



Connect with Kids

Educate the mind *and* the heart



WebSource Resource Guide

High School Classroom and Advisory

Videos

Discussion Questions

Self-Reflection Questions

Lesson Plans



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High School Classroom Resources and Advisory Guide

“If even one person in a school knows him well enough to care, a student's chances of success go up dramatically. In small groups that can focus on a range of subjects, teachers and students are forming new bonds and setting new standards for a more personal education.” (Horace, September 1990).

High school advisory programs and social and emotional learning in the classroom allow students to discuss and address certain issues that are unique to a high school student's life. As the advisory or discussion leader, your role is to listen and respond to students, asking open rather than closed questions and working to create an engaging climate of trust, sharing, participation and self-reflection among your students.

Connect with Kids video resources, along with discussion questions and activities, provide the platform. Business experts call it “see-feel-change,” fueling action by sparking emotion. Connect with Kids calls **it educating the heart**: using the power of storytelling and peer-to-peer connections to create heart-felt associations. Research shows that children and adults who emotionally connect with an experience are more likely to make life-long behavioral change than those who just receive information about that experience. Students realize that they are not alone in their feelings and challenges, sometimes referred to as “strength in numbers.”

This is a suggested guide for high school classroom and advisory session video and print resources, all of which stream on Connect with Kids WebSource websites. Contact Connect with Kids client support at 1-888-598-KIDS (5437) or email info@cwknetwork.com with any questions regarding resources or implementation.

Advisory Resource Guide for Grade 9

Session	Program Title and Description
1	Resilience: Against All Odds - Part 1 Four kids tell their stories of overcoming adversity against all odds.
2	Resilience: Against All Odds - Part 2 Clive Aden and Guadalupe Fonseca learn adversity does not have to be permanent
3	Resilience: Against All Odds - Part 3 Heather Bandy is blind, but doesn't let her disability keep her from succeeding in life.
4	Resilience: Against All Odds - Part 4 Berhane Azage overcomes poverty and hardship by not measuring himself up with what he doesn't have. Instead he learned from his parents that adversity is not personal and can be overcome.
5	Resilience: Against All Odds - Part 5 Kids need to be educated through real life examples that adversity does not have to be permanent, pervasive, or personal.
6	College and Career Readiness: Is a GED Valuable? A short video segment on the realities of the GED vs. a high school diploma, with accompanying discussion and self-reflection questions.
7	College and Career Readiness: Getting Organized Review organizational skills including syllabi review, use of the planner and creating checklists.
8	College and Career Readiness: Test Taking Review test preparation and test taking strategies for before, during and after the test.
9	College and Career Readiness: Studying Techniques Students will review individual and group strategies on how to prepare for a test.
10	College and Career Readiness: Creating a Study Guide Review strategies and an outline for creating a study guide.
11	College and Career Readiness: Research Strategies Review techniques and tips to authenticate websites used in research.
12	College and Career Readiness: Managing Test Anxiety Practice relaxation techniques to manage test anxiety.
13	College and Career Readiness: Report Card Self-Reflection Help students to review current grades and plan for future improvement.

Session	Program Title and Description
14	College and Career Readiness: Understanding Your Transcript Help students review their high school transcript to understand its elements and what it is used for.
15	College and Career Readiness: Goal Setting – Role Models for Success Help students to learn about the importance of goal setting and to select some role models.
16	College and Career Readiness: Interview Skills – Interview 411 Review techniques to help prepare for an interview.
17	College and Career Readiness: Resume Building Help students learn to create a baseline resume.
18	Life Skill: Caring and Compassion Watch the real-life story of teen Carey Strongwater, whose compassionate nature is evident in the care that he gives to animals, elderly neighbors and vulnerable classmates.
19	Attendance and Achievement Disconnect: Why Kids Skip School Part 1 Explore trends in school dropout rates and the reasons that students are disengaged from their education.
20	Attendance and Achievement Disconnect: Why Kids Skip School Part 2 Danielle Anzalone shares her story of not wanting to attend school because of the bullying and harassment that she experienced. Experts say that many students don't want to go to school because they are afraid of what might happen.
21	Attendance and Achievement Disconnect: Why Kids Skip School Part 3 Karina and Gina both decided that getting good grades was less important than fitting in with their friends. They each found a teacher who was able to motivate them and guide them on the right path.
22	Attendance and Achievement Disconnect: Why Kids Skip School Part 4 Dwayne Hamilton Frost describes how it took the help of his friend, mom, cousin and English teacher to turn his life around at a crucial time before he joined a gang.
23	Attendance and Achievement Disconnect: Why Kids Skip School Part 5

