

The 7 Habits of Highly Effective Teens
by Sean Covey

Global Studies and World Languages Academy
Tallwood High School
Freshman Summer Assignment

Mrs. Graefin Adelman and Mrs. Duncan

This summer assignment is due in your English class
on Thursday September 9 or Friday September 10 to Mrs. Duncan.

FAQs:

1. How should I hand my assignment in?
You should PRINT your assignment and hand it in on the due date to Mrs. Duncan at the beginning of your English class on Thursday September 9 or Friday September 10. Staple all pages together.
You should also save a copy of your assignment.

2. What heading should I use on my assignment?
In the top right corner of the first page, include the following:
Name
Due Date
Block (check your schedule once you receive it in the mail)
Mrs. Duncan, Mrs. G
Please include page numbers and

3. What if I have questions on the assignment over the summer?
Do your best to rely on yourself. Try to think about the question(s) from another perspective, think about why you are working on the question, and what might be the best way to proceed. Then just go for it!

Assignment:

Part I – The Set-up

1. Please begin with a short paragraph answering the following in a well written paragraph: What are your good habits? What are your bad habits? How do you feel when you choose to exercise a bad habit?
2. Without looking up a definition and in your own words, how do you define “habit”?
3. Now read page 8, how could you redefine the word “habit”?
4. Read page 5 and do the following...(a) describe each of the seven habits in your own words, (b) identify how you may already be using each of these habits.
5. After identifying these habits, reflect in a well-written paragraph: What can students do to become more effective teens?

6. Read the “Top 10 All Time Stupid Quotes” on pages 11-12. Discuss the impact – “paradigm shift”. Why are paradigm shifts important? Which quote impacted you the most and why?
7. Read the “Paradigms of Life” on pages 18-23, choose one paradigm described and write a paragraph about how this paradigm shift benefits and/or challenges individuals.

Part II – The Private Victory, Habit 1, 2, and 3

8. The Personal Bank Account:
 - a. Keep Promises to Yourself – do #2 on page 45. What did you do? How did it make you feel? How did it affect others?
 - b. Do Random Acts of Service – do #3 on page 45. Again... What did you do? How did it make you feel? How did it affect others?
 - c. Tap Into Your Talents – do #5 on page 45. List all the talents you have! Now, ask a friend, parent, and/or neighbor – list the talents they say you have.
 - d. Renew Yourself – do # 9 on page 46. What did you do? How did it make you feel?
 - e. Be Honest - describe a time when you exaggerated or embellished a personal happening to a friend or parent. Was this honest? What was the outcome of the situation?
9. In a few sentences, explain the “Reactive” model, refer to page 49.
10. What is the significance of “Just Push Pause” on page 65?
11. Read pages 66-68 the “Four Human Tools”: self-awareness, conscience, imagination, and willpower. Compare and contrast each of these tools.
12. Choice – do ONE of the following!
 - a. Read the “Begin With the End in Mind” experience on page 75 and respond to that experience.
 - b. Five years from now, your local paper does a story about you and they want to interview three people: a parent, a brother or sister, and a close friend. What would you want them to say about you?
 - c. Refer to pages 90-94 and create a Mission Statement Collage - this collage should represent what you are about and what you value.
13. In your own words, how do you define stress?
14. Review “The Time Quadrants” on page 107.
 - a. How do you determine if something is urgent or important?
 - b. How would you feel in terms of stress, in each quadrant?

Part III – The Public Victory, Habit 4, 5, and 6

15. Read pages 146-154, discuss what this statement means: “The ‘Private Victory’ is the foundation for thinking Win-Win!”
16. Read “The Fruits of Win-Win Spirit” on page 159, write up one scenario that depicts Win-Win and one scenario that depicts a No Deal.
17. Read the poem, “Please Listen” on page 167. Write a paragraph on your experiences in reference to this poem.

18. Read pages 167-170. What are the five poor listening styles? Which one listening style are you struggling with? Which one(s) are you going to practice un-doing and how?
19. Read pages 171-179. "Communication Problems with my Girlfriend." Talk about this reading with your parents, ask them if they can relate to this issue, and, if so, what they have done to overcome this issue, and, if not, what they would do to overcome it. Reflect on this conversation in a brief paragraph.
20. Read about the Synergy Action Plan starting on page 195. Sit down with a parent and chose a "challenge" or "problem" you'll have this summer. Walk through the steps to solve the problem and document all of your brainstorming and notes!

Part IV – Renewal and Habit 7

21. Read "Caring for your Body," on pages 208-215 and decide what strikes your interest and which ideas you would be willing to follow up on. Now take action! Set up a time to do the activities with friends and/or family members and follow through! What did you do? How did everyone feel?
22. Read "Caring for your Brain" on pages 216-227 and determine which ideas you like best and would be willing to follow up on. Make a commitment and do them! Write a "journalist paragraph" answering Who, What, When, Where, Why, and How.
23. Read "Caring for your Heart" on pages 228-233. Again, determine which ideas you like best and would be willing to follow up on. Make a commitment and do them! Write a "journalist paragraph" answering Who, What, When, Where, Why, and How.
24. Read "Caring for your Soul" on pages 234-241. Again, determine which ideas you like best and would be willing to follow up on. Make a commitment and do them! Write a "journalist paragraph" answering Who, What, When, Where, Why, and How.

Concluding

25. Write out three big goals you have for yourself this year... pick one to complete this summer before school starts, one to complete before the end of first semester (January) and one to complete before the end of the second semester (June). Make sure that you tie one of the goals to your involvement in the Global Studies Academy; suggestions could include your work towards community service or attending cultural events. Write a paragraph for each goal covering the following:
 - a. What is the goal?
 - b. Why do you want to do it?
 - c. How do you think you'll feel when you're done?
 - d. How will you accomplish it – step-by-step! Including a due date!
 - e. And, for the goal that you are working on over the summer, be sure to reflect how you feel after successfully completing the goal!