



K-12

REFERENCE PAGES

8.5" X 11"



LANGUAGE ARTS	PAGE 02
SCIENCE	PAGE 23
MATHEMATICS	PAGE 30
CIVICS/GEOGRAPHY	PAGE 36
ENVIRONMENTAL AWARENESS	PAGE 45
HEALTHY LIVING	PAGE 47
SUCCESS SKILLS	PAGE 78
CHARACTER	PAGE 100
CATHOLIC EDUCATION	PAGE 120
TEACHER RESOURCES	PAGE 132
STEM	PAGE 151
MISCELLANEOUS	PAGE 160



LANGUAGE ARTS *parts of speech*

NOUN	A WORD THAT NAMES A PERSON, PLACE, THING, QUALITY, ACT, OR FEELING.
-------------	---

Common nouns are general and do not refer to a specific person, location, or object.

→ *Examples:* man, city, tonight, honesty, happiness

Proper nouns are capitalized and refer to a particular person, place, or thing.

→ *Examples:* Reggie, Market Square Arena, Saturday

PRONOUN	A WORD THAT TAKES THE PLACE OF A NOUN.
----------------	--

Nominative Case Pronouns replace the subject of a sentence or clause.

→ *Examples:* *She* took the bus to visit Aunt Jane.
We are looking forward to visiting Oregon.

Objective Case Pronouns receive a verb's action or follow a preposition.

→ *Examples:* Please give *me* the papers.
Timothy's outstanding service earned *him* the award.

Possessive Case Pronouns show ownership or possession.

→ *Examples:* The car escaped *from* *the* cage.
Their car slid off the icy road.

VERB	A WORD THAT EXPRESSES ACTION OR A STATE OF BEING. IT ALSO INDICATES THE TIME OF ACTION OR STATE OF BEING. A VERB HAS DIFFERENT FORMS DEPENDING ON ITS NUMBER, PERSON, VOICE, TENSE, AND MOOD.
-------------	---

Number indicates whether a verb is singular or plural. The verb and its subject must agree in number.

→ *Examples:* One dog barks. Two dogs bark.

Person indicates whether the subject of the verb is 1st, 2nd, or 3rd person and whether the subject is singular or plural. Verbs usually have a different form only in *third person singular of the present tense*.

→ *Examples:*

	<i>Singular</i>	<i>Plural</i>
1 st Person:	I stop.	We stop.
2 nd Person:	You stop.	You stop.
3 rd Person:	He/She/It stops.	They stop.

Voice indicates whether the subject is the doer or receiver of the action verb.

→ *Examples:* Cathy wrote the letter. (active voice)
The letter was written by Cathy. (passive voice)

Tense indicates when the action or state of being is taking place.

→ *Examples:* We *need* the information now. (present)
Reggie *shot* the ball. (past)
You *will enjoy* the school play. (future)

ADVERB	A WORD THAT DESCRIBES OR MODIFIES A VERB, AN ADJECTIVE OR ANOTHER ADVERB. AN ADVERB TELLS HOW, WHEN, WHERE, WHY, HOW OFTEN, AND HOW MUCH.
---------------	---

→ *Examples:* The ball rolled *slowly* around the rim.
Soccer scores are reported *daily* in the newspaper.

ADJECTIVE	A WORD THAT DESCRIBES OR MODIFIES NOUNS AND PRONOUNS. ADJECTIVES SPECIFY COLOR, SIZE, NUMBER, AND THE LIKE.
------------------	---

→ *Examples:* red, large, three, gigantic, miniature
Adjectives have three forms: **positive**, **comparative**, and **superlative**.

The **positive** form describes a noun or pronoun without comparing it to anything else.

→ *Example:* My apple pie is *good*.

The **comparative** form compares two things.

→ *Example:* Aunt Betty's apple pie is *better* than mine.

The **superlative** form compares three or more things.

→ *Example:* Mom's apple pie is *the best* of all!

PREPOSITION	A WORD (OR GROUP OF WORDS) THAT SHOWS HOW A NOUN OR PRONOUN RELATES TO ANOTHER WORD IN A SENTENCE.
--------------------	--

→ *Examples:* The man walked *into* the gym.
The horse leaped *over* the fence.
Their team won the meet *in spite of* several players being injured.

CONJUNCTION	A WORD THAT CONNECTS INDIVIDUAL WORDS OR GROUPS OF WORDS.
--------------------	---

Coordinating conjunctions connect a word to a word, a clause to a clause, or a phrase to a phrase. The sentence elements joined by a coordinating conjunction must be equal. Common coordinating conjunctions are: *and, but, or, nor, for, yet, so*.

Coordinating conjunctions used in pairs are called **correlative conjunctions**. Common correlative conjunctions are: *either, or; neither, nor; not only, but also; both, and; whether, or*.

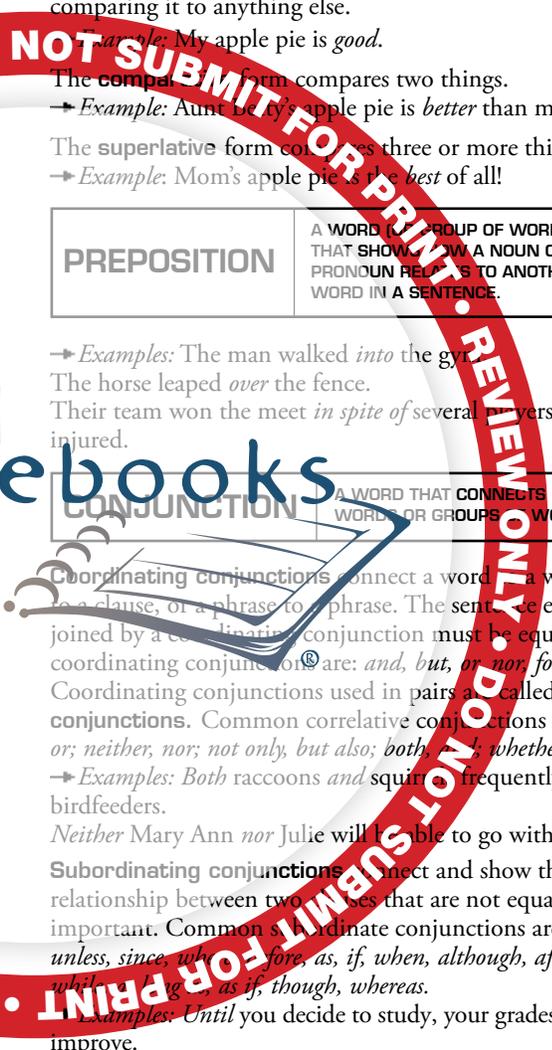
→ *Examples:* *Both* raccoons *and* squirrels frequently invade our birdfeeders.
Neither Mary Ann *nor* Julie will be able to go with you.

Subordinating conjunctions connect and show the relationship between two clauses that are not equally important. Common subordinating conjunctions are: *until, unless, since, while, before, after, as, if, when, although, because, whenever, as long as, as if, though, whereas*.

→ *Examples:* *Until* you decide to study, your grades won't improve.
If I hadn't already made plans, I would have enjoyed going to the mall with you.

INTERJECTION	A WORD THAT IS USED IN A SENTENCE TO COMMUNICATE STRONG EMOTION OR SURPRISE. PUNCTUATION IS USED TO SEPARATE AN INTERJECTION FROM THE REST OF THE SENTENCE.
---------------------	---

→ *Examples:* *Hooray!* We finally scored a touchdown.
Oh, no! I forgot the picnic basket.
Yes! Her gymnastic routine was perfect.
Ah, we finally get to stop and rest.





LANGUAGE ARTS *capitalization & plurals*

CAPITALIZATION	THE FOLLOWING CHART PROVIDES A QUICK OVERVIEW OF CAPITALIZATION RULES.
-----------------------	--

- All proper nouns → Shannon O'Connor, Orlando, Bill of Rights
- All proper adjectives → Kraft cheese, Bounty paper towels, Phillips screwdriver
- The first word in every sentence → Her dress is stunning.
- Races, languages, nationalities → Asian, French, African-American
- Nouns/Pronouns that refer to a supreme being → God, Yahweh
- Days of the week → Sunday, Monday, Tuesday
- Formal epithets → Ivan the Terrible
- Bodies of water → Amazon River, Lake Huron, West Coast
- Cities, towns → Houston, Lafayette, Dearborn
- Counties → Tippecanoe, Cork
- Countries → U.S.A, Mexico, Canada
- Continents → Africa, North America
- Landforms → Mojave Desert, the Appalachians
- Holidays and holy days → Veterans Day, Christmas, Yom Kippur
- Months → January, February
- Official documents → Emancipation Proclamation
- Official titles → President Obama, Mayor Bradley
- Periods and events in history → Middle Ages, Renaissance
- Planets, heavenly bodies → Mars, Jupiter, Milky Way
- Public areas → Yellowstone National Park
- Sections of a country or continent → the Northwest, the Middle East
- Special events → Battle of Lexington
- Streets, roads, highways → Rodeo Drive, Route 66, Interstate 65
- Trade names → Honda Accord, Kellogg's Corn Flakes

PLURALS	THE FOLLOWING CHART PROVIDES A QUICK OVERVIEW OF PLURALIZATION RULES.
----------------	---

- The plurals of most nouns are formed by adding *s* to the singular.
→ Examples: pie = pies | desk = desks | machine = machines
- The plural forms of nouns ending in *s*, *sh*, *x*, *z*, and *ch* are made by adding *es* to the singular.
→ Examples: bus = buses | dish = dishes | fox = foxes | buzz = buzzes | church = churches
- The plurals of common nouns that end in *y* preceded by a consonant are formed by changing the *y* to *i* and adding *es*.
→ Examples: fly = flies | copy = copies
- The plurals of words that end in *y* preceded by a vowel are formed by adding only *s*.
→ Examples: holiday = holidays | monkey = monkeys
- The plurals of words ending in *o* preceded by a vowel are formed by adding *s*.
→ Examples: studio = studios | rodeo = rodeos
- The plurals of words ending in *o* preceded by a consonant are formed by adding *s* or *es*.
→ Examples: hero = heroes | banjo = banjos | tomato = tomatoes | piano = pianos
- The plurals of nouns ending in *f* or *fe* are formed in one of two ways:
{1} If the *f* sound is still heard in the plural form, simply add *s*.
→ Examples: roof = roofs | chief = chiefs
{2} If the final sound in the plural is a *ve* sound, change the *f* to *ve* and add *s*.
→ Examples: wife = wives | knife = knives
- Foreign words and some English words form the plural by taking on an irregular spelling.
→ Examples: crisis = crises | criterion = criteria | goose = geese | ox = oxen
- The plurals of symbols, letters, and figures are formed by adding an *s*.
→ Examples: 5 = 5s
- The plural of nouns that end in *ful* are formed by adding *s* at the end of the word.
→ Examples: handful = handfuls | pailful = pailfuls | tankful = tankfuls



LANGUAGE ARTS *sentence structure & spelling rules*

SENTENCE STRUCTURE

A **complete sentence** must express a complete thought and must have a subject and a verb.
→ *Example:* He lost the game.

A **sentence fragment** results from a *missing* subject, verb or complete thought.
→ *Example:* Because he was lost.



THERE ARE FOUR TYPES OF SENTENCES: SIMPLE, COMPOUND, COMPLEX, AND COMPLEX

- 1 A **simple sentence** consists of one main clause. It expresses one main thought and has one subject and one verb.
A simple sentence may contain a compound subject, a compound verb, or both.
→ *Examples:* We enjoyed the concert.
Amy and Scott were married yesterday. (compound subject: Amy and Scott)
Ben is leaving work and going home. (compound verb: leaving and going)
- 2 A **compound sentence** contains two or more main clauses (in italics) connected by a conjunction, a semicolon, or a comma with a conjunction.
→ *Examples:* *Collecting fossils is fun*, but *I think identifying fossils is difficult*. (conjunction)
Andy's suit looks new; *it just got back from the cleaners*. (semicolon)
Erin came home for Easter, and *Carthy went to Florida*. (comma/conjunction)
- 3 A **complex sentence** has one main clause (in italics) and one or more subordinate clauses (underlined).
→ *Example:* *Dad says* that good grades are the result of diligent studying. (main clause, one independent clause)
Diligent studying is difficult, because I have to work several hours before I can start studying. (main clause, two dependent clauses)
- 4 A **compound-complex sentence** has two or more main clauses (in italics) and one or more subordinate clauses (underlined).
→ *Example:* *Because the school bus broke down*, *the team rode in a van*, and *the cheerleaders rode in cars*.
Unless my eyes are deceiving me, *Kristi is on that runaway horse*, and *Dale is behind her*.

School Datebooks



SPELLING RULES

Write *i* before *e* except after *c*, or when sounded like *a* as in *weigh* and *eight*.

→ *Exceptions:* seize, weird, either, leisure, neither

When the *ie/ei* combination is not pronounced *ee*, it is usually spelled *ei*.

→ *Examples:* reign, weigh, neighbor

→ *Exceptions:* friend, view, mischief, fiery

When a multi-syllable word ends in a consonant followed by a vowel and the accent is on the last syllable and the suffix begins with a vowel — the same rule holds true when you double the final consonant.

→ *Examples:* prefer = preferred | allot = allotted | control = controlling

If a word ends with a silent *e*, drop the *e* before adding a suffix that begins with a vowel.

→ *Examples:* use = using | like = liking | state = stating | love = loving

When the suffix begins with a consonant, do not drop the *e*.

→ *Examples:* use = useful | state = statement | nine = ninety

→ *Exceptions:* argument, judgment, truly, ninth

When *y* is the last letter in a word and the *y* is preceded by a consonant, change *th* adding any suffix except those beginning with *i*.

→ *Examples:* lady = ladies | try = tries | happy = happiness | ply = pliable | fly = flying



LANGUAGE ARTS *the writing process*

WRITING VARIABLES

BEFORE BEGINNING ANY ASSIGNMENT, IT WILL HELP YOU TO FOCUS AND REMAIN CONSISTENT IN STYLE IF YOU CONSIDER THE FOLLOWING VARIABLES.

Audience

For whom am I writing? A letter written to your ten-year-old sister will be much different in vocabulary, subject, content, format, and sentence complexity than one written to your senator.

Topic

About what subject should I write? If possible, choose a subject that interests you. Research your subject well.

Purpose

Why am I writing? Have a clear purpose in mind before starting your paper. Are you writing to entertain, instruct, inform, or persuade? Keeping your purpose in mind as you write will result in a paper that is focused and consistent.

Voice

What point of view or “voice” will I use? Writers sometimes write from the point of view of another person rather than from their own point of view. This can add variety and help you see your subject in a new way. Make sure your “voice” remains consistent.

