

# First Year Implementation: Tips and Tricks

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## Presenters

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## River City High School, West Sacramento CA

Total Population: 2,057  
Freshmen Class Size:  
556

### Demographics:

- 42% Hispanic
- 34% White
- 11% Asian
- 6% Black
- 7% Other

Other Statistics  
4X4 Schedule  
Free/Red Lunch: 72%  
ELL: 11%  
Fluent English Prof: 36.2%

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# Textbook Highlights

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## Text Highlights

### Who Am I?

- Envisioning your future (1)
- Everybody works (1)
- Defining success (1)
- Work Values Survey (2)
- Work Style (2)
- Positive Messages to Yourself (2)

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## Text Highlights

### What Do I Want?

- Maslow's Triangle (3)
- Your Lifestyle (3)
- CHAPTER 4! (poverty statistic, money isn't everything)
- CHAPTER 5! (Ideal career)
- Career Interest Surveys (6)
- Imagining A Typical Day (6)
- Decision Making Model (7)
- Keeping Your Options Open (7)

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### Text Highlights

#### How Do I Get It?

- Setting Goals and Objectives (8)
- What's Your Excuse (9)
- Taking Responsibility (9)
- Economics of Bad Habits (9)
- Getting Back on Track If You've Derailed (9)
- Traits of Those Who Get Ahead (10)
- Your Skills Inventory Chart (10)

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### Text Highlights

#### How Do I Get It? PART II

- The Skills of Your Chosen Career (11)
- Have a Backup Plan (11)
- Transferable Skills (11)
- Your Learning Goal (12)
- Reflect (12)
- Overcoming Performance Anxiety (12)
- Sometimes Change Takes Money (13)

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### Text Highlights

#### How Do I Get It? PART III

- Setting Priorities (13)
- Your Resume (14)
- Social Media (14)
- The Job Interview (14)
- Your Education and Training 10 year plan (15)
- My Definition of Success (15)
- My Mission in Life (15)

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## What We Wish We Knew!

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### #1: Pre-Plan

Backwards map the curriculum

Discuss and decide breakdown of gradebook

Set official dates for important events:

Resumes

Mock interviews

10 year plan - check-ins

Set official dates for team meetings



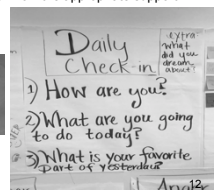
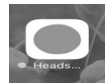
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### #2: Journaling and Mindfulness

Mindfulness activities to activate imagination

Be prepared to open up a "can of worms" make sure you know the appropriate support systems

Daily Check-Ins



### #3: Get the WHOLE SCHOOL on Board

Staff Meetings - give updates/presentations

Invite students to share their 10 year plans!

Meet with Counselors

Parent Outreach

Encourage "pairing" with other programs

CTE Day

VAPA Day

Course Sign Ups



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### #4: Articulation Agreement

Articulations V Dual Enrollment - Which is best for you?

Students gained experience filling out applications

Communication with CC is Key!



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### #5: Classroom Agreements

Daily/Weekly check-ins

Get student buy-in



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### #6: Building Classroom Culture

Partners (High Five/Low Five)

Hot Seat

Telling Your Story

Icebreakers

Partners/Pairing

Five-Step Handshake



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### #7: Mock Interviews

Guest speaker for handshakes, observations, etc.

3 students to each interviewer

Students Dress for Success

Bring Resumes -> Interviewing for "Sophomore at RCHS"

Ask: Parents, teachers, admin, Seniors, etc. for involvement

Reflection Questions



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### Mock Interviews

#### Mock Interview for BFFS

Student Name: \_\_\_\_\_ Teacher: \_\_\_\_\_

Question # \_\_\_\_ Ranking:

1	2			
3	4			5
No answer	Needs Improvement	Good/Average	Strong	Excellent/Superior

Name two areas of improvement:

Name two areas of strength:

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## Mock Interviews Reflection

### Student Reflection

1. Name and describe three items you learned from this experience?
2. If you had to do this process again, what would you change? Why?
3. How could this be helpful for you in the future? Explain.
4. Should all students have this experience in high school? Why? And if so, how many times?
5. Summarize your experience in a small paragraph (i.e. what you liked, what you didn't like, what you would change, etc)

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## #8: Owning the Workbook!