Session	Program Title and Description
	Explore how keeping kids engaged at school requires the work of not only the entire school administration, but the parents as well.
24	Life Skill: Participation and Leadership Watch a video about teen David Lockett and how participation and leadership activities changed his confidence level and his life.
25	Bullying Prevention and Cyberbullying Sticks and Stones -- Part 1 Students discuss and overview of bullying issues.
26	Bullying Prevention and Cyberbullying Sticks and Stones -- Part 2 The Halligan family and experts discuss cyberbullying, the type of bullying that resulted in the suicide of 13-year-old Ryan Halligan.
27	Bullying Prevention and Cyberbullying Sticks and Stones -- Part 3 A gay student shares his bullying experiences.
28	Bullying Prevention and Cyberbullying Sticks and Stones -- Part 4 A female teen shares the rumors and sexual harassment she faced and a subsequent lawsuit against the school system.
29	Bullying Prevention and Cyberbullying Sticks and Stones -- Part 5 Experts review the signs of bullying and discuss actions to take. Can we legislative bullying prevention?
30	A Review of Advisory Highs and Lows Through discussion and self-reflection questions, students look back over the year to review what has been accomplished and what is yet to be addressed.

Advisory Resource Guide for Grade 10

Session	Program Title and Description
1	Civility: Civil Wars - Part 1 An introductory video segment explores why kids today are deemed less respectful than they were 30 years ago. Download the accompanying lesson plan with discussion questions and classroom activity: <i>Civil or Uncivil?</i>
2	Civility: Civil Wars - Part 2 A video segment features what experts say about feelings of isolation, and the possible cause of less civil or respectful behaviors. Download the accompanying lesson plan with discussion questions and classroom activity: <i>George Washington's Rules of Civility</i> .
3	Civility: Civil Wars - Part 5 A video segment features Michelle DiTizio, who was always y in trouble and surrounded by people who were looking out for her, until she finally tired of the bad behavior and began to turn her life around. Download the accompanying lesson plan with discussion questions and classroom activity: <i>This Is An Example Of..., an exploration of group dynamics</i> .
4	College and Career Readiness: Early Exposure to a Career A short video segment on volunteerism, which has become a graduation requirement for high school students in hundreds of school districts around the country. For some kids, volunteering also has a practical side, as well. Download accompanying discussion and self-reflection questions.
5	College and Career Readiness: Exceeding Expectations A real story to help teens to understand that an education translates into not just more money but more job choices about their future. Watch this real story to help students find within themselves the motivation to set and achieve goals -- and to plan for life beyond high school.
6	College and Career Readiness: Organizational Skills – Note Taking Discuss and review strategies for proper note taking, exploring the <i>Cornell Method of Note Taking</i> .
7	College and Career Readiness: Google Research Strategies Explore techniques to narrow and refine online and Google searches for research information.
8	College and Career Readiness: Creating a Study Guide Re-review strategies and an outline for creating a study guide.
9	College and Career Readiness: Study Skills Discuss the difference between memorization and learning and complete an exercise in which students practice developing and teaching a lesson to others in order to learn the material.
10	College and Career Readiness: Study Skills and Test Preparation Discuss the importance of preparing for a test and engage students in a question/answer activity to review for an upcoming exam.
11	College and Career Readiness: Report Card Self-Reflection Encourage students to review a recent progress report and a complete a self-reflection chart about past results and challenges ahead.
12	College and Career Readiness: Transcript Review Review the high school transcript, its elements and help students to identify future academic goals.