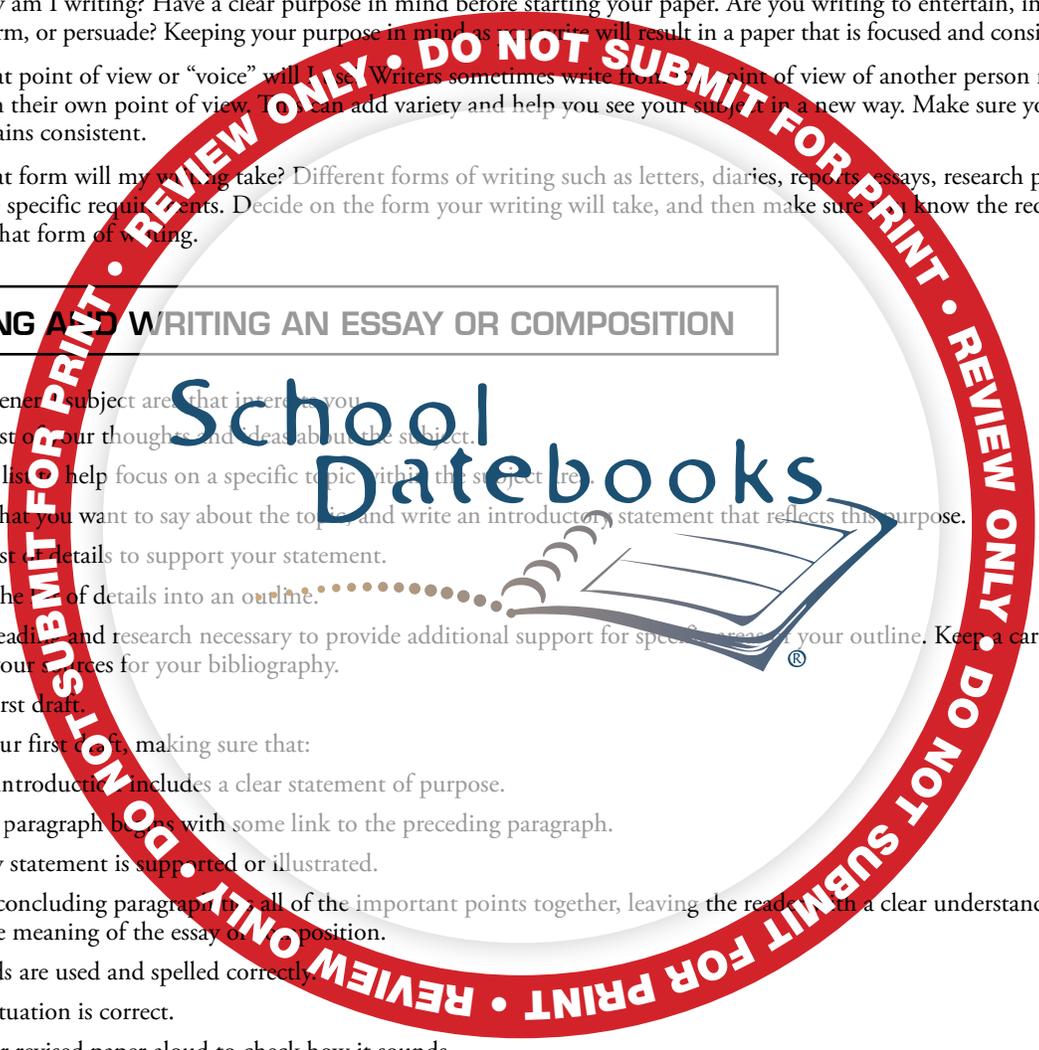
Format

What form will my writing take? Different forms of writing such as letters, diaries, reports, essays, research papers, etc., have specific requirements. Decide on the form your writing will take, and then make sure you know the requirements for that form of writing.

PLANNING AND WRITING AN ESSAY OR COMPOSITION

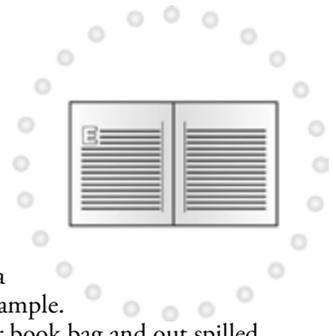
- {1} Select a general subject area that interests you.
- {2} Make a list of your thoughts and ideas about the subject.
- {3} Use your list to help focus on a specific topic within the subject area.
- {4} Decide what you want to say about the topic, and write an introductory statement that reflects this purpose.
- {5} Make a list of details to support your statement.
- {6} Arrange the list of details into an outline.
- {7} Do any reading and research necessary to provide additional support for specific areas of your outline. Keep a careful list of all of your sources for your bibliography.
- {8} Write a first draft.
- {9} Revise your first draft, making sure that:
 - {a} The introduction includes a clear statement of purpose.
 - {b} Each paragraph begins with some link to the preceding paragraph.
 - {c} Every statement is supported or illustrated.
 - {d} The concluding paragraph brings all of the important points together, leaving the reader with a clear understanding of the meaning of the essay or composition.
 - {e} Words are used and spelled correctly.
 - {f} Punctuation is correct.
- {10} Read your revised paper aloud to check how it sounds.
- {11} Proofread your revised paper two times: once for spelling, punctuation and word usage, and again for meaning and effectiveness.

School Datebooks





LANGUAGE ARTS *punctuation*



PERIOD ●

Use: to end a sentence that makes a statement or gives a command not used as an exclamation.
→ *Example:* Go to your room, and do not come out until dinner.

Use: after an initial or an abbreviation.
→ *Examples:* Mary J. Jones, Mr., Mrs., Ms.

COMMA ,

Use: to separate words or groups of words in a series.
→ *Example:* I used worms, mixers, larva, bread balls, and bacon for bait.

Note: Some stylebooks and teachers require a comma before “and” in a series.

→ *Example:* He ran, jumped, and yelled.

Use: to separate an explanatory phrase from the rest of the sentence.
→ *Example:* Escargots, or snails, are a delicacy that I relish.

Use: to distinguish items in an address and in a date.
→ *Examples:* John Doe, 290 Main St. Midtown, TN 48105
September 20, 1900

Use: to separate a title or an initial that follows a name.
→ *Example:* Joseph Jones, Ph.D.

QUESTION MARK ?

Use: at the end of a direct or indirect question.
→ *Example:* Did your relatives invite you to visit them this summer?

Use: to punctuate a short question within parentheses.
→ *Example:* I am leaving tomorrow (is that possible?) to visit my cousins in France.

APOSTROPHE ’

Use: to show that one or more letters or numbers have been left out of a word to form a contraction.
→ *Examples:* do not = don’t | I have = I’ve

Use: followed by an s is the possessive form of singular nouns.
→ *Example:* I clearly saw this young man’s car run that stop sign.

Use: possessive form of plural nouns ending in s is usually made by adding just an apostrophe. An apostrophe and s must be added to nouns not ending in s.
→ *Example:* bosses = bosses’, children’s

COLON :

Use: after words introducing a list, quotation, question, or example.
→ *Example:* Sarah dropped her book bag and out spilled everything: books, pens, pencils, homework, and makeup.

SEMICOLON ;

Use: to join compound sentences that are not connected with a conjunction.
→ *Example:* It’s elementary, my dear Watson; the butler is clearly responsible.

Use: to separate groups of words.
→ *Example:* I packed a toothbrush, deodorant, and perfume; jeans, a raincoat, and sweatshirts; and boots and tennis shoes.

QUOTATION MARKS “ ”

Use: to frame direct quotations in a sentence. Only the exact words quoted are placed within the quotation marks.
→ *Example:* “I don’t know,” she said, “if I will be able to afford the vacation.”

Use: to distinguish a word that is being discussed.
→ *Example:* Mr. Jones suggested I replace the word “always” with “often” in my thesis.

Use: to indicate that a word is slang.
→ *Example:* Julie only bought that outfit to show that she’s “with it.”

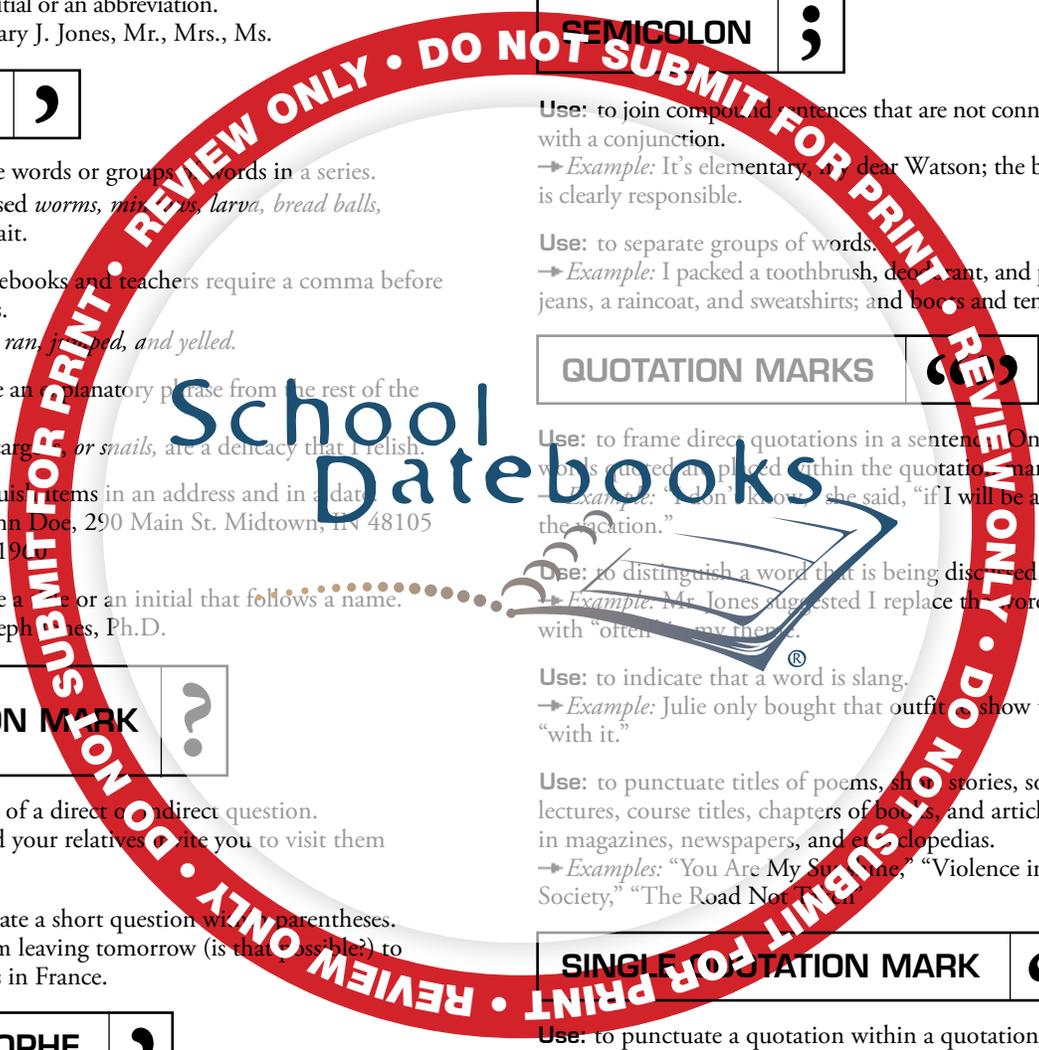
Use: to punctuate titles of poems, short stories, songs, lectures, course titles, chapters of books, and articles found in magazines, newspapers, and encyclopedias.
→ *Examples:* “You Are My Sunshine,” “Violence in Our Society,” “The Road Not Taken”

SINGLE QUOTATION MARK ‘ ’

Use: to punctuate a quotation within a quotation.
→ *Example:* “My favorite song is ‘I’ve Been Working on the Railroad,’” answered little Joey.

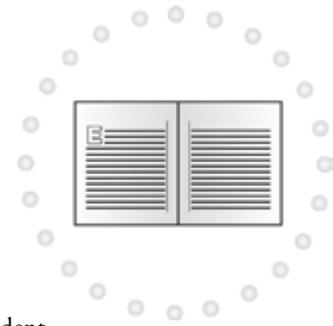
EXCLAMATION MARK !

Use: to express strong feeling.
→ *Example:* Help! Help!





LANGUAGE ARTS *frequently confused words*



accept | to agree to something or receive something willingly
except | not including

→ *Examples:* Jonathon will *accept* the job at the restaurant.
Everyone was able to attend the ceremony *except* Phyllis.

capital | chief, important, excellent. Also the city or town that is the official seat of government of a state or nation

capitol | the building where a state legislature meets

the Capitol | the building in Washington, D.C., in which the United States Congress meets

→ *Examples:* The *capital* of France is Paris.

The *capitol* of Indiana is a building in Indianapolis.

The vice president arrived at the *Capitol* to greet the arriving senators.

hear | to listen to

here | in this place

→ *Examples:* Do you *hear* that strange sound?

The juice is right *here* in the refrigerator.

it's | the contraction for *it is* or *it has*

its | shows ownership or possession

→ *Examples:* *It's* near time to leave for the football game.

The wagon lost *its* wheel in the mud.

lead | a heavy, gray metal

lead | to go first, guide

led | the past tense of *lead*

→ *Examples:* Water pipes in many older homes are made of *lead*.

This path will *lead* us to the waterfall.

Bloodhounds *led* the police to the hideout.

loose | free or not tight

lose | to misplace or suffer the loss of something

→ *Examples:* Since she *lost* weight, many of her clothes are *loose*.

If you *lose* your money, you will not be able to get into the park.

principal | the first or most important. It also refers to the head of a school.

principle | a rule, truth, or belief

→ *Examples:* Pineapple is one of the *principal* crops of Hawaii.

One *principle* of science is that all matter occupies space.

quiet | free from noise

quite | truly or almost completely

→ *Examples:* Our teacher insists that all students are *quiet* during a test.

This enchilada is *quite* spicy.

their | belonging to them

there | at that place

they're | the contraction for *they are*

→ *Examples:* *Their* new puppy is frisky.

Please place all of the newspapers over *there*.

They're coming over tonight.

to | in the direction of

too | also or very

two | the whole number between one and three

→ *Examples:* The paramedics rushed *to* the scene of the accident.

This meal is delicious, and it is low in fat, *too*.

Only *two* of the 10 runners were able to complete the race.

weather | the state of the atmosphere referring to wind, clouds, temperature, etc.

whether | a word for alternative

→ *Examples:* We are hoping for warm, sunny *weather* for our family reunion.

We cannot decide *whether* we will drive or fly to the reunion.

Who's | the contraction for *who is* or *who has*

Whose | the possessive form of *who*

→ *Examples:* *Who's* in charge of the lighting for the stage?

Whose bicycle is out in the rain?

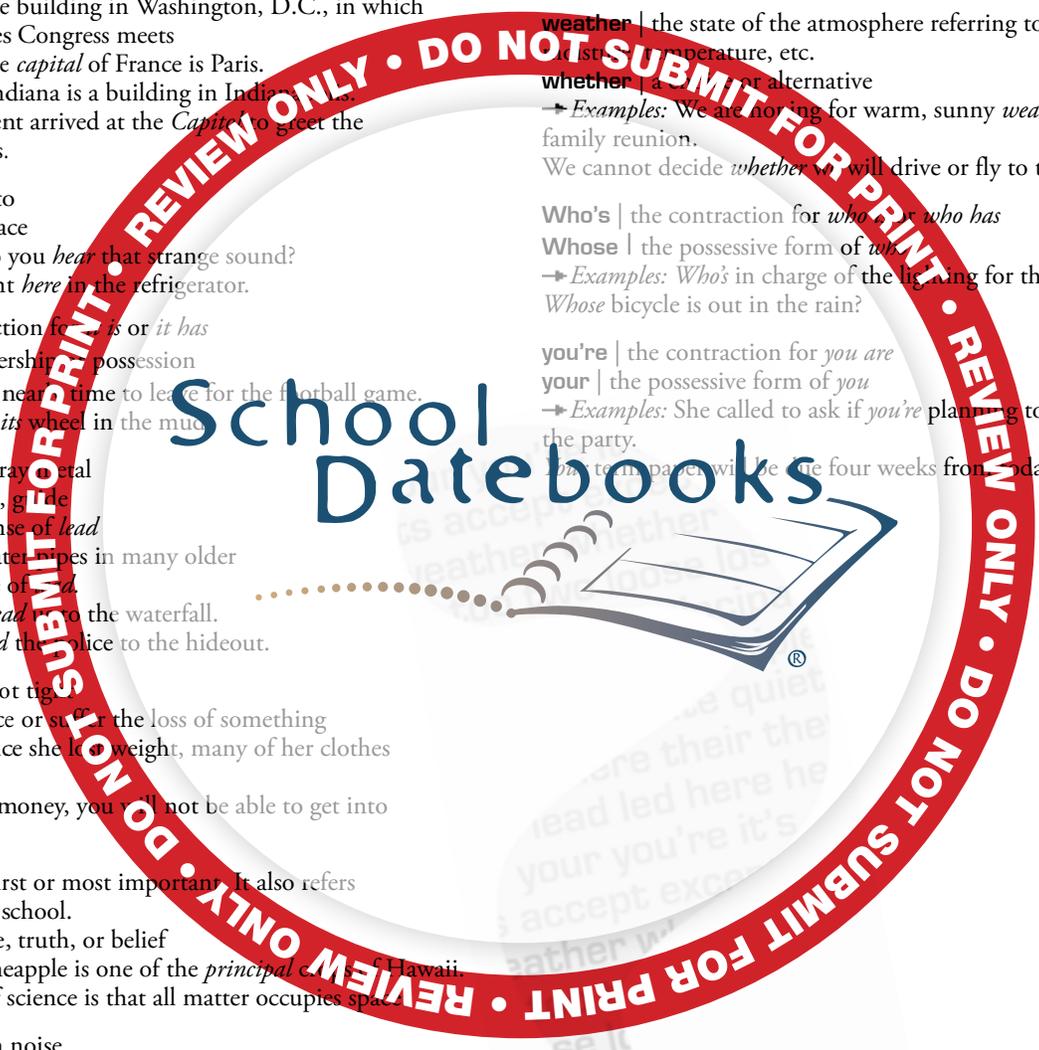
you're | the contraction for *you are*

your | the possessive form of *you*

→ *Examples:* She called to ask if *you're* planning to attend the party.