Collages (pictures, memes, sayings)

Front Cover: Who Am I?

Back Cover: What Do I Want?

Get a TON of magazines!

Tell students to bring their own!



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## #9: Social/Emotional Exercises

The Emotion Wheel

The Emotion Tracker



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## #10: Relationship Survey and Scenarios

Relationship Survey and Slides

Non-negotiables

11 scenarios

"Speed Dating" Option - facilitation is key!



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## RELATIONSHIPS AND NON-NEGOTIABLES

1. Answer all the questions (HONESTLY)
2. Now, in the blank space on the back of your paper respond the scenarios presented

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## Scenario 1

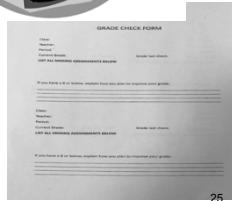
How will you divide the household chores?



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### #11: Gradechecks

- Weekly grade checks
- Show previous week's grades
- Write all missing assignments
- Use as warm up/opener
- Chance for personal interaction
- Personal accountability



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### #12: Community Involvement

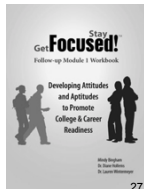
- Victor Services: Anxiety & Stress Management, Drugs and Alcohol, Suicide Prevention
- TOAST Masters
- Panels - based on Career Clusters



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### #13: Module Implementation

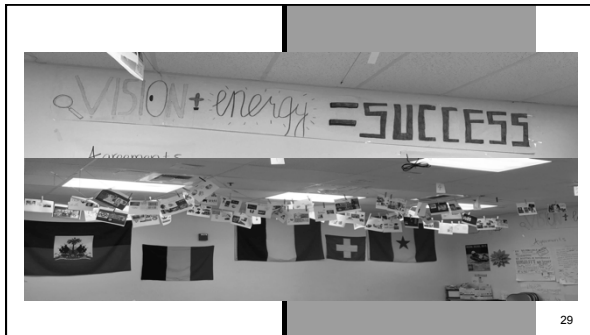
- Have the discussion NOW!
- Most supported model is to embed into curriculum
- Create an atmosphere of buy-in



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## HOW DO I FEEL RIGHT NOW?