Session	Program Title and Description
13	College and Career Readiness: Goal Setting Discuss with the students the importance of goal setting and review and develop S.M.A.R.T. goals that are specific, measurable, achievable, realistic, and timeline tangible.
14	College and Career Readiness: Interview Skills Review interview preparation techniques, crafting possible questions to anticipate – and answers.
15	College and Career Readiness: Resume Building Help students learn to create a baseline resume.
16	Health and Wellness: Seasonal Affective Disorder Grey skies, short days, not much sun. According to the American Psychiatric Association, 10 to 20 percent of people have some form of seasonal affective disorder, or SAD. Learn more about symptoms and treatment options during the long winter months.
17	Resilience: Overcoming Issues at Home A real story to help students understand the importance of attending school. Without passing judgment, get a conversation started to guide students to resources they can turn to for support despite challenges they may encounter at home.
18	Health and Wellness: Facebook Depression? On Facebook, anybody can look happy and popular – an online world in which competition and adoration seems to reign supreme. Experts say these shallow connections can fuel a rampant lack of compassion and empathy.
19	Academic Achievement: The Power of Expectations – Part 3 Watch the real story of teen Tiffany Harris. After a mentor comes to her rescue, she goes from a student getting F's in class to someone who sets goals and does what she can to meet the expectations around her.
20	Underage Drinking Prevention In the Age of Alcohol - Part 1 Experts explain how underage drinking could be the worse drug of all because of the behavior it creates in teens. Not as many teens drink alcohol as people think, but alcohol is still the number one contributor to youth deaths, due to the way in which kids drink.
21	Underage Drinking Prevention In the Age of Alcohol - Part 2 Real stories explore underage drinking, the influence of genetics, and resulting bodily harm. People of all ages who don't learn to drink responsibly often use alcohol as a means of escaping.
22	Underage Drinking Prevention In the Age of Alcohol - Part 3 This segment explores the use of alcohol as a "social crutch," and how drinking alcohol is too often a way to escape problems and anger. The earlier kids begin drinking, the more likely they will experience detrimental effects, and the more likely they will become alcoholics and not know how to interact socially.
23	Underage Drinking Prevention In the Age of Alcohol - Part 4

Session	Program Title and Description
	Watch the real story of two parents who allow their daughters to throw a party involving underage drinking, which got out of hand when the police showed up and a car caught on fire.
24	<p>Underage Drinking Prevention In the Age of Alcohol - Part 5</p> <p>Ashley, now a paraplegic, shares her experience with what happened when she decided to drink and drive, and how that one night changed her life forever.</p>
25	<p>Life Skill: Avoiding Plagiarism</p> <p>A survey of more than 30,000 teens says that 64 percent have cheated on a test in class. And one in three has used the Internet to cheat on a class assignment or plagiarize a paper. Help your students understand that they may be cheating... themselves.</p>
26	<p>Life Skill: Respect</p> <p>When Kyle Van West decides she's in love, she decides to have sex. She was fifteen years old, and she thought she was ready. Then the relationship ended, and Kyle went into a deep depression.</p>
27	<p>Life Skill: Responsibility</p> <p>When Rafael Posada decided to "go for it" and race the car that pulled up next to him, he didn't think about any consequences. Rafael didn't expect to find a cop also pull up beside him. He didn't expect to be arrested.</p>
28	<p>Life Skill: Self-Control</p> <p>A lack of self-control led Dan O'Brian down the dark path of drug and alcohol addiction, but now he is learning new strategies to combat the daily struggle with his obsession.</p>
29	<p>Life Skill: Togetherness</p> <p>When Melissa Gerjoi's father died in a car accident, she tried to distance herself from everyone who loved her. But her older twin brothers taught her the importance of family unity by giving her unconditional love and support.</p>
30	<p>Advisory Review and Recap</p> <p>Through discussion and self-reflection ask students to look back over the year to review what has been accomplished and what is yet to be addressed.</p>