Your team paper will be due four weeks from today.

School Datebooks





LANGUAGE ARTS *common prefixes & suffixes*

COMMON PREFIXES	A PREFIX IS A SYLLABLE ADDED TO THE BEGINNING OF A WORD TO CHANGE ITS MEANING.
------------------------	--

Prefix	Meaning	Examples
auto-	self	automobile, autopilot
bi-	two or twice	bicycle, biannual, biweekly
com-	with	compare, communicate, company
con-	with	conference, concert, confide
dis-	do the opposite of	disappear, dislike, distrust
en-	to make	ensure, enlarge, enable
extra-	beyond	extraordinary, extrasensory
il-	not	illegal, illogical, illiterate
im-	not or within	impossible, immature, impatient
in-	not or within	injure, incomplete, indoors, ingrown
inter-	between	international, interact, intersection
ir-	not	irresponsible, irregular
mid-	middle	midnight, midstream, midway
mis-	wrong	mistake, misguide, misunderstood
non-	not or without	nonsense, nonfat, nonfiction
post-	after	postgraduate, postwar
pre-	before	prehistoric, precaution, preschool
re-	back or again	return, revise, recycle, react
sub-	below	submarine, subpoena, substitute
super-	above, outside	supernatural, supermarket, superpower
trans-	across, over	transplant, transcendent, transport
un-	not	unsafe, unjust, unsure

School Datebooks

COMMON SUFFIXES	A SUFFIX IS A SYLLABLE ADDED TO THE END OF A WORD TO CHANGE ITS MEANING. IN MOST CASES, WHEN ADDING A SUFFIX THAT STARTS WITH A VOWEL, DROP THE FINAL E OF THE ROOT WORD. FOR EXAMPLE, NERVE BECOMES NERVOUS. ALSO, CHANGE A FINAL Y IN THE ROOT WORD TO AN I BEFORE ADDING ANY SUFFIX EXCEPT <i>-ING</i> .
------------------------	---

Suffix	Meaning	Examples
-able	able to be	payable, movable, portable
-al	of, like, or suitable for	logical, natural, comical
-an	relating to, belonging to, or living in	American, European, librarian
-ance	the condition or state of being	performance, allowance
-ant	a person or thing that does something	contestant, peasant, servant
-ative	having the nature of or relating to	imaginative, talkative, decorative
-ent	characterized by	different, reverent, indignant
-ful	full of	helpful, beautiful, playful
-ian	relating to, belonging to, or living in	musician, magician
-ity	quality or degree	activity, fatality, popularity
-ive	have or tend to be	active, attractive, impressive
-less	without or lacking	homeless, thoughtless
-ment	act of	payment, employment, achievement
-ness	state of	happiness, thoughtfulness
-or	person or thing that does something	actor, accelerator
-ous	characterized by	nervous, courageous, famous
-ship	quality of or having the office of	friendship, leadership, companionship
-ward	in the direction of	backward, homeward, westward



LANGUAGE ARTS *root words & their derivatives*

acer, acid, acri | bitter, sour, sharp
→ *acerbic, acidity, acrid, acrimony*

ag, agi, ig, act | do, move, go
→ *agent, agenda, agitate, agility, navigate, ambiguous, action, react*

anni, annu, enni | year
→ *anniversary, annually, centennial*

arch | chief, first, rule
→ *archangel, architect, archaic, patriarchy*

aud | hear, listen
→ *audiology, auditorium, audition*

belli | war
→ *rebellion, belligerent, bellicose*

capit, capt | head
→ *decapitate, capital, captain*

clud, clus, claus | shut
→ *include, conclude, retract, claustrophobia*

cord, cor, cardi | heart
→ *cordial, concord, discord, courage*

corp | body
→ *corpse, corps, corruption, corpulent*

crea | create
→ *creature, recreation, creation*

cresc, cret, creas | rise, grow
→ *crescendo, concrete, increase*

cycl, cyclo | wheel, circular
→ *bicycle, cyclic, cyclone, Cyclops*

dem | people
→ *democracy, demography, epidemic*

dict | say, speak
→ *dictation, dictionary, benediction, dictator, edict, predict, version*

dorm | sleep
→ *dormant, dormitory*

dura | hard, lasting
→ *durable, duration, endure*

equi | equal
→ *equinox, equilibrium, equipose*

fall, fals | deceive
→ *fallacy, fallacious, falsify*

fid, fide, feder | faith, trust
→ *confidante, perfidy, fiduciary, fidelity, confident, infidel, federal, confederacy*

fin | end, ended, finished
→ *final, finite, finish, confine, fine, refine, define, finale, infinity*

fort, forc | strong
→ *fortress, fortify, forte, fortitude*

geo | earth
→ *geography, geocentric, geology*

grad, gress | step, go
→ *grade, gradual, graduate, progress*

here, hes | stick, cling
→ *adhere, cohere, inherent, cohesion*

hydr, hydra, hydro | water
→ *dehydrate, hydrant, hydraulic, hydrogen*

ignis | fire
→ *ignite, igneous, ignition*

ject | throw
→ *deject, reject, eject, object, reject*

lav, lot, lut | wash
→ *launder, lavatory, lotion, ablution*

liter | letters
→ *literary, literal, alliteration*

magn | great
→ *magnify, magnificent, magnitude, magnanimous, magnum, magnate*

man | hand
→ *manual, manage, manufacture, manicure, manifest, maneuver*

mem, memor | remember
→ *memo, commemorate, memorize, memorandum, memory*

migra | wander
→ *migrate, emigrant, immigrate*

mit, miss | send, to go
→ *emit, remit, submit, commit, transmit, mission, missile, commissary, emissary*

nat, nasc | to be from, spring forth
→ *innate, natal, native, renaissance*

nov | new
→ *novel, novice, innovate, renovate*

omni | all, every
→ *omnipotent, omniscient, omnivorous*

path, pathy | feeling, suffering
→ *pathos, sympathy, apathy, telepathy*

ped, ped-
→ *pedal, impede, pedestrian, centipede, expedition, tripod, podiatry*

pel, puls | drive, urge
→ *compel, dispel, expel, repel, propel, pulse, impulse, pulsate, repulsive*

poli | city
→ *metropolis, police, politics, acropolis*

port | carry
→ *portable, transport, export, support*

punct | point, dot
→ *punctual, punctuation, puncture*

ri, ridi, risi | laughter
→ *deride, ridicule, ridiculous, risible*

salv, salu | safe, healthy
→ *salvation, salvage, salutation*

scope | see, watch, examine
→ *telescope, periscope, kaleidoscope*

scrib, script | write
→ *scribble, inscribe, describe, prescribe, subscribe, manuscript, inscription*

sent, sens | feel
→ *sentiment, consent, dissent, sense, sensation, sensitive, sensory, sensible*

sign, signi | sign, mark seal
→ *signal, signature, design, insignia*

sist, stit | stand
→ *assist, persist, stamina, status, state, statue, station, stationary, establish*

solv, solu | loose
→ *solvent, absolve, soluble, solution*

spir | breath
→ *spirit, expire, inspire, respiration*

tact, tang, tag, tig | touch
→ *tactile, tactual, contact, contact, tangible, contagious, contiguous*

tempo | time
→ *temporary, contemporary, temporal*

ten, tin, tain | hold
→ *tenure, tenure, detention, pertinent, contain, pertain*

terr | earth
→ *terrain, terrarium, territory*

tract, tra | draw, pull
→ *tractor, attract, tractable, abstract*

trib | pay, bestow
→ *tribute, contribute, attribute, distribute, tributary, distribution*

uni | one
→ *unite, unify, universal*

vac | empty
→ *vacate, vacuum, vacant, evacuate*

ven, vent | come
→ *convene, venue, venture, advent*

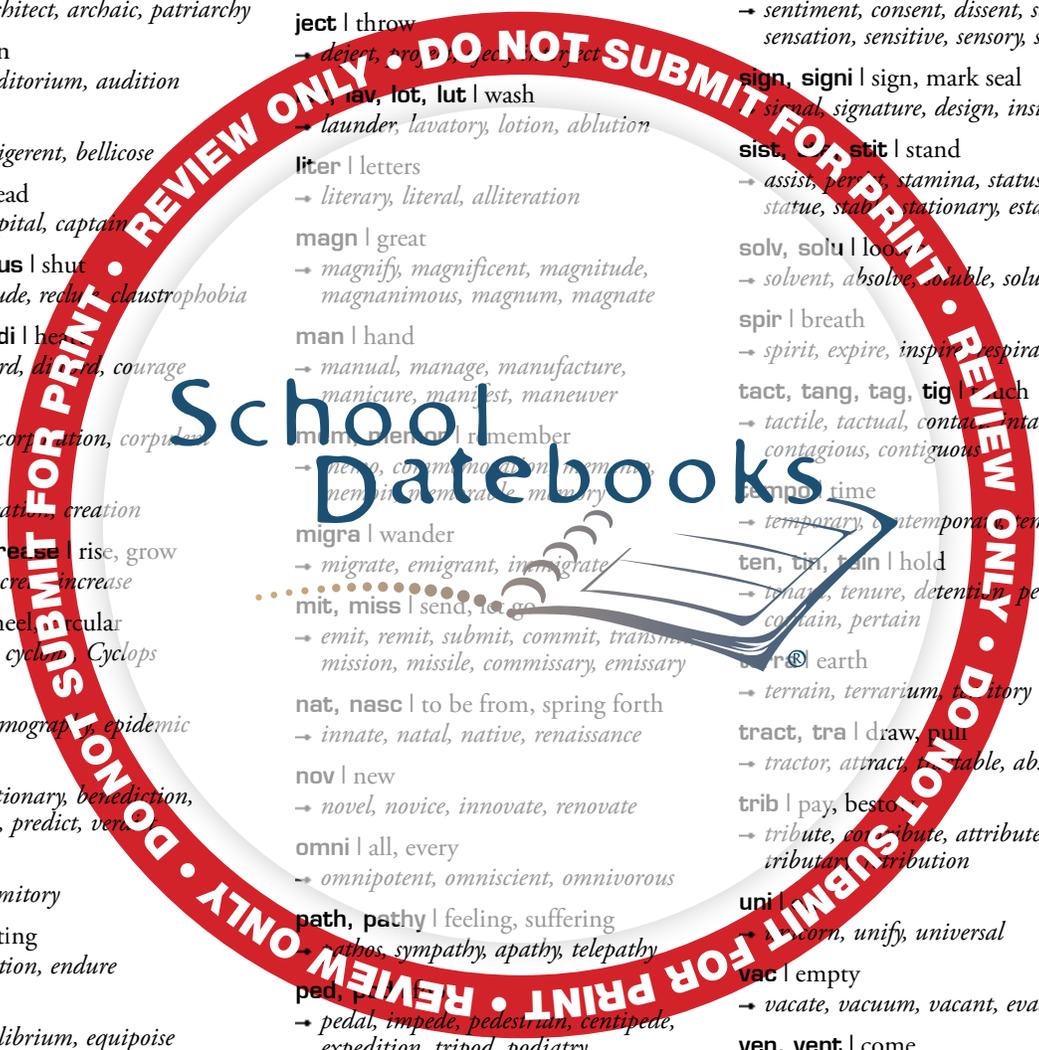
ver, veri | true
→ *verdict, verify, verisimilitude*

vict, vinc | conquer
→ *victor, convict, convince, invincible*

viv, vita, vivi | alive, life
→ *revive, survive, vivid, vitality*

voc | call, voice
→ *vocation, convocation, evoke, vocal*

zo | animal
→ *zoo, zoology, zoomorphic, zodiac*





LANGUAGE ARTS *common editing marks*

↗ | *insert a comma*

→ Her husband, Andy, decided to open his own repair business.

↘ | *insert an apostrophe*

→ Mary hadn't planned on a sixth party guest.

⌞ | *insert quotation marks*

→ The students were required to read the poem "Howl."

↵ | *insert written suggestion*

→ Jean-Pierre said his favorite country to visit was the States.

○ | *use a period*

→ Mark likes scrambled eggs. He does not like hard-boiled eggs.

↵ | *delete*

→ Jim warned me that that magnet might harm my CD.

⌞ | *transpose elements*

→ The team could have also placed first in the tournament.

⊃ | *close up this space*

→ Milo retreated to his dog house:.....

| *insert single space*

→ Jeff didn't mind waiting, but he was running out of time.

| *begin new paragraph*

→ "Who's that?" Nissy asked. "Her name is Beth," said Brenda.

No # | *no new paragraph*

→ "I'm tired," said Kevin. "I'd like to go home."

≡ | *capitalize*

→ They traveled to the capitol to meet the vice president.

ℓ | *lowercase*

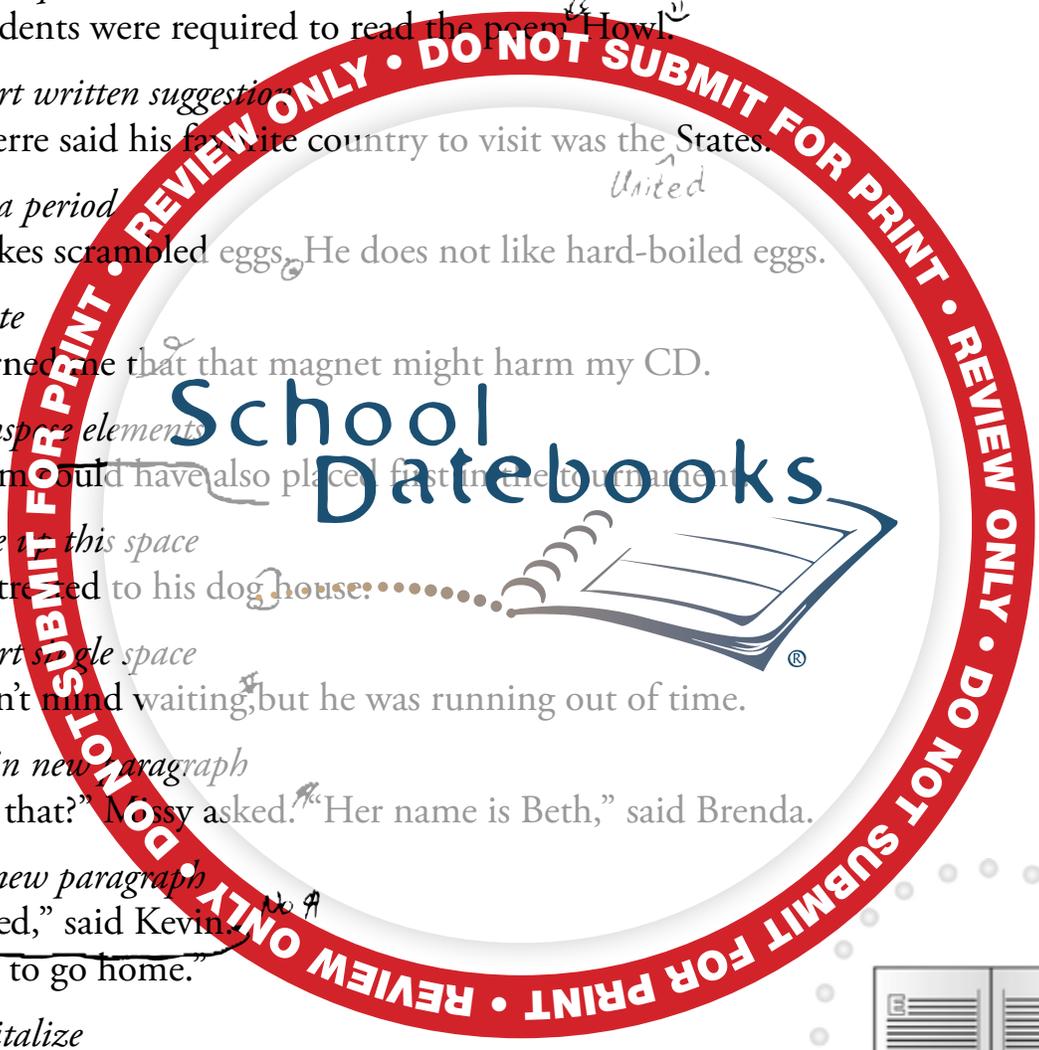
→ Tim fondly remembers playing football in High School.

sp | *spell out*

→ It was Kim's 1st trip to the U.K.

stet | *stet (let it stand)*

→ I don't like to hurt other people's feelings.