Aggressive



Angry



Anxious



Ashamed



Bashful



Bored



Cautious



Confident



Confused



Curious



Depressed



Determined



Disappointed



Disbelieving



Disgusted



Ecstatic



Embarrassed



Enraged



Envious



Exasperated



Exhausted



Frightened



Frustrated



Grieved



Guilty



Happy



Hopeful



Hurt



Indifferent



Interested



Jealous



Joyful



Lonely



Loved



Loving



Miserable



Optimistic



Overwhelmed



Pained



Puzzled



Regretful



Relieved



Sad



Satisfied



Shocked



Shy



Smug



Sorry



Stubborn



Stupid



Surprised



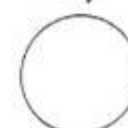
Suspicious



Thoughtful

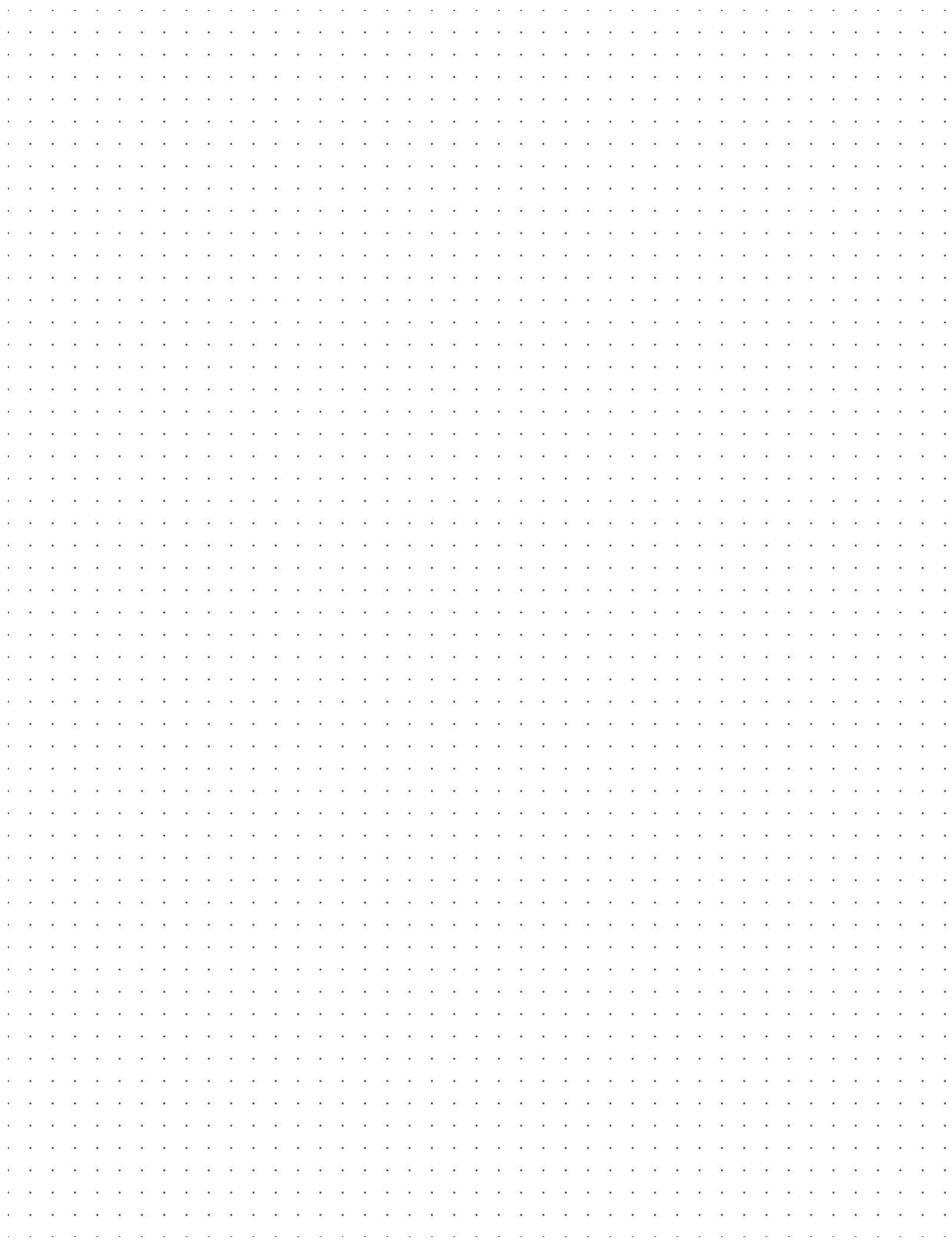


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Name: \_\_\_\_\_

Date: \_\_\_\_\_

### Relationships...

Answer each of the following questions:

1. Do you want to be married? **yes no**
2. Do you want children? **yes no**
3. If yes, how many? \_\_\_\_\_
4. What age do you want to start having kids? \_\_\_\_\_
5. If you find you cannot have kids are you willing to?: **adopt surrogate no children IVF**
6. Do you think someone should stay home with the kids? **yes no**
  - a. Who? \_\_\_\_\_
7. Do you want to buy or rent a home? \_\_\_\_\_
8. What is your intended career? \_\_\_\_\_
9. Does your career include a lot of travel? **yes no**
10. How much money do you plan on earning (annually)? \_\_\_\_\_
11. Would you date someone with a criminal history **yes no**
12. Are you religious? **yes no**
  - a. Does your spouse need to be the same religion? **yes no**
13. Is it important to you to earn more than your spouse? **yes no**
14. How will you organize your bank accounts? **Joint individual both**
15. Who will be responsible for paying the bills? **you spouse both**
16. Is it important to you that your spouse post about your relationship on social media? **yes no**
17. Do you expect access to your spouse's phone, email, social media and any other account? **yes no**
18. Do you expect your spouse to get along with your family? **yes no**
19. Would you be with someone your parents or family did not approve of? **yes no**
20. How do you expect chores to be handled?
  - a. Everyone should be responsible for themselves and do what is necessary to help the family
  - b. Everyone should have assigned chores
  - c. I plan on working so my spouse should handle the housework
  - d. Other: \_\_\_\_\_
21. Do you believe in giving your kids an allowance? **yes no**
  - a. If yes, how much? \_\_\_\_\_
22. Do you believe in grounding and/or punishing your kids? **yes no**
23. Do you believe in sticking to a budget? **yes no**
24. Is it important to you to have money in a savings account? **yes no**
25. Would you ever attend couples counseling? **yes no**
26. Would you relocate for your spouse's career? **yes no**
27. Do you expect your kids to go to college? **yes no**
  - a. Will you pay for it? **Yes no**
28. Do you expect your partner to be publicly affectionate (hold hands, kiss you goodbye etc)? **yes no**
29. Are you willing to be with someone who already has children? **yes no**
30. Are you willing to be with someone who has been divorced? **yes no**