Advisory Guide for Grade 11

Session	Program Title and Description
1	<p>Life Skill Development: Justice/Fairness A video segment features Robert Layde and David Mullinax, both victims of unfair treatment, but took their frustrations out in different ways. Download the accompanying lessons plan with discussion questions and an activity: <i>Zeroing in on Tolerance</i>.</p>
2	<p>Life Skill Development: Kindness A video segment features the story of Arab-born football star Nizar Alawamleh. His friends and teachers vowed to protect him from racist backlash after Muslim extremists terrorists were accused of perpetrating violent acts against Americans on 9-11. Download the accompanying lessons plan with discussion questions and an activity: <i>Kindness is Relative</i>.</p>
3	<p>Life Skill Development: Loyalty and Dating Violence A video features Jenny Nichols, who experienced an abusive relationship with an older boy and experienced dating violence that can often lead to a misaligned concept of loyalty. Download the accompanying lessons plan with discussion questions and an activity: <i>Symbols of Loyalty</i>.</p>
4	<p>Life Skill Development: Patience A video segment features 16-year-old Katie Kerkhover, an accomplished bluegrass musician who is patiently waiting for the success and recognition. Download the accompanying lessons plan with discussion questions and an activity: <i>Crossword Crunch</i>.</p>
5	<p>Life Skill Development: Peace and Gang Violence A video segment features Saul Avina, whose peaceful childhood in Mexico changed to one of gangs and violence after his parents divorced. Fortunately, with his new life in America, he has found tranquility once again. Download the accompanying lessons plan with discussion questions and an activity: <i>And Then What?</i> about controlling anger.</p>
6	<p>College and Career Readiness: Career Anxiety A short video segment on growing evidence that kids today are more worried about their future than previous generations. Whether they're involved in sports, clubs or academics, kids today are quickly learning that competition is a part of life. Download the accompanying discussion and self-reflection questions.</p>
7	<p>College and Career Readiness: Organizational Skills – A Binder for the College Bound Students will learn to organize their thoughts and materials to support the college search process.</p>
8	<p>College and Career Readiness: College Exploration Students will complete a fact-finding mission to determine key information about colleges of interest.</p>
9	<p>College and Career Readiness: Test Taking Skills – Essay Q's and A's Students will review strategies and techniques for completing essay questions and will craft a practice essay.</p>
10	<p>College and Career Readiness: Research Strategies – Note Taking Students will learn techniques to taking constructive notes during the research process.</p>

Session	Program Title and Description
11	College and Career Readiness: Goal Setting Students will discuss short-term versus long-term goals, and complete an exercise to map out long-term goals.
12	College and Career Readiness: Interview Skills Students will discuss the interview process and review strategies for appropriate follow-up.
13	College and Career Readiness: Resume Building Students will discuss and explore the importance of obtaining recommendation letters, along with what should be included in each letter.
14	College and Career Readiness: Verifying Your Transcript Students will review the high school transcript and complete an exercise to verify its information.
15	The Role of Self-Esteem in Academic Success: Set Backs Make Us Stronger A study reported in the Journal of Personality and Social Psychology confirms that life’s challenges... a little adversity, even mundane experiences, contributes to building resilience. How can a little failure serve each of us well?
16	Health and Wellness: Dating and Relationships First Comes Love Part 1 Examine some of today’s pressures regarding love and how teens view and define relationships and dating.
17	Health and Wellness: Dating and Relationships First Comes Love Part 2 Teen boys talk about the dating pressures they experience to gain status and respect, from both the girls and the other boys.
18	Health and Wellness: Dating and Relationships First Comes Love Part 3 Jenny and Mateo share their emotional story about their abusive relationship, urging other teens to take it slow and allow relationships time to develop.
19	Health and Wellness: Dating and Relationships First Comes Love Part 4 Experts discuss how learning how to be in a relationship – and manage an intimate relationship – is part of growing up.
20	Life Skill Development: Perseverance Krystal Williams’ perseverance helped her overcome adversities such as homelessness, a drug-addicted father and domestic abuse. She uses her experiences to inspire others.
21	College and Career Readiness: Making the Most of Education Teens like to spend money on clothes, music, phones and downloads. Many plan on making more money as they grow into adulthood. But what happens when teens don’t graduate high school? Watch this real story to hear from students about their hopes, dreams and the reality of needing a solid education.