LANGUAGE ARTS *outlining*

OUTLINING

OUTLINES CAN HELP YOU ORGANIZE YOUR IDEAS. YOU MIGHT USE AN OUTLINE TO PLAN A SPEECH, COMPOSITION, OR TERM PAPER. YOU ALSO MIGHT USE AN INFORMAL OUTLINE TO TAKE NOTES.

formal

A **formal outline** lists the main points of a topic and shows the relative importance of each and the order in which these points are presented. It also shows the relationships among them.

Formal Outline Format:

- I.
- A.
- B.
- 1.
- 2.
- a.
- b.
- (1)
- (2)
- (a)
- (b)

II.

No new subdivision should be started unless there are at least two points to be listed in the new division. This means that each *I* must have at least two *A*'s; each *A* must have at least two *a*'s.

Formal outlines may be either a **sentence outline** or a **topic outline**.

A **sentence outline** uses a complete sentence for each point and subpoint. A **topic outline** uses words or phrases for each point and subpoint.

→ Here is an example of a topic outline.

- Thesis or Introductory Statement
- I. Gasoline shortage
 - A. Long lines
 - B. Gas "rationing"
- II. Voluntary energy conservation
 - A. Gasoline
 - B. Electricity
 - C. Home heating fuel
- III. Forced energy conservation
 - A. Fuel allocation
 - B. Speed limit
 - C. Airline flights
 - D. Christmas lighting
- Conclusion

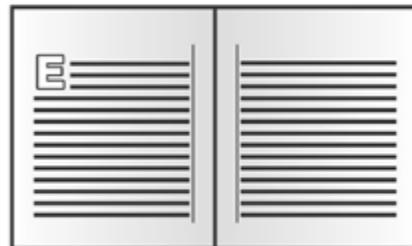
informal

An **informal outline** uses as few words as possible. Supporting details are written below each heading. Numerals, letters, or dashes may be used. Informal outlines are especially useful for taking notes.

→ Here is an example of an informal outline.

- I. How lightning occurs
 - cloud's particles collide and become electrically charged
 - positively and negatively charged particles separate
 - positively charged particles in cloud collide with negatively charged particles on ground
- II. Forms of lightning
 - forked
 - streak
 - ribbon
 - bead or chain
 - ball

School Datebooks





LANGUAGE ARTS *MLA style of documentation*

YOUR WORKS-CITED LIST	Your works-cited list should appear at the end of your essay. It provides the information necessary for a reader to locate and retrieve any source you cite in the essay. Each source you cite in the essay must appear in your works-cited list; likewise, each entry in the works-cited list must be cited in the text.
------------------------------	---

According to the *Modern Language Association Handbook for Writers of Research Papers, 9th edition*:

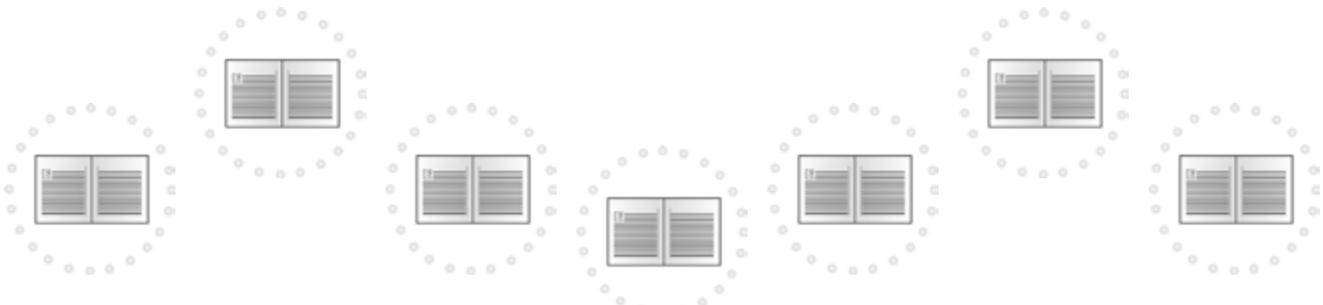
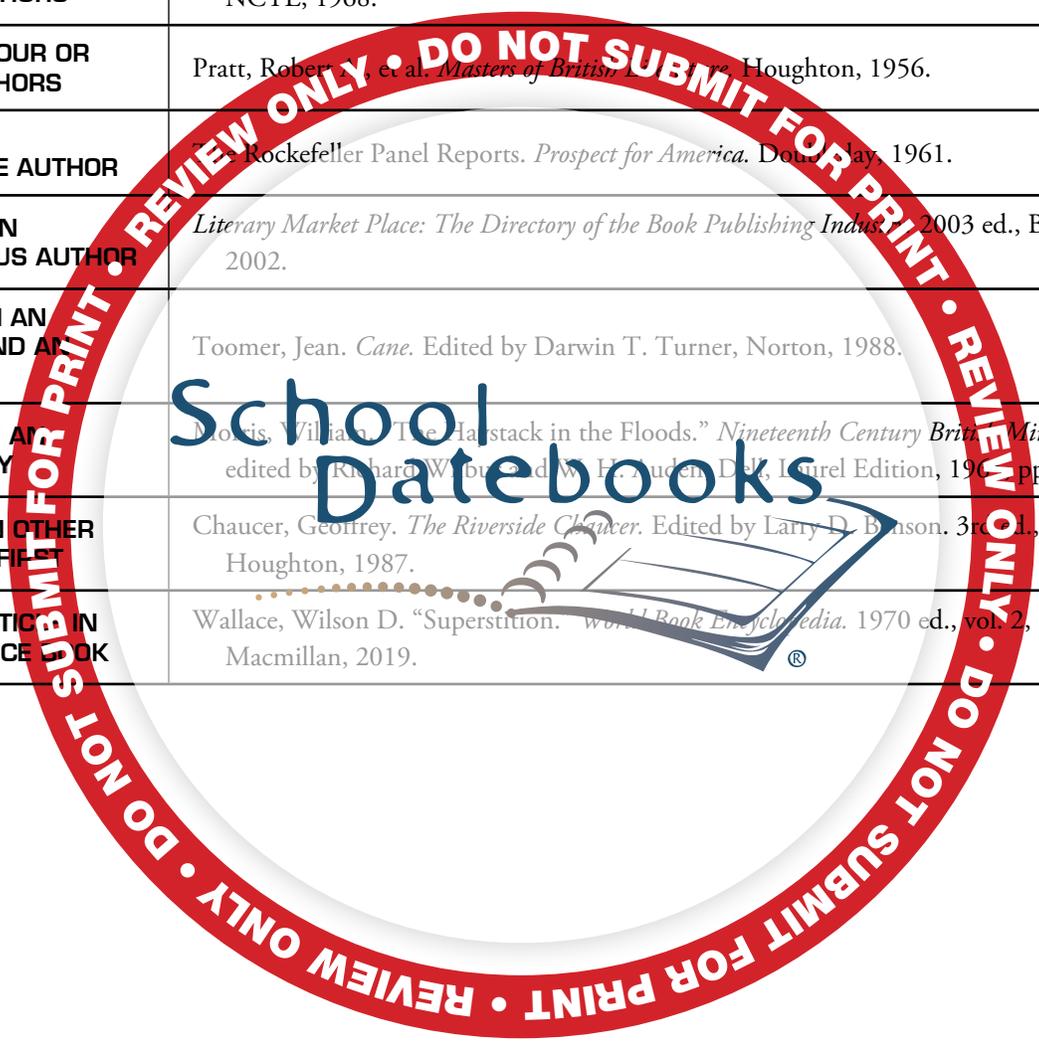
- {1} Double-space all entries.
- {2} Begin the first line of an entry flush with the left margin, and indent lines that follow by one-half inch.
- {3} List entries in alphabetical order by the author's last name. If you are listing more than one work by the same author, alphabetize the works according to title. Instead of repeating the author's name, type three hyphens followed by a period, and then give the title.
- {4} Italicize the titles of works published independently. Books, plays, long poems, pamphlets, periodicals, and films are all published independently.
- {5} If the title of a book you are citing includes the title of another book, italicize the main title but not the other title.
- {6} Use quotation marks to indicate titles of short works included in larger works, song titles, and titles of unpublished works.
- {7} Separate the author, title, and publication information with a period followed by one space.
- {8} Use lowercase abbreviations to identify parts of a work (for example, vol. for volume), a named translator (trans.), and a named editor (ed.). However, when these designations follow a period, the first letter should be capitalized.
- {9} Use the shortened forms for the publisher's name. When the publisher's name includes the name of a person, cite the last name alone. When the publisher's name includes the name of more than one person, cite only the first of these names.
- {10} Use the phrase "accessed 5 Jan. 2019" instead of listing the date or the abbreviation, "n.d."

ANY CITATION (GENERAL GUIDELINES)	Author, Title, Title of container (self contained if book), Other contributor, translators or editors, Version, Edition, Number (vol. and/or no.), Publisher, Publication Date, Location (page, paragraphs, URL, or DOI), and container's title, Other contributors, Version, Number, Publisher, Publication date, Date of Access (if applicable).
PAGE ON A WEBSITE	"How to Change Your Oil." <i>eHow</i> , 25 Sept. 2018, www.ehow.com/how_2018_how-oil.html. Accessed 5 Jan. 2019.
ARTICLE IN A JOURNAL FROM A WEBSITE (ALSO IN PRINT)	Doe, Jim. "Laws of the Open Sea." <i>Maritime Law</i> , vol. 3, no. 6, 2018, pp. 595-600, www.maritimelaw.org/article. Accessed 8 Feb. 2017.
ARTICLE IN A PERIODICAL (GENERAL GUIDELINES)	Author's last name, first name. "Article title." <i>Periodical title</i> , Day Month Year, pages.
BYLINED ARTICLE FROM A DAILY NEWSPAPER	Barron, Felicity. "Where Many Elderly Live, Signs of a Future." <i>New York Times</i> , 12 Mar. 2018, p. A12.
UNBYLINED ARTICLE FROM A DAILY NEWSPAPER	"Infant Mortality Down; Race Disparity Widens." <i>Washington Post</i> , 12 Mar. 2018, p. A12.
ARTICLE FROM A MONTHLY OR BIMONTHLY MAGAZINE	Willis, Garry. "The Words that Remade America: Lincoln at Gettysburg." <i>Atlantic</i> , June 2019, pp. 57-79.
ARTICLE FROM A WEEKLY OR BIWEEKLY MAGAZINE	Hughes, Robert. "Futurism's Farthest Frontier." <i>Time</i> , 9 July 2019, pp. 58-59.
EDITORIAL	"A Question of Medical Sight." Editorial. <i>Plain Dealer</i> , 11 Mar. 2019, p. 6B.



LANGUAGE ARTS *MLA style of documentation*

BOOK (GENERAL GUIDELINES)	Author's last name, first name. <i>Book title</i> . Publisher, publication date.
BOOK BY ONE AUTHOR	Wheelen, Richard. <i>Sherman's March</i> . Crowell, 1978.
TWO OR MORE BOOKS BY THE SAME AUTHOR	Garreau, Joel. <i>Edge City: Life on the New Frontier</i> . Doubleday, 1991. ---. <i>The Nine Nations of North America</i> . Houghton, 1981.
BOOK BY TWO OR THREE AUTHORS	Purves, Alan C., and Victoria Rippere. <i>Elements of Writing About a Literary Work</i> . NCTE, 1968.
BOOK BY FOUR OR MORE AUTHORS	Pratt, Robert L., et al. <i>Masters of British Literature</i> . Houghton, 1956.
BOOK BY A CORPORATE AUTHOR	Rockefeller Panel Reports. <i>Prospect for America</i> . Doubleday, 1961.
BOOK BY AN ANONYMOUS AUTHOR	<i>Literary Market Place: The Directory of the Book Publishing Industry</i> . 2003 ed., Bowker, 2002.
BOOK WITH AN AUTHOR AND AN EDITOR	Toomer, Jean. <i>Cane</i> . Edited by Darwin T. Turner, Norton, 1988.
A WORK IN AN ANTHOLOGY	Keats, William. "The Harestack in the Floods." <i>Nineteenth Century British Minor Poets</i> , edited by Richard W. B. Lewis. London: Duck, Laurel Edition, 1900. pp. 35-52.
AN EDITION OTHER THAN THE FIRST	Chaucer, Geoffrey. <i>The Riverside Chaucer</i> . Edited by Larry D. Benson. 3rd ed., Houghton, 1987.
SIGNED ARTICLE IN A REFERENCE BOOK	Wallace, Wilson D. "Superstition." <i>World Book Encyclopedia</i> . 1970 ed., vol. 2, Macmillan, 2019.





LANGUAGE ARTS *APA style of documentation*

YOUR REFERENCE LIST

YOUR REFERENCE LIST SHOULD APPEAR AT THE END OF YOUR ESSAY. IT PROVIDES THE INFORMATION NECESSARY FOR A READER TO LOCATE AND RETRIEVE ANY SOURCE YOU CITE IN THE ESSAY. EACH SOURCE YOU CITE IN THE ESSAY MUST APPEAR IN YOUR REFERENCE LIST. LIKEWISE, EACH ENTRY IN THE REFERENCE LIST MUST BE CITED IN THE TEXT.

BASIC RULES

According to the seventh edition of the *Publication Manual of the American Psychological Association*:

- Indent your reference list one-half inch from the left margin, excluding the first line of each reference, which should remain flush left. This is called a hanging indent.
- Double-space all references.
- Capitalize only the first word of a title or subtitle of a work. Capitalize all major words in journal titles. Italicize titles of books and journals. Note that the italicizing in these entries includes commas and periods.
- Invert authors' names (last name, first initial), give last name and initials for all authors of a particular work, unless the work has more than six authors (in that case, list the first six authors and then use et al. after the sixth author's name to indicate the rest of the authors). Alphabetize by authors' last names letter by letter. If you have more than one work by a particular author, order them by publication date, oldest to newest (thus a 2016 article would appear before a 2018 article). When an author appears as a sole author and again as the first author of a group, list the one-author entries first. If no author is given for a particular source, alphabetize by the title of the piece in the reference list. Use a shortened version of the title for parenthetical citations within the text.
- Use "&" instead of "and" before the author's name when listing multiple authors of a single work.

BASIC FORMS FOR SOURCES IN PRINT

An article in a periodical (such as a journal, newspaper, or magazine)

- Author, A. A., Author, B. B., & Author, C. C. (publication year, month day). Title of article. *Title of Periodical*, volume number (issue number), pages.

You need to list only the volume number if the periodical uses continuous pagination throughout a particular volume. Each issue begins with page 1. When you should list the issue number as well. *Title of Periodical*, volume number (issue number), pages.

A nonperiodical (such as a book, report, brochure or audiovisual media)

- Author, A. A. (Year of publication). *Title of work: Capital letter also for subtitle* (Edition).[®] Publisher.

Do not include the location of the publisher in the citation.

Part of a nonperiodical (such as a book chapter or an article in a collection)

- Author, A. A., & Author, B. B. (Year of publication). Title of chapter. In A. Editor & B. Editor (Eds.), *Title of book* (pages of chapter). Publisher.

When you list the pages of the chapter or essay in parentheses after the book title, use "pp." before the number (pp. 1-21). This abbreviation, however, does not appear before the page numbers in periodical references, except for new papers.

BASIC FORMS FOR ELECTRONIC SOURCES

A web page

- Author, A. A. (Date of publication or revision). *Title of page*. Site name. URL

An online journal or magazine

- Author, A. A., & Author, B. B. (Date of publication). Title of article. *Title of Journal*, volume number (issue number), page range. doi:0000000/000000000000

Since online materials can potentially change URLs, APA recommends providing a Digital Object Identifier (DOI), when it is available, as opposed to the URL. DOIs are unique to their documents and consist of a long alphanumeric code.

An online journal or magazine (with no DOI assigned)

- Author, A. A., & Author, B. B. (Date of publication). Title of article. *Title of Journal*, volume number (issue number), page range. URL

Email

Because email is a personal communication, not easily retrieved by the general public, no entry should appear in your reference list. Instead, parenthetically cite in text the communicator's name, the fact that it was personal communication, and the date of the communication: The novelist has repeated this idea recently (S. Rushdie, personal communication, May 1, 1995).