31. Do you expect presents on holidays (birthday, xmas, anniversary)      **yes**      **no**

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Scenario 1

Scenario 2

Scenario 3

Scenario 4

Scenario 5

Scenario 6

Scenario 7

Scenario 8

Scenario 9

Scenario 10

Scenario 11 (bonus)

**SPEED DATING:** talk to 3 people in class, ask them these same questions. Decide if they are a match and write down whether you would date them or not

- |    |       |     |    |
|----|-------|-----|----|
| 1. | _____ | yes | no |
| 2. | _____ | yes | no |
| 3. | _____ | yes | no |

## Mock Interview Questions

### A. **Basic Interview Questions:**

1. Tell me about yourself.
2. What are your strengths?
3. What are your weaknesses?
4. Why do you want this job?
5. Why should we hire you?
6. What can you do for us that other candidates can't?
7. Are you willing to relocate?
8. Do you have any questions for me?

### B. **Behavioral Interview Questions:**

1. Have you ever been on a team where someone was not pulling their own weight? How did you handle it?
2. What is your greatest failure, and what did you learn from it?
3. What irritates you about other people, and how do you deal with it?
4. If I were your supervisor and asked you to do something that you disagreed with, what would you do?
5. If you found out your company was doing something against the law, like fraud, what would you do?

### C. **Career Development Questions:**

1. How do you want to improve yourself in the next year?
2. What kind of goals would you have in mind if you got this job?
3. Tell me about your 10 year plan.

### D. **More About You:**

1. How would you describe your work style?
2. What would be your ideal working environment?
3. What techniques and tools do you use to keep yourself organized?
4. If you had to choose one, would you consider yourself a big-picture person or a detail-oriented person?
5. Tell me about your proudest achievement.
6. What kind of personality do you work best with and why?
7. What are you most proud of?
8. What do you like to do?
9. What are your lifelong dreams?
10. What do you ultimately want to become?
11. What three character traits would your friends use to describe you?
12. If you were interviewing someone for this position, what traits would you look for?
13. Who has impacted you most in your life and how?
14. What is your greatest fear?
15. What is your biggest regret and why?
16. What's the most important thing you learned in school?
17. What are the qualities of a good leader? A bad leader?
18. Do you think a leader should be feared or liked?
19. What would you do if you won the lottery?
20. What do you like to do for fun?
21. What do you do in your spare time?
22. What is your favorite memory from childhood?

### E. **Brainteaser Questions:**

1. Tell me 10 ways to use a pencil other than writing.
2. Sell me this pencil.
3. If you were an animal, which one would you want to be?
4. If you could choose one superhero power, what would it be and why?
5. With your eyes closed, tell me step-by-step how to tie my shoes.

# Mock Interview for BFFS

Student Name: \_\_\_\_\_ Teacher: \_\_\_\_\_

## Question 1 Ranking:

1	2	3	4	5
No answer	Needs Improvement	Good/Average	Strong	Excellent/Superior

## Question 2 Ranking:

1	2	3	4	5
No answer	Needs Improvement	Good/Average	Strong	Excellent/Superior

## Question 3 Ranking:

1	2	3	4	5
No answer	Needs Improvement	Good/Average	Strong	Excellent/Superior

## Question 4 Ranking:

1	2	3	4	5
No answer	Needs Improvement	Good/Average	Strong	Excellent/Superior

## Question 5 Ranking:

1	2	3	4	5
No answer	Needs Improvement	Good/Average	Strong	Excellent/Superior

Name two areas of improvement:

Name two areas of strength:

# Student Reflection

1. Name and describe three items you learned from this experience?
2. If you had to do this process again, what would you change? Why?
3. How could this be helpful for you in the future? Explain.
4. Should all students have this experience in high school? Why? And if so, how many times?
5. Summarize your experience in a small paragraph (i.e. what you liked, what you didn't like, what you would change, etc)