TO 15 MINUTES)

Use one of our Leadership Activities (e.g. Super Chicken), or watch an inspiring episode of the Believe In You video series with Kevin Atlas.

TEAM PROJECT WORKING SESSION

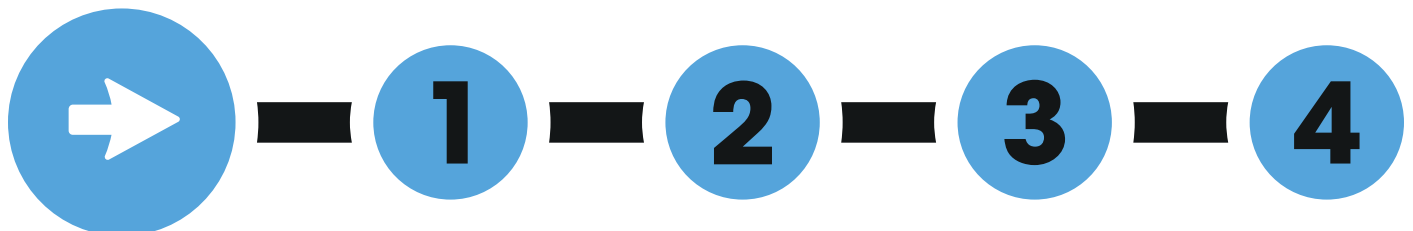
(15 TO 20 MINUTES)

Introduce the weekly leadership work using the weekly overview page in the Student Leadership Cycle Guide. Then, give teams time to collaborate and work on their leadership projects.

EMOTIONS EDUCATION CONTENT SESSION

(5 TO 10 MINUTES)

Use the weekly Emotions Education page to introduce topics and concepts to the students. Then, provide time for students to write in their Emotions Education Journals.



INTRODUCE "GROWTH MINDSET" *(5 TO 10 MINUTES)*

Download and print the Leadership Academic Language Card. Introduce the word and definition, and then lead the discussion.

LEADERSHIP ACTIVITY *(10 TO 15 MINUTES)*

Use the activity *Alphabet Soup* to illustrate and discuss the importance of focusing on positive results.

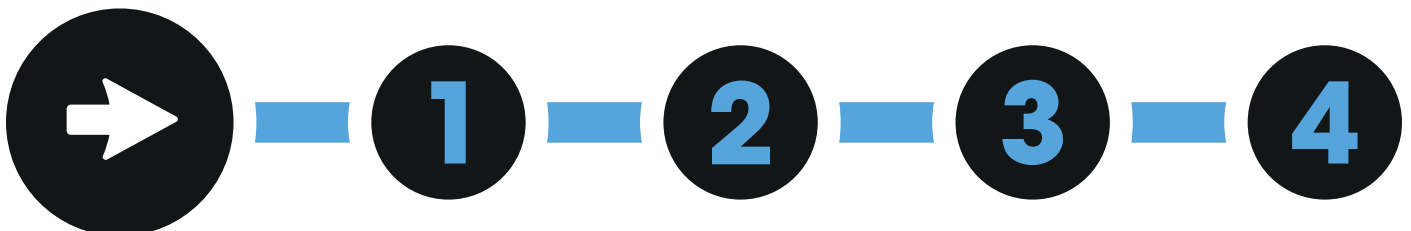
TEAM PROJECT WORKING SESSION *(15 TO 20 MINUTES)*

This is the week when teams begin to reflect and **STUDY** the results of their progress. Introduce and discuss the importance of trusting the process during the **STUDY** phase of the PDSG cycle.

EMOTIONS EDUCATION CONTENT SESSION *(5 TO 10 MINUTES)*

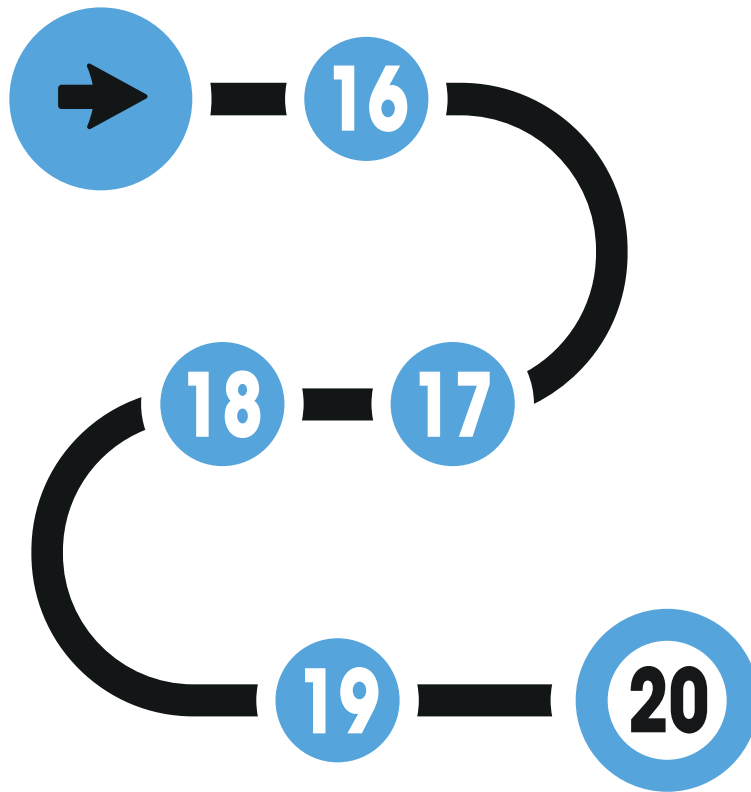
Quickly review these important C's:
Calm, Compassionate, Creative.