LANGUAGE ARTS *APA style of documentation*



EXAMPLES

Journal article, one author

- Harlow, H. F. (1983). Fundamentals for preparing psychology journal articles. *Journal of Comparative and Physiological Psychology, 55*, 893-896.

Journal article, more than one author

- Kernis, M. H., Cornell, D. P., Sun, C. R., Berry, A., & Harlow, T. (1993). There's more to self-esteem than whether it is high or low: The importance of stability of self-esteem. *Journal of Personality and Social Psychology, 65*, 1190-1204.

Work discussed in a secondary source

- Coltheart, M., Curtis, B., Atkins, L., & Haller, M. (1993). Models of reading aloud: Dual-route and parallel-distributed-processing approaches. *Psychological Review, 100*, 589-608.

Give the secondary source in the references list; in the text, name the original work, and give a citation for the secondary source. For example, if Seidenberg and McClelland's work is cited in Coltheart et al. and you did not read the original work, list the Coltheart et al. reference in your reference list. In the text, use the following citation:

- In Seidenberg and McClelland's study (as cited in Coltheart, Curtis, Atkins, & Haller, 1993), ...

Magazine article, one author

- Henry, W. A., II. (1990, April 9). Making the grade in today's schools. *Time, 135*, 28-31.

Book

- Calfee, R. C., & Valencia, R. R. (1991). *APA guide to preparing manuscripts for journal publication*. American Psychological Association.

An article or chapter of a book

- O'Neil, J. M., & Egan, J. (1992). Men's and women's gender role journeys: Metaphor for healing, transition, and transformation. In B. R. Wainrib (Ed.), *Gender issues across the life cycle* (pp. 107-123). Springer.

A government publication

- National Institute of Mental Health. (1990). *Clinical training in serious mental illness* (NIMH Publication No. ADM 90-1679). U.S. Government Printing Office.

A book or article with no author or editor named

- *Merriam-Webster's collegiate dictionary* (11th ed.). (2005). Merriam-Webster.
 - New drug appears to cut risk of death from heart failure. (1993, July 15). *The Washington Post*, p. A1.
- For parenthetical citations of sources in text with no author named, use a shortened version of the title instead of an author's name. Use quotation marks and italics, as appropriate. For example, parenthetical citations of the two sources above would appear as follows: (Merriam-Webster's, 2005) and ("New Drug," 1993).

A translated work and/or a republished work

- Laplace, P. S. (1951). *A philosophical essay on probabilities* (F. W. Truscott & F. U. Woodcock, Trans.). Dover. (Original work published 1814).

A review of a book, film, television program, etc.

- Baumeister, R. F. (1993). Exposing the self-knowledge myth [Review of the book *The self-knower: A hero under control*]. *Contemporary Psychology, 38*, 466-467.

An entry in an encyclopedia

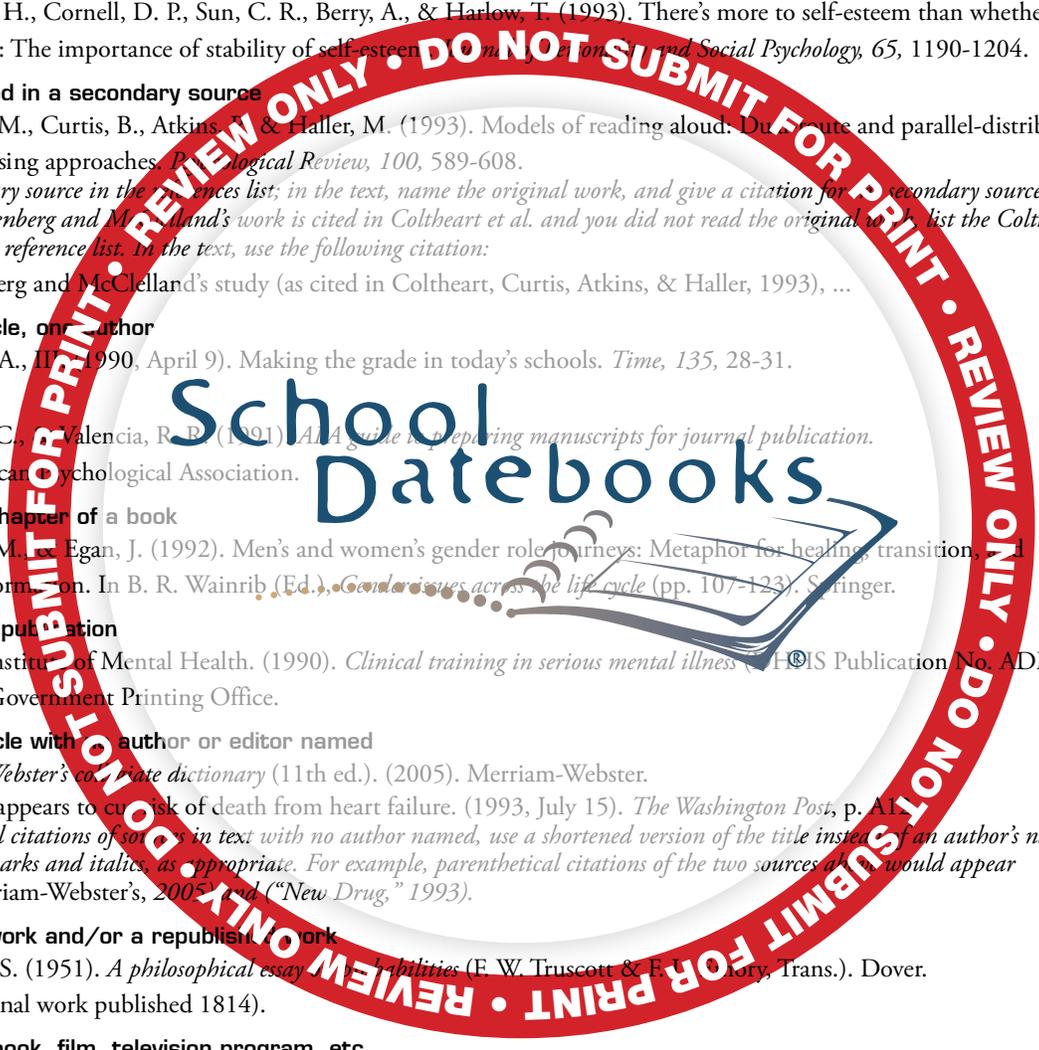
- Bergmann, P. G. (1993). Relativity. In *The new encyclopaedia britannica* (Vol. 26, pp. 501-508). Encyclopaedia Britannica.

An online journal article (no DOI assigned)

- Kenneth, I. A. (2000). A Buddhist response to the nature of human rights. *Journal of Buddhist Ethics, 8*. <http://www.buddhistethics.org/2/inada1>

A web page

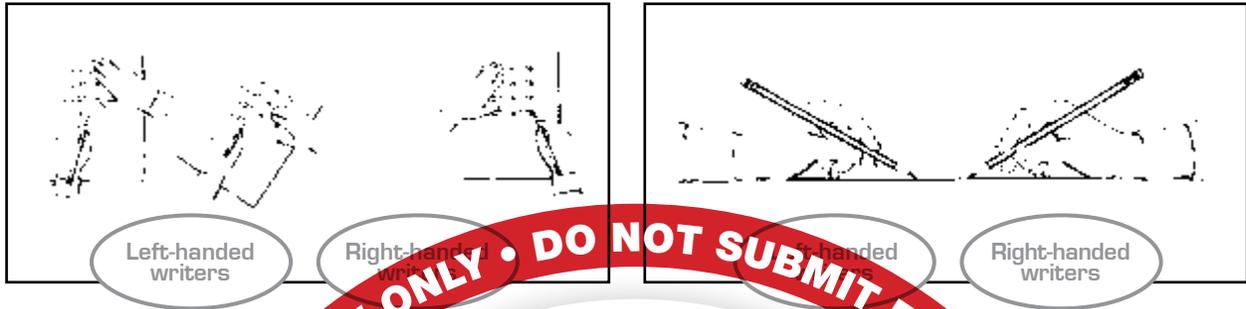
- Daly, B. (1997). *Writing argumentative essays*. <http://www.ltn.lv/~markir/essaywriting/frntpage.htm>



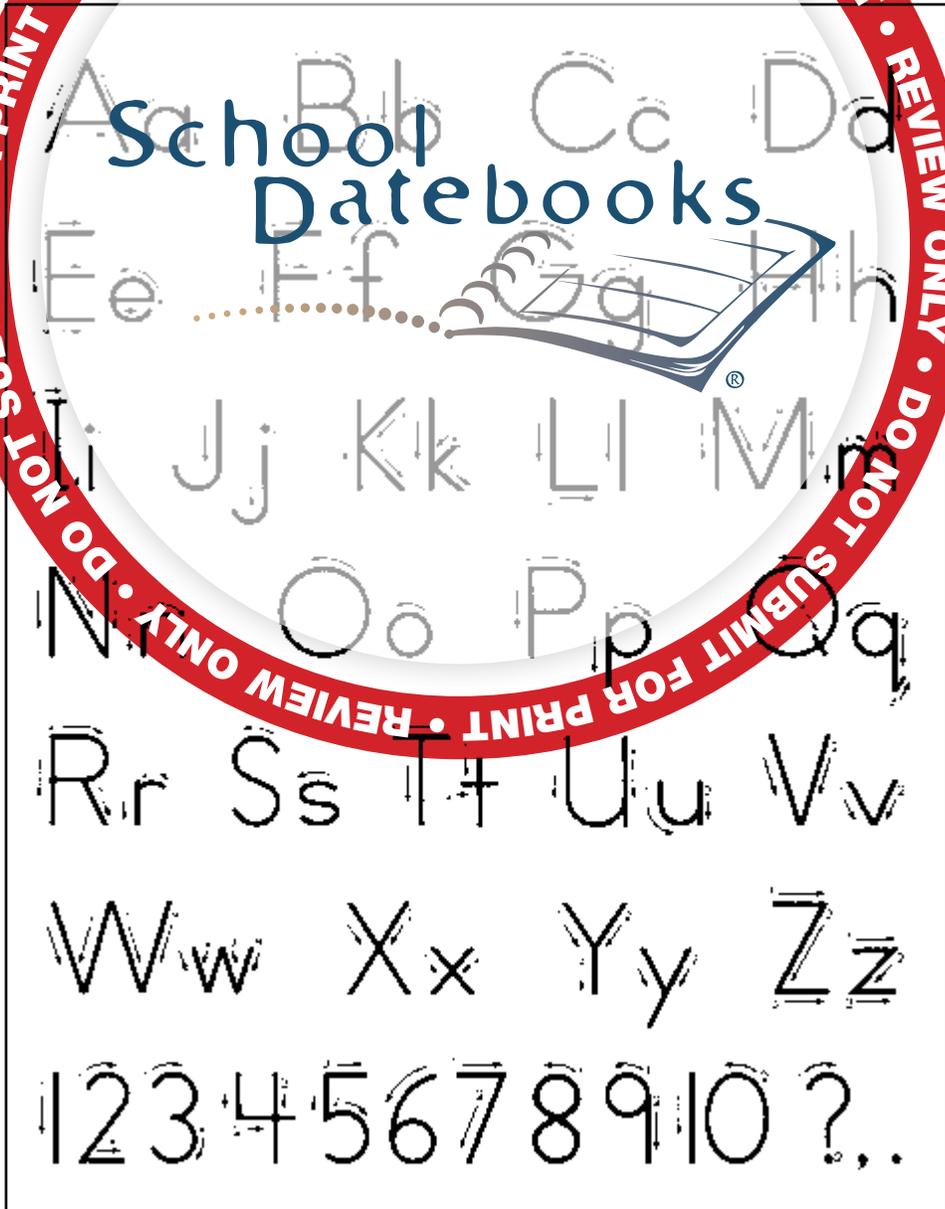
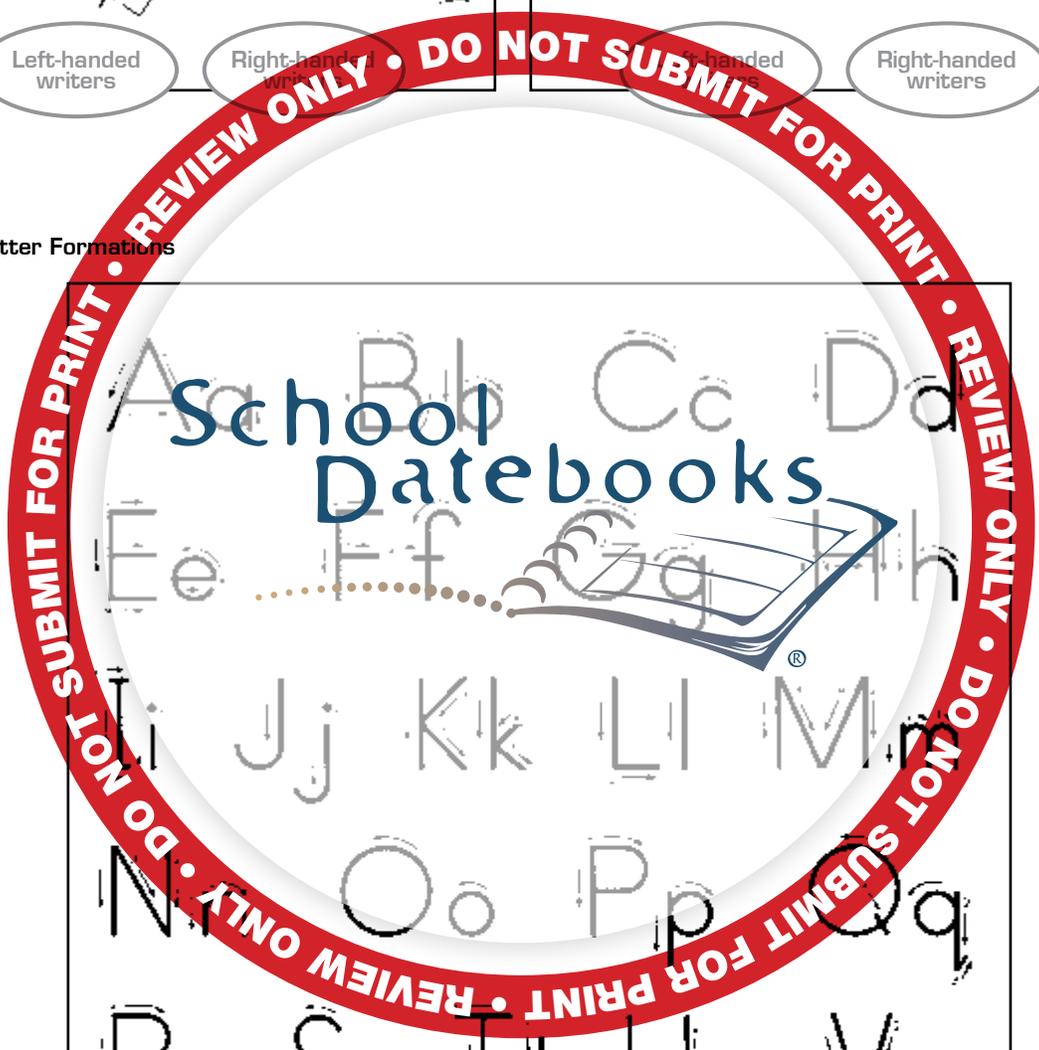