Session	Program Title and Description
22	<p>College and Career Readiness: Finding a Mentor A study by Big Brothers, Big Sisters of America reports that kids with a mentor end up years later with more education, more money, and a better relationship with friends and family. Watch this and hear real stories about finding and being a mentor and its benefits.</p>
23	<p>College and Career Readiness: What's a Responsible College Visit? High school seniors around the country are in the process of deciding where to do to school next year. While a big part of that decision hinges on their visits to college campuses, what goes on during those visits may be of a surprise to many. Watch this program and hear from students, along with expert advice on making the most of college visits.</p>
24	<p>Life Skill Development: Peace Watch the real story of Saul Avina, whose peaceful childhood in Mexico changed to one of gangs and violence after his parents divorced. Fortunately, with his new life in America, he has avoided gang membership and found tranquility and inner peace once again.</p>
25	<p>Substance Abuse Prevention: Gateway - Part 1 Experts explain how experimenting with certain drugs can lead to the use and abuse of other harder drugs, called gateway.</p>
26	<p>Substance Abuse Prevention: Gateway - Part 2 Andrew Wolpa is now in rehab after becoming a drug addict. He began smoking marijuana in the 8th grade, and became an addict after he decided to try other drugs while he was high.</p>
27	<p>Substance Abuse Prevention: Gateway - Part 3 Experts explain adolescent brain development and that the earlier kids begin to use drugs, the more detrimental effects they have on an individual in the future.</p>
28	<p>Substance Abuse Prevention: Gateway - Part 4 Alcohol, tobacco and marijuana are the most common gateway drugs because of the ease of access to the drugs.</p>
29	<p>Substance Abuse Prevention: Gateway - Part 5 Experts use the "CRACK" test to determine if a kid is at risk for addiction, and explain that a major reason for their drug abuse can be the way they started and the drugs they first began using.</p>
30	<p>A Review of Advisory Highs and Lows Through discussion and self-reflection, ask students to look back over the year to review what has been accomplished and what is yet to be addressed.</p>

Session	Program Title and Description

Classroom and Advisory Guide for Grade 12

Session	Program Title and Description
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Session	Program Title and Description
1	<p>College and Career Readiness: What’s a Responsible College Visit High school seniors around the country are in the process of deciding where to do to school next year. While a big part of that decision hinges on their visits to college campuses, what goes on during those visits may be of a surprise to many. Watch this short video and hear from students, along with expert advice on making the most of college visits.</p>
2	<p>College and Career Readiness: College Myths - Part I From what colleges require for admission to importance of high school grades, teens make during high school, there are plenty of misconceptions about what it takes to get into college. Watch this short video to hear from students – and experts – about what teens and their parents should know about common misconceptions.</p>
3	<p>College and Career Readiness: College Myths - Part II From high school and college courses to financial aid, there are plenty of misconceptions about what it takes to get into college. Watch this short video to hear from students – and experts – about what teens and their parents should know about common misconceptions.</p>
4	<p>College and Career Readiness: Major Decisions This session will allow students to discuss and explore college majors and where each area of study might lead.</p>
5	<p>Life Skill Development: The Empathy Deficit Are remote online connections impacting care and compassion? This short video explores today’s lack of face-to-face communication and competition, sometimes known as “Facebook depression.” Discussion questions are included on the website page.</p>
6	<p>Health and Wellness: Teen Depression Research from Columbia University finds that nearly half of all 19 to 25 year olds suffer from some type of psychiatric disorder: depression, anxiety, phobias, or addiction. Some of the disorders are mild and some are not. What can be done to help?</p>
7	<p>Life Skill Development: Self-Control A short video featuring teen Dan O’Brien, whose lack of self-control led down the dark path of drug and alcohol addiction. He is now learning new strategies to combat the daily struggle with his obsession. Download the accompany lesson plan and classroom activity: <i>Make a Decision</i>.</p>
8	<p>College and Career Readiness: Organizational Skills Students will review tasks and the thought process to organize college visits.</p>
9	<p>College and Career Readiness: Test Taking Skills Students will review a five-step strategy and test-taking tips for completing multiple choice test questions.</p>
10	<p>College and Career Readiness: Research Strategy Students will discuss steps in researching topics and review MLA (Modern Language Association) citation structure.</p>
11	<p>College and Career Readiness: Study Skills Students will discuss “writer’s block” issues and strategies for outlining and constructing a research paper or essay.</p>