Allow students time for journal writing and personal reflection.



PLANNING FOR WEEKS 16-20

This guidebook is for educators and adult mentors working with student leaders. Each page will provide general guidance on how the Student Leadership Program is designed with tips for effective implementation.



School Year: _____



PROGRAM OVERVIEW

Welcome to weeks 16-20 of the Believe In You Student Leadership Program! You and your students are almost through a 20 week journey of leadership and discovery!

The 20-week schedule is broken into four 5-week quarters. Each quarter covers 1 of the 4 components of the *Plan, Do, Study, Grow Leadership Cycle*. This fourth 5-week road map covers the GROW component of the PDSG Cycle.

In addition to a Student Leadership Cycle Guide, students will also use Emotions Education Journals. The table below provides you with an at-a-glance view of the weeks ahead.

PDSG	LEADERSHIP	EMOTIONS EDUCATION
GROW	Refine & Grow While You Finish Strong	Open Journal: Curious, Connected, Courageous
	Refocus & Grow While You Finish Strong	Building Connection
	Recognize Success Learn From Challenges	Open Journal: Choose What You Can Use
	Communicate Results and Rewards	Share Your Greatness
	Grow & Build On a Legacy of Leadership	Open Journal: Build A Legacy: GO BE GREAT

Emotions Education adapted from Emotions Education 101™
Hilary Jacobs Hendel LCSW and Heather Sanford LCSW, MPA

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ACADEMIC LANGUAGE



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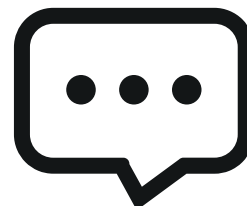
Each card provides a leadership-focused vocabulary word, a definition, and a set of questions to help facilitate group discussions. The table below provides two words per week for group discussion. Follow the sample lesson outline on the next page to incorporate this activity into your overall lesson or meeting plan.

PDSG	WEEK #	ACADEMIC LANGUAGE
STUDY	16	Unique, Powerful
	17	Engagement, Example
	18	Status, Autonomy
	19	Voice, Share
	20	Empower, Lead



Academic Language in 3 Steps

- 1) Introduce the word.
- 2) Read the definition.
- 3) Use the discussion questions.





SAMPLE LESSON MAP

INTRODUCE ACADEMIC LANGUAGE

(5 TO 10 MINUTES)

Begin the class with a meaningful discussion using Lead By Example Academic Language Posters.

LEADERSHIP ACTIVITY OR BELIEVE IN YOU VIDEO EPISODE

(10 TO 15 MINUTES)

Use one of our Leadership Activities (e.g. Super Chicken), or watch an inspiring episode of the Believe In You video series with Kevin Atlas.

TEAM PROJECT WORKING SESSION

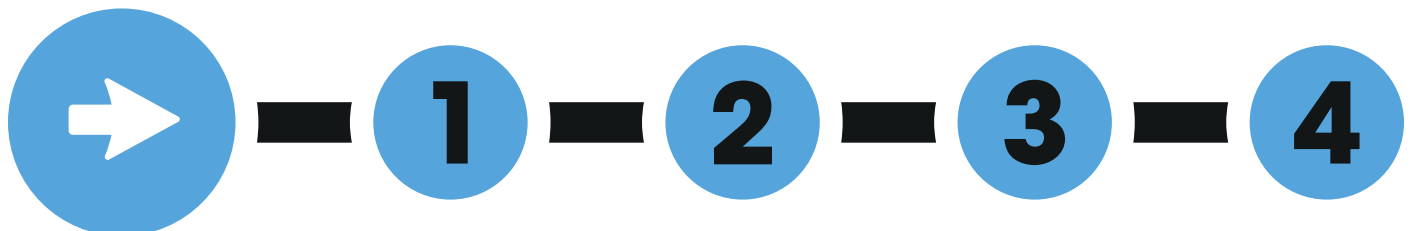
(15 TO 20 MINUTES)

Introduce the weekly leadership work using the weekly overview page in the Student Leadership Cycle Guide. Then, give teams time to collaborate and work on their leadership projects.

EMOTIONS EDUCATION CONTENT SESSION

(5 TO 10 MINUTES)

Use the weekly Emotions Education page to introduce topics and concepts to the students. Then, provide time for students to write in their Emotions Education Journals.



INTRODUCE "UNIQUE" (5 TO 10 MINUTES)

Download and print the Leadership Academic Language Card. Introduce the word and definition, and then lead the discussion.

LEADERSHIP ACTIVITY (10 TO 15 MINUTES)

Use the activity *Shape Shifters* to illustrate and discuss the importance of focusing as a team.

TEAM PROJECT WORKING SESSION (15 TO 20 MINUTES)

This week, teams begin to reflect on growing from leadership experiences. Introduce and discuss the importance of seeing the big picture during the GROW phase of the PDSG cycle.

EMOTIONS EDUCATION CONTENT SESSION (5 TO 10 MINUTES)

Quickly review these important C's:
Curious, Connected, Courageous.

Allow students time for journal writing and personal reflection.