LANGUAGE ARTS *manuscript writing*

Position of Paper for Manuscript Writing



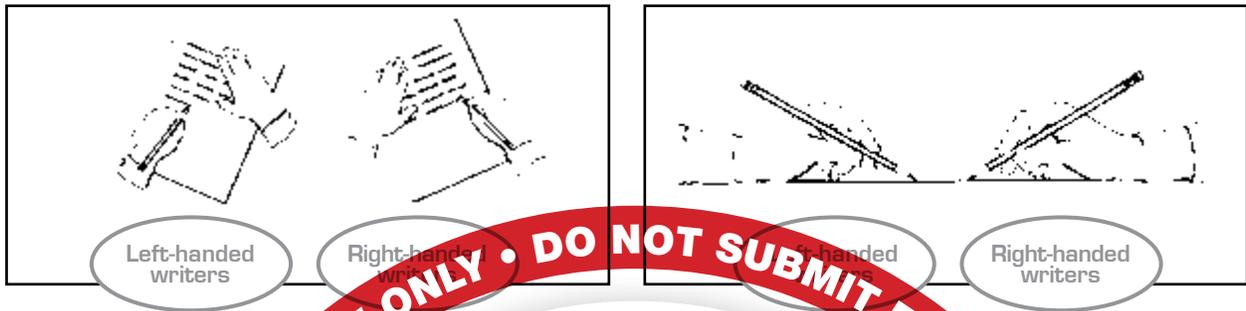
Manuscript Letter Formations



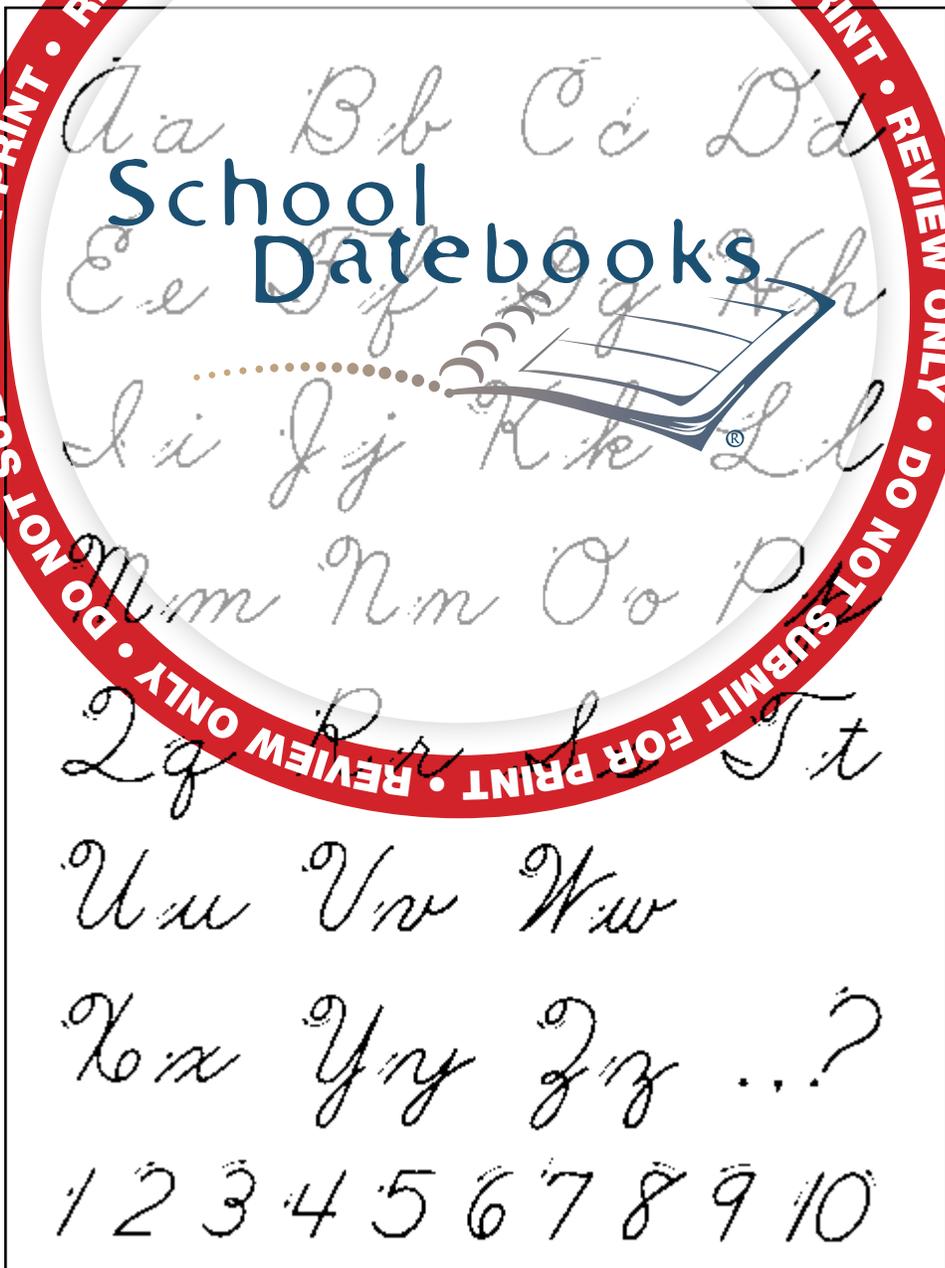
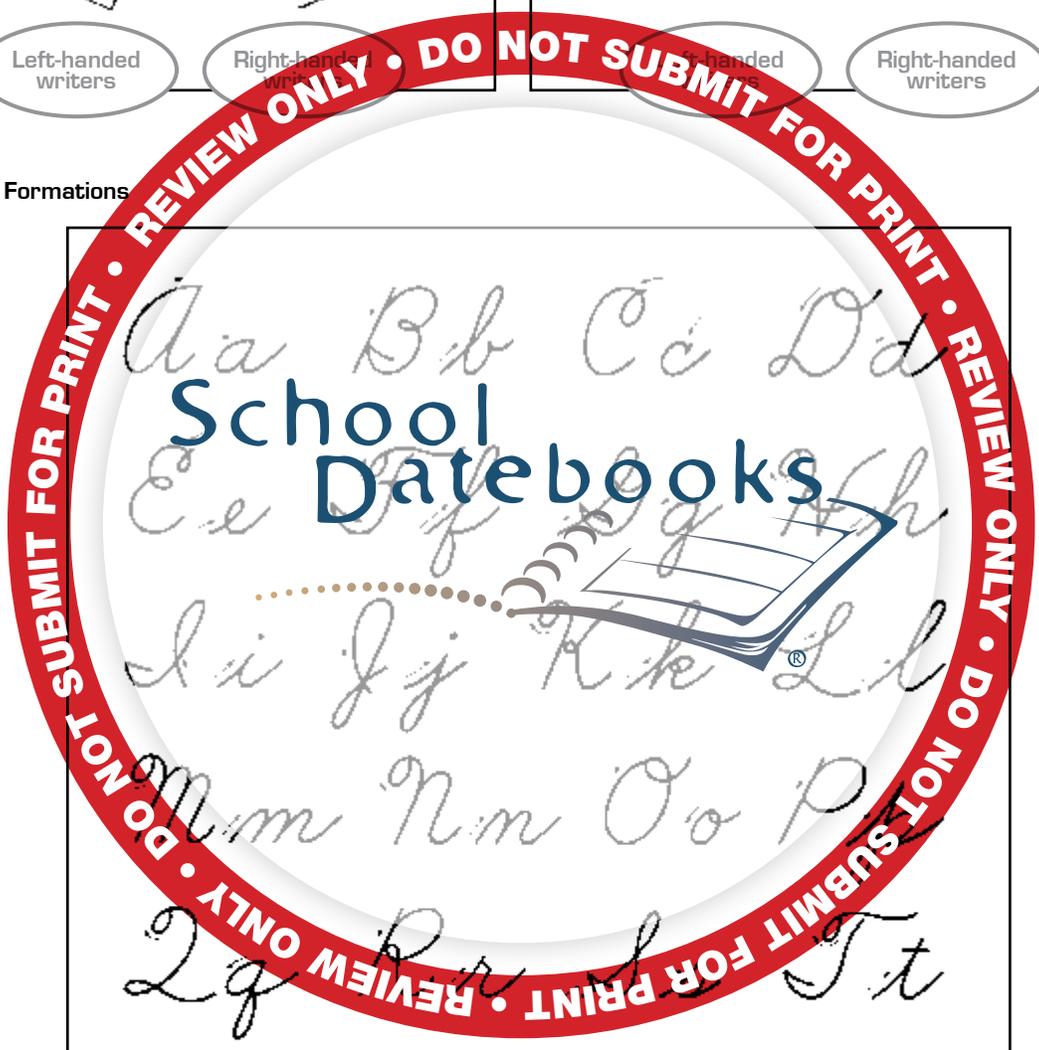


LANGUAGE ARTS *cursive writing*

Position of Paper for Cursive Writing



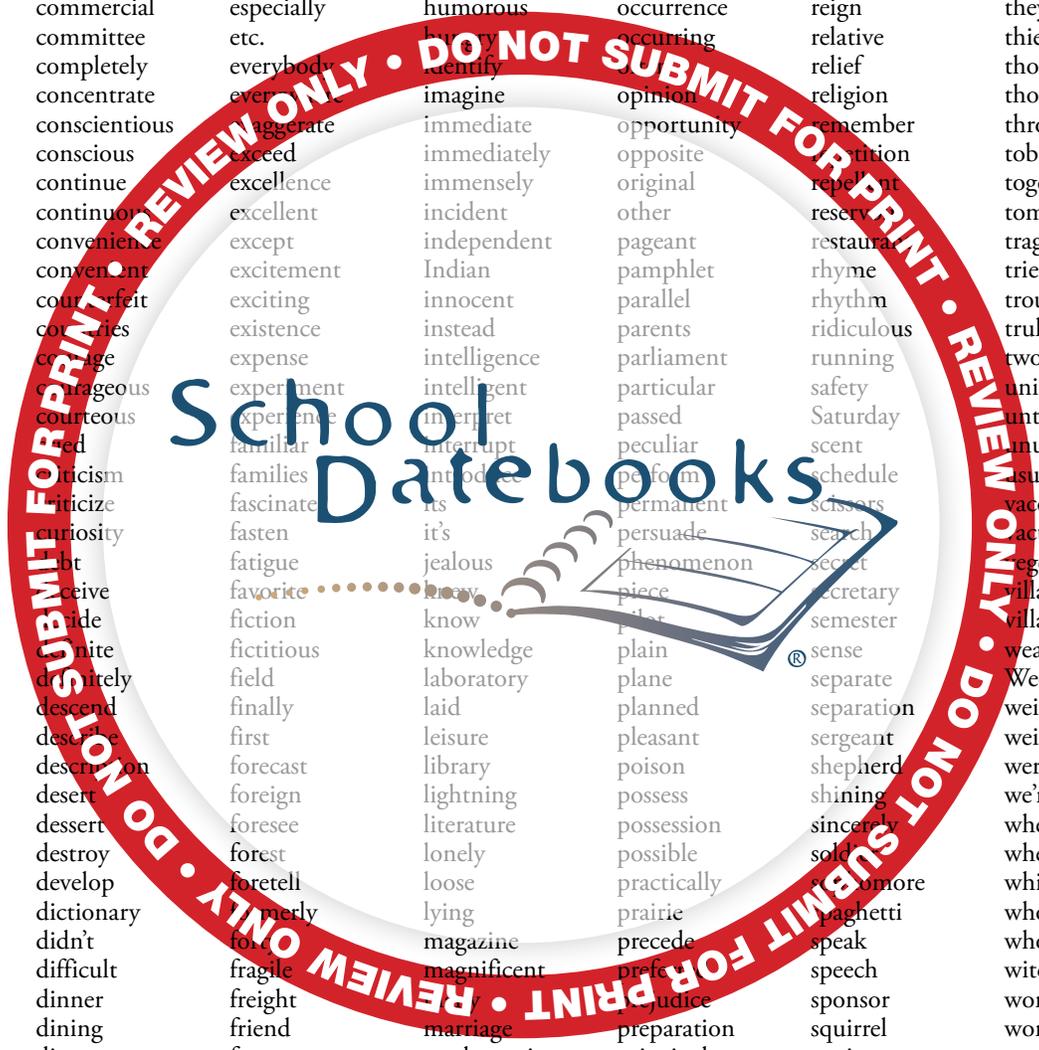
Cursive Letter Formations





LANGUAGE ARTS *frequently misspelled words*

absence	Christian	either	happiness	ninety	receive	suspicion
absorb	cinnamon	embarrass	hear	notice	receiving	swimming
accept	climbed	enough	height	noticeable	recess	synagogue
accidentally	climbing	entertain	here	nuisance	recognize	temperament
accompany	clothes	envelope	history	obedience	recommend	themselves
accuse	colonel	equipment	hoping	occasion	reference	there
ache	college	equipped	hospital	occur	referring	therefore
achieve	column	escape	humor	occurred	rein	they
acquaintance	commercial	especially	humorous	occurrence	reign	they're
acquire	committee	etc.	hurry	occurring	relative	thief
affect	completely	everybody	identify	opinion	relief	thoroughly
afraid	concentrate	everybody	imagine	opportunity	religion	thought
against	conscientious	exaggerate	immediate	opposite	remember	through
aggression	conscious	exceed	immediately	original	repetition	tobacco
aggressive	continue	excellence	immensely	other	repellent	together
all right	continuous	excellent	incident	pageant	reserve	tomorrow
a lot	convenience	except	independent	pamphlet	restaurant	tragedy
already	convention	excitement	Indian	parallel	rhyme	tried
always	courtier	exciting	innocent	parallel	rhythm	trouble
amateur	courtier	existence	instead	parents	ridiculous	truly
ambition	coverage	expense	intelligence	parliament	running	two
among	coverage	experiment	intelligent	particular	safety	unique
apology	courteous	experience	interpret	passed	Saturday	until
apparent	covered	familiar	interrupt	peculiar	schedule	unusual
appearance	criticism	families	introduce	perform	scissors	usually
appreciate	criticize	fascinate	its	permanent	search	vaccinate
arctic	curiosity	fasten	it's	persuade	secret	vacuum
argument	debt	fatigue	jealous	phenomenon	secretary	vegetable
article	deceive	favorite	know	piece	semester	village
associate	define	fiction	knowledge	plain	sense	villain
athlete	definitely	fictitious	laboratory	plane	separate	weather
attendance	descend	field	laid	planned	separation	Wednesday
attitude	describe	finally	leisure	pleasant	sergeant	weight
author	desertion	first	library	poison	shepherd	weird
awful	desert	forecast	lightning	possess	shining	were
beautiful	dessert	foreign	literature	possession	sincerely	we're
beauty	destroy	foresee	lonely	possible	sold	where
because	develop	forest	loose	practically	some	whether
beginning	dictionary	foretell	lying	prairie	spaghetti	which
believe	didn't	formerly	magazine	precede	speak	whole
benefit	difficult	fragile	magnificent	prefer	speech	whose
bicycle	dinner	freight	marriage	prejudice	sponsor	witch
biscuit	dining	friend	mathematics	preparation	squirrel	woman
boundary	disappear	front	meant	principal	stationery	women
Britain	disappoint	fulfill	medicine	principle	stepping	wonderful
brilliance	discipline	government	millionaire	privilege	stopping	wreck
brilliant	discussion	governor	miniature	probably	stories	writing
bureau	disease	grabbed	minute	profession	strengthen	written
business	dissatisfy	grammar	mischievous	prophecy	stretch	wrote
captain	doctor	grateful	model	psychologist	studies	yolk
career	does	guarantee	mosquito	psychology	studying	your
carrying	doesn't	guard	narrative	pursue	succeed	you're
cemetery	dropping	guess	necessary	quantity	successful	
certain	during	guest	neighbor	quiet	suggest	
challenge	easier	handsome	niece	quite	summarize	
chief	easiest	happen	nineteen	raspberry	summary	
children	easily	happiest		realize	superintendent	
chocolate	effect	happily		really	suspense	





LANGUAGE ARTS *exploring French*



GREETINGS

Hello/Good morning/Good afternoon | Bonjour

Good evening | Bonsoir

Hi/Bye | Salut Bye | Ciao

Goodbye | Au revoir

How are you doing? | Comment allez-vous?

(Informal: Comment vas-tu?)

I'm... | Je vais...

(very) well | (très) bien

(very) poorly | (très) mal

So-so. | Comme-ci, comme-ça.

How's it going? | Ça va?

It's okay. | Ça va.

It's going well. | Ça va bien.

It's going poorly. | Ça va mal.

Not bad. | Pas mal.

And you? | Et vous? (Informal: Et tu?)

INTRODUCTIONS

What's your name? | Comment vous appelez-vous?

(Informal: Comment t'appelles-tu?)

My name is... | Je m'appelle...

Pleased to meet you. | Enchanté(e).

I'd like you to meet... | Je vous présente...

(Informal: Je te présente...)

This is... | Voici...

PLEASANTRIES

Please | S'il vous plaît (Informal: S'il te plaît)

Thank you | Merci

You're welcome. | Je vous en prie. (Informal: Je t'en prie.)

No problem. | De rien.

Excuse me. | Excusez-moi. (Informal: Excuse-moi.)

