IT'S NOT YOU IT'S FRESHMEN
TIPS AND TRICKS FOR DEALING WITH THE ADOLESCENT BRAIN

1

CAN THIS BE FOR REAL?
LET'S JUST START WITH A LAUGH – TURN TO SOMEONE AROUND YOU AND TELL YOUR CRAZIEST “TEACHING FRESHMEN” STORY

2

NOT THAT YOU NEED PROOF, BUT HERE'S THE RESEARCH
TOGETHER WITH THE NEONATAL PERIOD, ADOLESCENCE IS ONE OF THE MOST DYNAMIC AND IMPORTANT PERIODS FOR GROWTH AND DEVELOPMENT IN THE BRAIN.

• THE FRONTAL LOBE THAT HELPS DECIDE “IS THIS A GOOD IDEA” IS NOT FULLY CONNECTED BECAUSE THE NERVE CELLS THAT CONNECT IT ARE SLOW DURING ADOLESCENCE.

3

BRAIN BREAKS
• ROCKS PAPER SCISSORS BATTLES
• "TAKE A LAP"
• TELL SOMEONE WHAT YOU JUST HEARD

4

REWARDS: THEY STILL LOVE STICKERS!
• OFFERING TO READ
• HELPING A NEIGHBOR
• WINNING ROCK PAPER SCISSORS
• APPLAUDING SOMETHING THEY LEARNED
• GROUP WITH THE BEST ANSWERS
• RAFFLE WINNER

5

COMMUNICATION IS KEY
• TELL ME ABOUT YOUR CHILD FORM
• EMAIL PARENTS
• GRADE CHECK FORMS

6
THE RESPONSIBILITY TALK

CREATE CLASS CULTURE ROOM 4 #’S

CELEBRATE YOUR SUCCESSES

- THIS IS NO EASY TASK
- MAKE SURE YOU HAVE APPROPRIATE SELF CARE IN PLACE
- WRITE THINGS DOWN SO YOU REMEMBER THE VICTORIES
Getting to know my students

The design of this course is to help your students come up with a plan for their future that meets their emotional and financial needs. Sometimes students don't realize they have certain skills or talents. Often times if we look back at people's lives we can see that there has been a pattern from a very young age and their career choice fits with that pattern. Please answer the following questions to help me know what I should be looking for to help your student.

Things he/she has always enjoyed doing: ____________________________________________________
________________________________________________________________________________________

Things he/she has always been good at: ___________________________________________________
________________________________________________________________________________________

Strengths (not just academic – communication, maturity): _________________________________
________________________________________________________________________________________

Areas of difficulty: _____________________________________________________________________
________________________________________________________________________________________

What careers do you envision your student doing and why? _________________________________
________________________________________________________________________________________
________________________________________________________________________________________

How can I best serve you as a parent and your student in my class? __________________________
________________________________________________________________________________________
________________________________________________________________________________________
________________________________________________________________________________________

Parent/guardian signature

_________________________________________  date
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<th>Class</th>
<th>Grade</th>
<th>How can I improve my grade?</th>
<th>Teacher signature</th>
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