Counselor Name: Marybeth Rodriguez
Title of Lesson: Smart Start
School: Van Buskirk/Tucson Unified School District
Quarter: 1st
Audience: Classroom
Level: Primary (K-2)
Target Grade: 3rd

COUNSELING STANDARDS

ACADEMIC
1. Students will acquire attitudes, knowledge and skills that contribute to effective learning in school and across the life span.
2. Students will complete school with academic preparation essential to choose from a wide range of substantial post-secondary options, including college.
3. Students will understand the relationship of academics to the world of work and to life at home and in the community.

CAREER
4. Students will acquire the skills to investigate the world of work in relation to knowledge of self and to make informed career decisions.
5. Students will employ strategies to achieve future career goals with success and satisfaction.
6. Students will understand the relationships between personal qualities, education, training and the world of work.

PERSONAL/SOCIAL
7. Students will acquire the knowledge, attitudes and interpersonal skills to help them understand and respect self and others.
8. Students will make decisions, set goals, and take necessary action to achieve goals.
9. Students will understand safety and survival skills.

COUNSELING COMPETENCY(IES)
Identify good study habits

ARIZONA STANDARDS FOR:
Reading:
Writing:
Math:

MATERIALS/RESOURCES:
1 large sheet of butcher paper, 1 marker, tag board finger tips handout, scissors, crayons, and pencil

ACTIVITY:
Begin by asking students what it means to start school the right way. Tell students you are going to give them some tips and ideas to help them have the best school year EVER! Brainstorm as a whole group to find out how much they already know about a smart start to the school year. Write student responses on the butcher paper or use the mapping technique to record their ideas. Next, pass out "finger tip" handout. Ask students if they can find anything on the brainstorming list that matches any of the finger tip ideas. This may help students feel good that they
already have some skills for a successful year. Put students in groups of four. In the group each student will cut out a hand and color or decorate to personalize the hand. After they are finished, have each member of the group take a turn reading one of the tips (from the finger tips or from the brainstorming session) that they haven't really been using, but that would help them be more successful. Have each student select a tip or idea and at the bottom of the hand write a goal for that tip or idea. In other words, how does the student plan to make this tip or idea work for them. Have students share their goal in the group or with the whole class. Tell students that next week you will want them to share "success stories" with the class. Display the "finger tips" handout so students can review their goal as many times as they need to. After the sharing lesson, have students take the handout home to share with parents.

**EVALUATION:**

**Pretest/Posttest:** Students will demonstrate their understanding of good study skills by listing at least three (3) “Smart Start Tips.”

**How did the student change as a result of this lesson?** Students will be aware that they can develop good habits for a successful school year.

**Information/Comments/Follow-up:** During the next class, students will share "success stories" about their goal.

REVISED 11/05/03
FINGER “TIPS”

to help you start the school year.

MY GOAL

NAME

1. Get plenty of rest and eat a good breakfast every day!
2. Respect yourself and everyone else in your school!
3. Set a regular time and place to study every day!
4. Visit your library as often as you can!
5. Share with your parents what you learn every day!