RESPONSES

Yes | Oui

No | Non

I don't know. | Je ne sais pas.

Of course. | Bien sûr.

OK | D'accord.

Maybe | Peut-être

TITLES

Miss | Mademoiselle

Mrs./Ma'am | Madame

Mr./Sir | Monsieur

BASICS

Who | Qui

Where | Où

When | Quand

Why | Pourquoi

What | Quoi

How | Comment

And | Et

Also | Aussi

A lot | Beaucoup

PHRASES

Do you speak English? | Parlez-vous anglais?

How do you say...? | Comment dit-on...?

I need help. | J'ai besoin d'aide.

Help! | Au secours!

I am lost. | Je suis perdu.

NUMBERS

1 un	6 six
2 deux	7 sept
3 trois	8 huit
4 quatre	9 neuf
5 cinq	10 dix

DAYS OF THE WEEK

Monday | lundi

Tuesday | mardi

Wednesday | mercredi

Thursday | jeudi

Friday | vendredi

Saturday | samedi

Sunday | dimanche

MONTHS

January | janvier

February | février

March | mars

April | avril

May | mai

June | juin

July | juillet

August | août

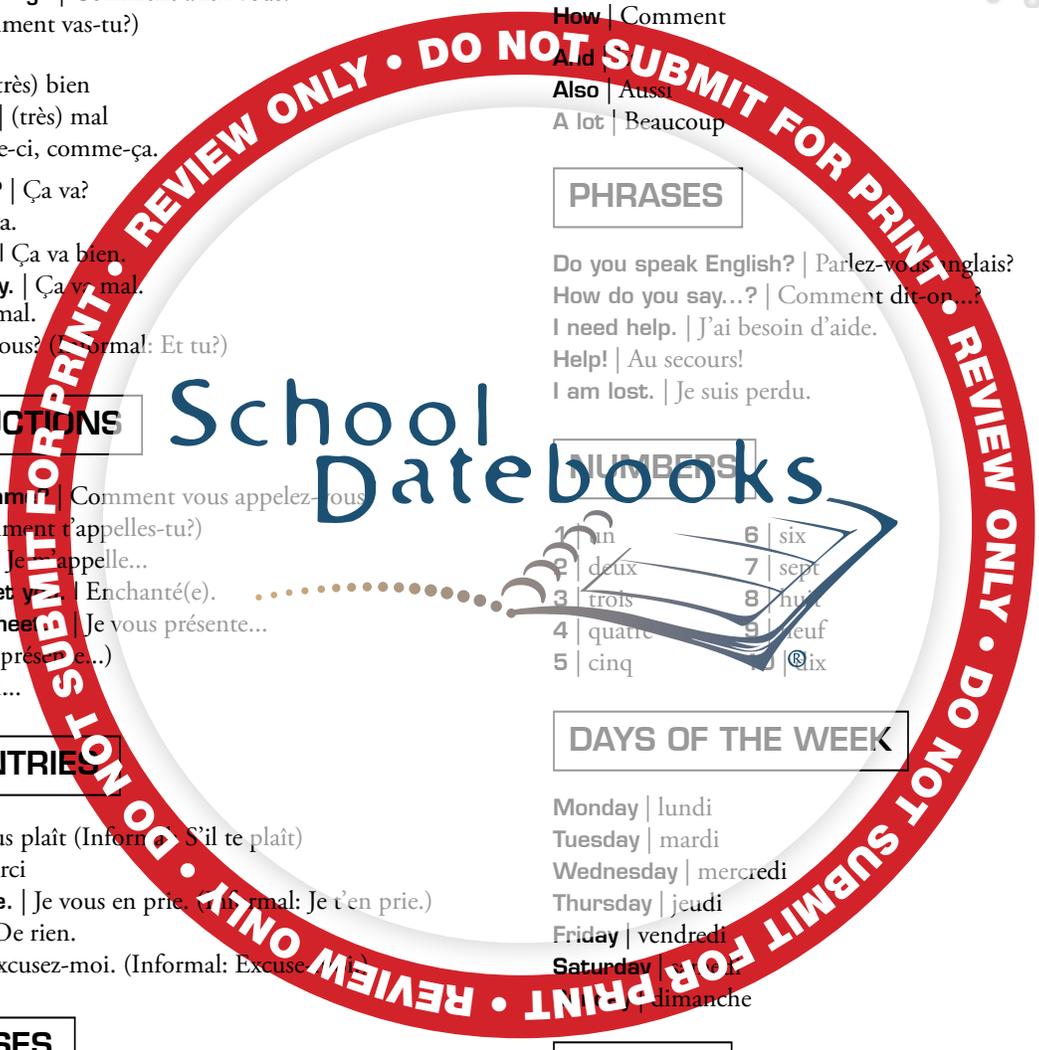
September | septembre

October | octobre

November | novembre

December | décembre

School Datebooks





LANGUAGE ARTS *exploring Spanish*



GREETINGS

Hello | Hola
Good morning | Buenos días
Good afternoon/evening | Buenas tardes
Good night | Buenas noches
Goodbye | Adiós/Chao
See you later | Hasta luego/Nos vemos
How are you? | ¿Cómo estás?
 I'm... | Estoy...
 (very) well | (muy) bien
 (very) bad | (muy) mal
How's it going? | ¿Cómo vas? / ¿Qué tal?
It's okay | Está bien
Not bad | No está mal.
And you? | ¿Y usted/tú?

INTRODUCTIONS

What's your name? | ¿Cómo se llama usted?
My name is... | Me llamo...
Pleased to meet you | Encantado(a)
Likewise | Igualmente
I'd like you to meet... | Me gustaría que conozcas a...
This is... | Este(a)...

PLEASANTIES

Please | Por favor
Thank you | Gracias
You're welcome. | De nada
No problem. | No hay problema
Excuse me! | ¡Discúlpeme!
Sorry | Perdón

RESPONSES

Yes | Sí
No | No
I don't know | No sé
I don't remember | No me acuerdo
Of course | Por supuesto
OK | Bueno
Maybe | Quizás/De pronto
Absolutely | Claro

TITLES

Miss/Ms. | Señorita (Srta.)
Mrs./Ma'am | Señora (Sra.)
Mr./Sir | Señor (Sr.)

BASICS

Who | ¿Quién?
Where | ¿Dónde?
When | ¿Cuándo?
Why | ¿Por qué?
What | ¿Qué?
How | ¿Cómo?
Which | ¿Cuál?
And | Y
Also | También
A lot | Mucho
The | El, La, Los, Las

PHRASES

Do you speak English? | ¿Habla Inglés?
How do you say...? | ¿Cómo se dice...?
I need help | Necesito ayuda
I am lost | Estoy perdido(a)

NUMBERS

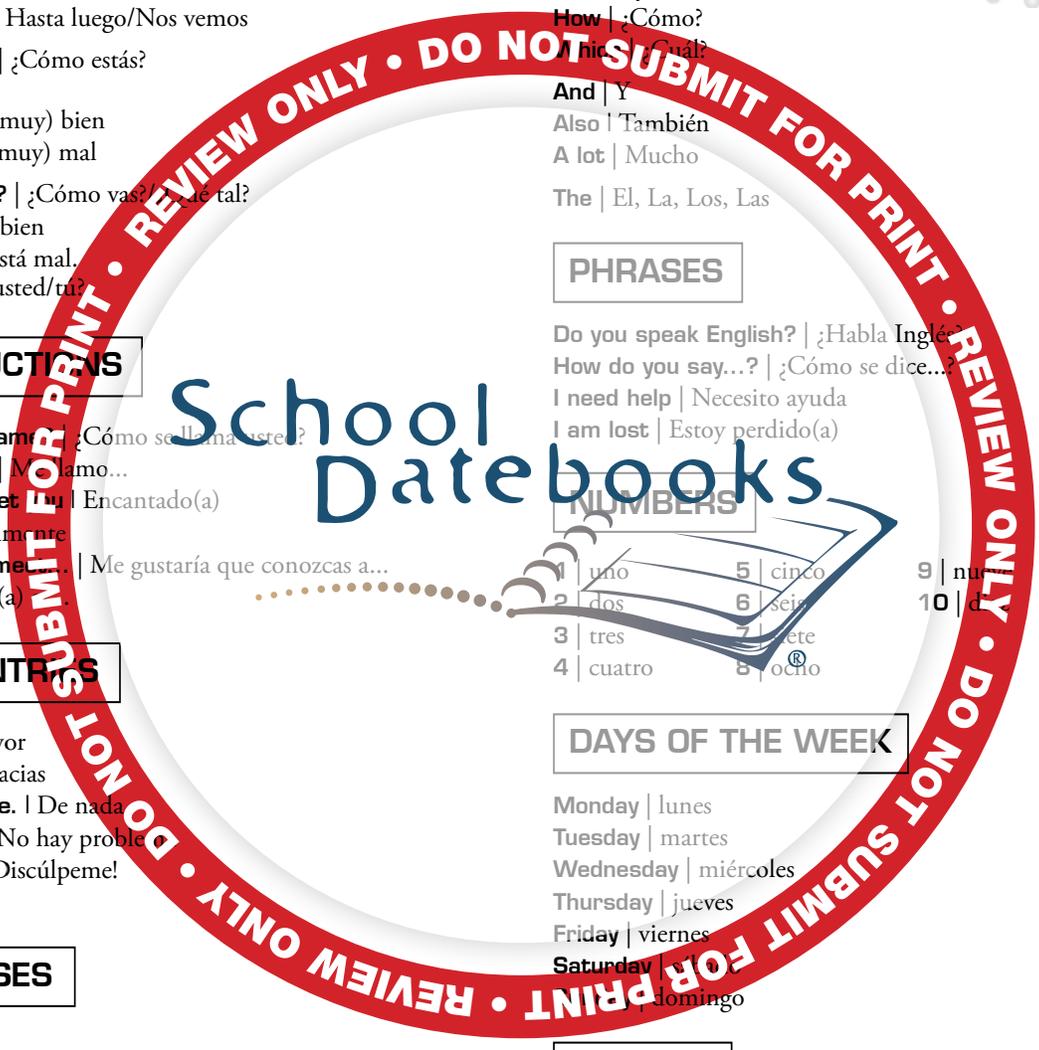
1 uno	5 cinco	9 nueve
2 dos	6 seis	10 diez
3 tres	7 siete	
4 cuatro	8 ocho	

DAYS OF THE WEEK

Monday | lunes
Tuesday | martes
Wednesday | miércoles
Thursday | jueves
Friday | viernes
Saturday | sábado
Sunday | domingo

MONTHS

January | enero
February | febrero
March | marzo
April | abril
May | mayo
June | junio
July | julio
August | agosto
September | septiembre
October | octubre
November | noviembre
December | diciembre





LANGUAGE ARTS *exploring German*



GREETINGS

Hello/Good morning/Good afternoon | Tag/Guten Morgen/Guten Tag

Good evening | Abend/Guten Abend

Hi | Hi/Hallo/

Goodbye | Tschüss.

How are you doing? | Wie geht es Ihnen?

(Informal: Wie geht's dir?)

I'm... | Mir geht's...

(very) well | (sehr) gut

(very) bad | (sehr) schlecht

I'm ok. | Es geht.

How's it going? | Wie geht's?

It's okay. | Es geht.

It's going well. | Es geht gut.

It's going poorly. | Es geht so gut.

Not bad. | Nicht schlecht.

And you? | Und du?

INTRODUCTIONS

What's your name? | Wie heißen Sie?

(Informal: Wie heißt du?)

My name is... | Ich heiße...

Pleased to meet you. | Freut mich.

I'd like you to meet... | Ich möchte Ihnen...

This is... | Das ist...

PLEASANTRIES

Please | Bitte

Thank you | Danke

You're welcome. | Bitte.

No problem. | Kein Problem.

Excuse me. | Entschuldigen Sie.

RESPONSES

Yes | Ja

No | Nein

I don't know. | Ich weiß es nicht.

Of course. | Natürlich.

OK | Zustimmung

Maybe | Vielleicht

TITLES

Miss | Fräulein

Mrs./Ma'am | Frau/ gnädige Frau

Mr./Sir | Herr/ mein Herr

BASICS

Who | Wer

Where | Wo

When | Wann

Why | Warum

What | Was

How | Wie

And | Und

Also | Auch

A lot | Viel

PHRASES

Do you speak English? | Sprechen Sie Englisch?

How do you say...? | Wie sagen Sie...?

I need help. | Ich brauche Hilfe.

I am lost. | Ich bin verloren.

NUMBERS

1 | eins 6 | sechs

2 | zwei 7 | sieben

3 | drei 8 | acht

4 | vier 9 | neun

5 | fünf 10 | zehn

DAYS OF THE WEEK

Monday | Montag

Tuesday | Dienstag

Wednesday | Mittwoch

Thursday | Donnerstag

Friday | Freitag

Saturday | Samstag

Sunday | Sonntag

MONTHS

January | Januar

February | Februar

March | März

April | April

May | Mai

June | Juni

July | Juli

August | August

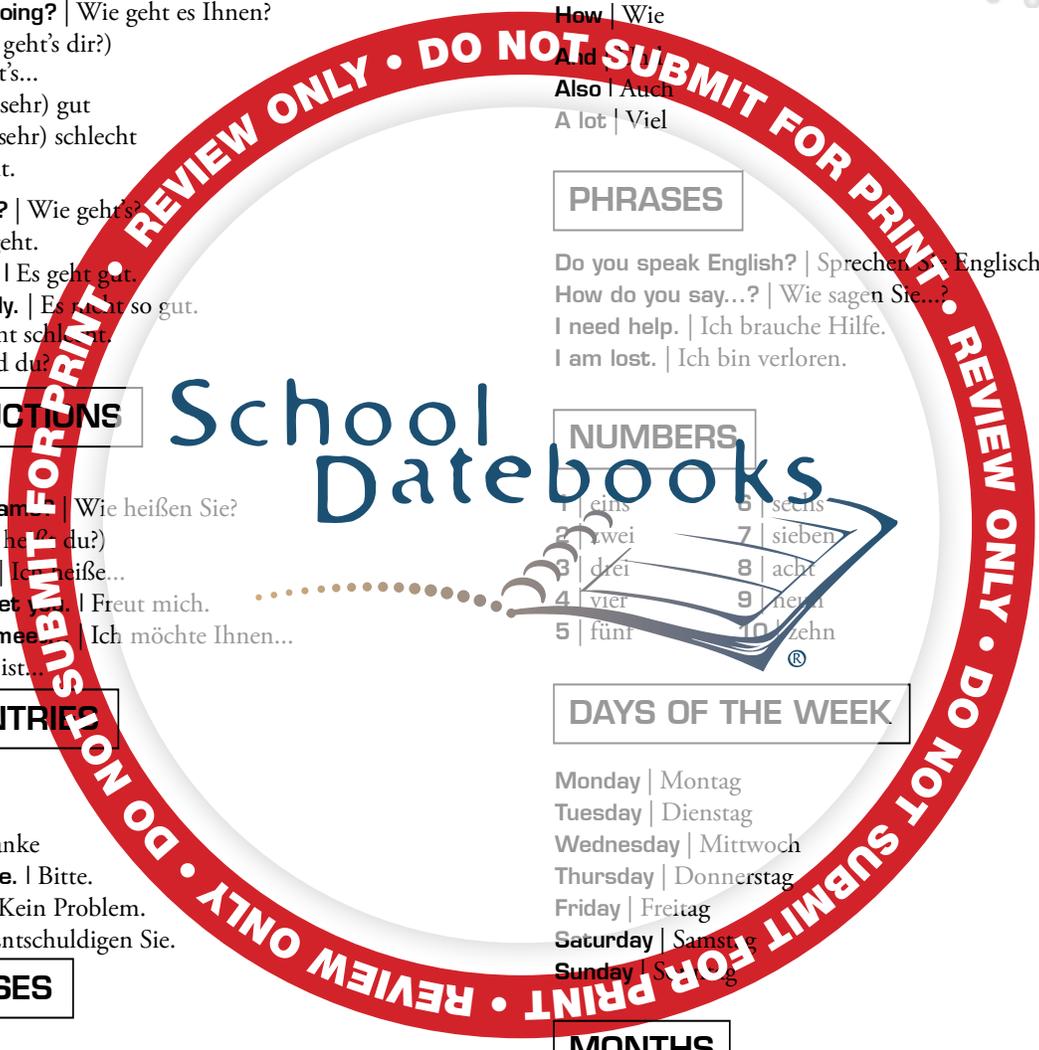
September | September

October | Oktober

November | November

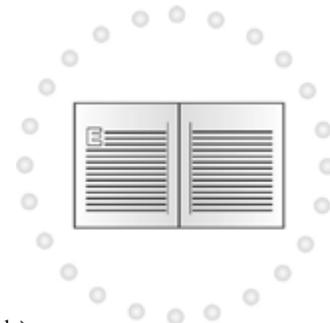
December | Dezember

School Datebooks





LANGUAGE ARTS *exploring Chinese Mandarin*



GREETINGS

Hello | 你好 nǐ hǎo
Good morning | 早上好 zǎo shàng hǎo
Good afternoon/evening | 下午好 / 晚上好 xià wǔ hǎo / wǎn shàng hǎo
Good night | 晚安 wǎn ān
Goodbye | 再见 zài jiàn
See you later | 再会 / 一会见 zài huì / yī huì jiàn
How are you? | 你好吗? nǐ hǎo ma?
I'm... | 我 ... wǒ
 (very) well | (很) 好 hěn hǎo
 (very) bad | (很) 不好 hěn bù hǎo
How's it going? | 最近怎么样? zuì jìn zěn me yàng?
It's okay. | 还行 hái xíng
Not bad. | 还不错 hái bú cuò
And you? | 你呢? nǐ ne?