Session	Program Title and Description
12	College and Career Readiness: Goal Setting Students will discuss short-term versus long-term goals, and will complete an exercise to map short-term goals.
13	College and Career Readiness: Career Exploration Students will explore different career options and get a better understanding of what they would like to do in the future.
14	College and Career Readiness: Interview Skills – A Cover Letter Students will the interview process and the role of a cover letter to accompany a resume, and will draft a cover letter sample.
15	College and Career Readiness: Interview Skills -- Creating a Personal Portfolio Students will review the concept of a career portfolio and review required skills and materials that could provide support during a job interview.
16	College and Career Readiness: Your Transcript – Calculating Your GPA Students will review their transcript and learn to calculate their Grade Point Average.
17	Health and Wellness: Dating Violence Someone You Know Part 1 When it comes to physical violence like rape and assault, and emotional violence like control and manipulation experts advise that the greatest danger is from someone you know.
18	Health and Wellness: Dating Violence Someone You Know Part 2 Watch Theresa Densmore’s story of physical and emotional abuse to see how jealousy and control issues can turn to violence.
19	Health and Wellness: Dating Violence Someone You Know Part 3 Talking about dating violence became Tom Santoro’s mission when his 18-year-old daughter was beaten to death by her ex-boyfriend after she broke up with him.
20	Health and Wellness: Dating Violence Someone You Know Part 4 Lorena Castellanos, a rape survivor, shows the courage to come forward in order to help others understand criminal laws about rape.
21	Health and Wellness: Dating Violence Someone You Know Part 5 While studies show the majority of rape and assault victims are females, experts say that means stopping the violence is largely up a men’s issue.
22	Life Skill: Civility Watch the story of three boys and hazing experiences at their high school to launch a discussion on appropriate behavior and civility.
23	College and Career Readiness: Trading College for a Trade Today more than ever parents and kids might think that a college education is a requirement for a good job and a prosperous life. There just might be a tradeoff. According to the Bureau of Labor Statistics, there are good opportunities and life-long careers in lots of trades. When it comes to

Session	Program Title and Description
	career planning, there are many options to consider, in addition to college.
24	<p>College and Career Readiness: Career Anxiety There is growing evidence that kids today are more worried about their future than previous generations. Whether they're involved in sports, clubs or academics, kids today are quickly learning that competition is a part of life. Watch this program to hear from kids about the competition and anxiety they face and feel, and what adults can do to help.</p>
25	<p>Building Social Capital Watch the story of Ito Ufot. His grades were slipping, and he started getting and he was into more trouble because he had a difficult time finding an outlet for his anger. See how he got back on track by starting to give back to his community.</p>
26	<p>Overcoming Stereotypes and Conflict Resolution See how students at one Los Angeles high school were able to combat racial tensions and foster an environment of cooperation.</p>
27	<p>Avoiding High Risk Behavior Victor Ramirez says he was 12 when he started smoking cigarettes. Marijuana followed and soon, getting high before and after school "became natural." Learn about the unintended consequences of our decisions and our upbringing.</p>
28	<p>The Importance of Attendance Students give lots of reasons for missing school. Watch this video to launch a discussion about encouraging students to take charge of their education – in the final high school and upcoming college days ahead.</p>
29	<p>Becoming College and Career Ready Meet Glen Curtis, who challenged himself to overcome shyness and become a more engaging and interesting person.</p>
30	<p>Giving Thanks and Paying it Forward Request that each senior will write a letter of thanks to one person who really made a difference to him or her during their high school years. Then request that each senior will write a letter to an incoming freshman with advice for making the most of her or her four upcoming high school years. Collect these letters and include them in Advisory welcome packets for incoming freshmen.</p>