INTRODUCTIONS

What's your name? | 你叫什么名字? nǐ jiào shén me míng zì?
My name is... | 我 ... wǒ jiào...
Pleased to meet you. | 很高兴认识你。 hěn gāo xìng rèn shi nǐ.
Likewise. | 我也一样 wǒ yě yī yàng.
I'd like you to meet... | 我来介绍下 wǒ lái jiè shào xià...
This is... | 这位是 zhè wèi shì...

PLEASANTRIES

Please | 请 qǐng
Thank you | 谢谢 xiè xiè
You're welcome. | 不客气。 bú kè qì.
No problem. | 没问题。 méi wèn tí.
Excuse me! | 不好意思! bù hǎo yì si!
Sorry | 对不起 duì bù qǐ

RESPONSES

Yes | 对 / 是 duì / shì
No | 不对 / 不是 / 没有 bú duì / bú shì / méi yǒu
I don't know. | 我不知道。 wǒ bù zhī dào.
I don't remember. | 我不记得了。 wǒ bú jì dé le.
Of course. | 当然。 dāng rán.
OK | 好/行 hǎo xíng
Maybe | 可能 / 也许 kě néng / yě xǔ
Absolutely | 绝对的/肯定的 jué duì de / kěn dìng de

TITLES

Miss/Ms. | 小姐 / 女士 xiǎo jiě / nǚ shì
Mrs./Ma'am | 太太 / 女士 tài tai / nǚ shì
Mr./Sir | 先生 xiān shēng

BASICS

Who | 谁 shéi
Where | 在哪里 zài nǎ lǐ
When | 什么时候 shén me shí hòu
Why | 为什么 wèi shén me
What | 什么 shén me
How | 怎么样 zěn me yàng
Which | 哪一个 nǎ yī ge
And | 和 hé
Also | 也 yě
A lot | 很多 / 许多 hěn duō / xǔ duō
The | 那个 / 这个 nà ge / zhè ge

PHRASES

Do you speak English? | 你说英语吗? nǐ shuō yīng yǔ ma?
How do you say...? | 怎么说...? zěn me shuō...?
I need help. | 我需要帮助。 wǒ xū yào bāng zhù.
I am lost. | 我迷路了。 wǒ mí lù le.

School Datebooks

NUMBERS

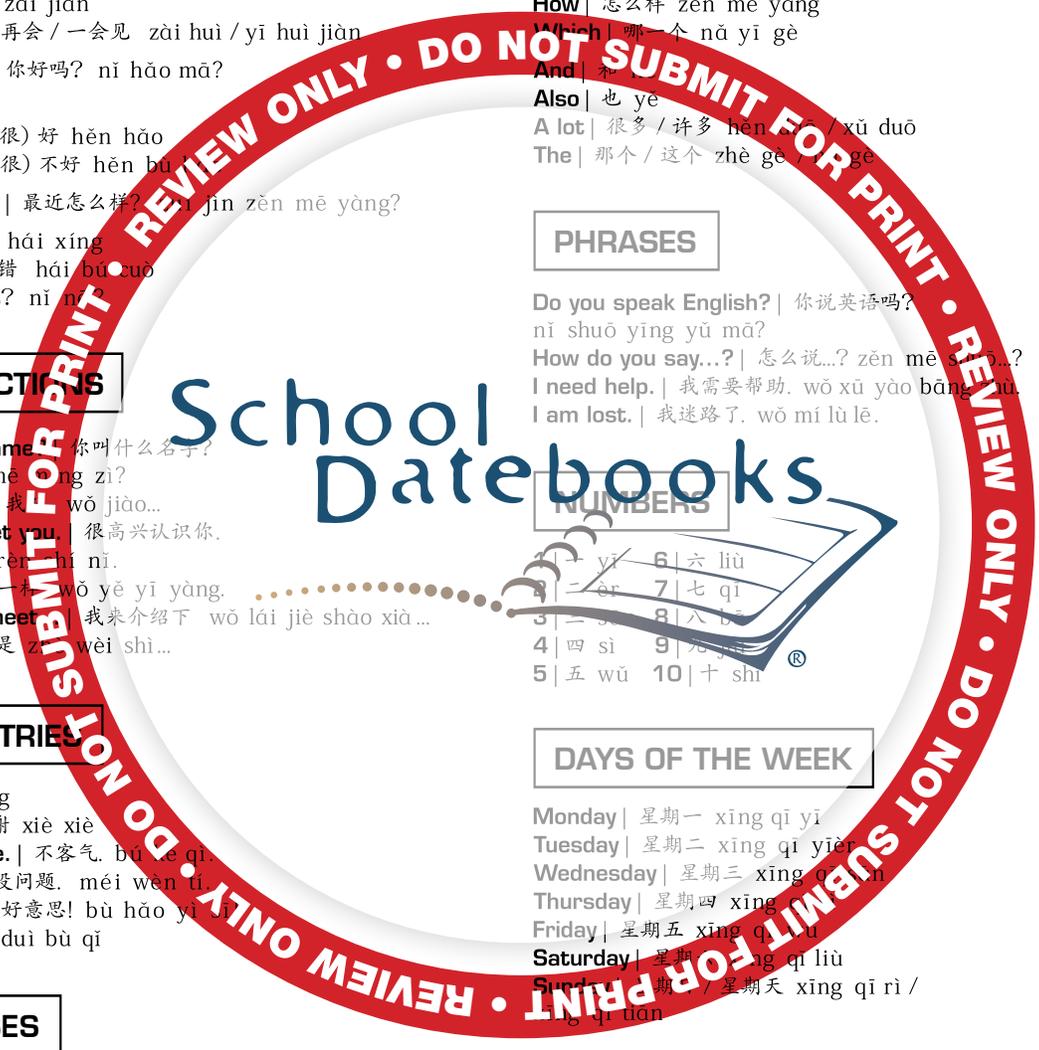
1 一 yī	6 六 liù
2 二 èr	7 七 qī
3 三 sān	8 八 bā
4 四 sì	9 九 jiǔ
5 五 wǔ	10 十 shí

DAYS OF THE WEEK

Monday | 星期一 xīng qī yī
Tuesday | 星期二 xīng qī yī èr
Wednesday | 星期三 xīng qī yī sān
Thursday | 星期四 xīng qī yī sì
Friday | 星期五 xīng qī yī wǔ
Saturday | 星期六 xīng qī yī liù
Sunday | 星期日 / 星期天 xīng qī rì / xīng qī tiān

MONTHS

January | 一月 yī yuè
February | 二月 èr yuè
March | 三月 sān yuè
April | 四月 sì yuè
May | 五月 wǔ yuè
June | 六月 liù yuè
July | 七月 qī yuè
August | 八月 bā yuè
September | 九月 jiǔ yuè
October | 十月 shí yuè
November | 十一月 shí yī yuè
December | 十二月 shí èr yuè





SCIENCE *the solar system*



OUR SOLAR SYSTEM

Observing the night sky with the naked eye, ancient astronomers noticed moving points of light they called “planets,” which means “wanderers.” Those first planets were named for Roman deities: Mercury, Venus, Mars, Jupiter, and Saturn.

With the invention of the large telescope, astronomers were able to see other planets. These included Uranus in 1781, Neptune in 1846, and Pluto in 1930, which was later redefined as a dwarf planet. Besides planets, thousands of asteroids and comets fill the universe. Most asteroids orbit between Mars and Jupiter. Comets exist beyond Pluto's orbit.

There are two types of planets. Terrestrial planets, closest to the Sun, have rocky surfaces. These are Mercury, Venus, Earth, and Mars. Those beyond Mars' orbit – Jupiter, Saturn, Uranus, and Neptune, are called Jovian planets, meaning “gas giants.”

THE SUN

A huge sphere of mostly ionized gas, the sun is the closest star to Earth.
diameter: almost 870,000 miles
temperature: 27 million °F
weight on the sun: 100 lbs on Earth would weigh 2,700 lbs on the sun.

MERCURY

Named for the Roman messenger god, Mercury orbits the sun faster than any other planet.
diameter: 3,031 miles
temperature: -280°F to 800°F
rotation: 59 Earth days
revolution: 88 Earth days
mean distance from the sun: 35.98 million miles
closest distance to Earth: 57 million miles
weight on Mercury: 100 lbs on Earth would weigh 3 lbs on Mercury.

VENUS

Named for the Roman goddess of love and beauty, it is the only planet that rotates in the opposite direction of its orbit around the sun.
diameter: 7,521 miles
temperature: 55°F to 864°F
rotation: 243 Earth days
revolution: 243 Earth days
mean distance from the sun: 67.23 million miles
closest distance to Earth: 26 million miles
weight on Venus: 91 lbs on Earth would weigh 88 lbs on Venus.

EARTH

Earth is the only planet known to harbor life and the only planet with liquid water on its surface. Water covers 70 percent of the planet.
diameter: 7,926 miles
temperature: -126°F to 136°F
rotation: 24 hours
revolution: 365.2 days
mean distance from the sun: 92.96 million miles.

MARS

Named for the Roman god of war, Mars gets its red coloring from soil rich in iron oxides.
diameter: 4,221 miles
temperature: -225°F to 95°F
rotation: almost 25 Earth hours
revolution: 687 Earth days
mean distance from the sun: 141.61 million miles
closest distance to Earth: 35 million miles
weight on Mars: 100 lbs on Earth would weigh 3.7 lbs on Mars.

JUPITER

The largest planet in our solar system was named for the king of the Roman gods. Its bands of color can be seen with a large telescope.
diameter: 86,881 miles
temperature: -234°F average
rotation: 9.9 Earth hours
revolution: 11.86 Earth years
mean distance from the sun: 483.80 million miles
closest distance to Earth: 370 million miles
weight on Jupiter: 100 lbs on Earth would weigh about 2,334 lbs on Jupiter.

SATURN

Named for the Roman god of agriculture, Saturn was the most distant planet known by the ancients. Its rings are comprised of ice particles.
diameter: 74,500 miles
temperature: -288°F average
rotation: almost 11 Earth hours
revolution: 29.5 Earth years
mean distance from the sun: 890.73 million miles
closest distance to Earth: 744 million miles
weight on Saturn: 100 lbs on Earth would weigh about 107 lbs on Saturn.

URANUS

Originally named Georgium Sidus in honor of King George III, Uranus was discovered in 1781. It is the farthest planet from the sun.
diameter: 31,763 miles
temperature: -353°F uniform
rotation: 17 Earth hours
revolution: 84 Earth years
mean distance from the sun: 1,784.89 million miles
closest distance to Earth: 1.6 billion miles
weight on Uranus: 100 lbs on Earth would weigh 89 lbs on Uranus.

NEPTUNE

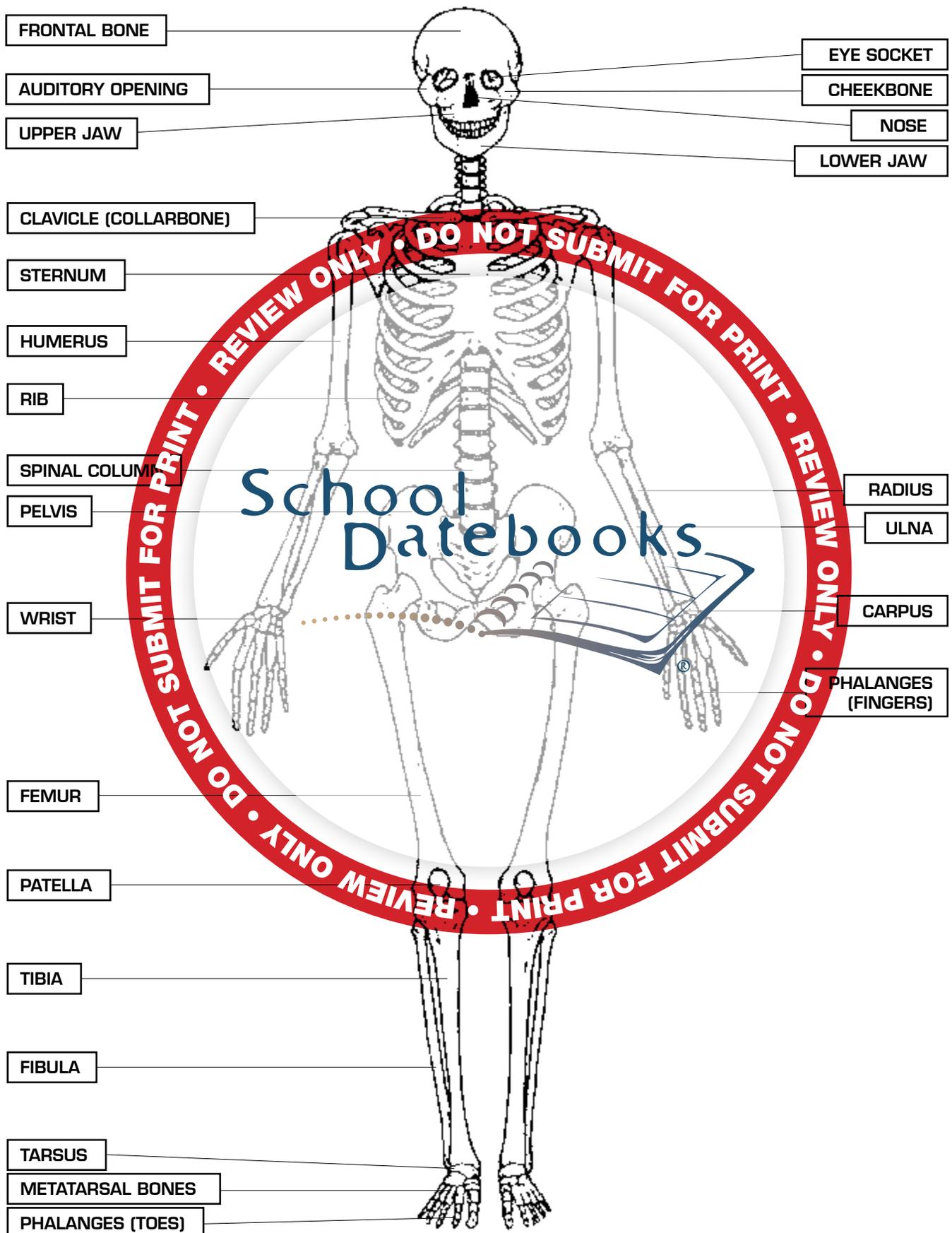
Named for the Roman god of the sea, Neptune's layer of methane gives it a blue coloring. Winds tear through its clouds at more than 1,200 mph.
diameter: 30,775 miles
temperature: -391°F
rotation: 16 Earth hours
revolution: 165 Earth years
mean distance from the sun: 2,793.12 million miles
closest distance to Earth: 2.68 billion miles
weight on Neptune: 100 lbs on Earth would weigh about 119 lbs on Neptune.

DWARF PLANETS

Named for the Roman god of the underworld, Pluto is the coldest, smallest, and outermost planet in our solar system. In 2006, Pluto was reclassified as a dwarf planet. Other dwarf planets are Ceres, Eris, Makemake, Haumea, and Sedna.

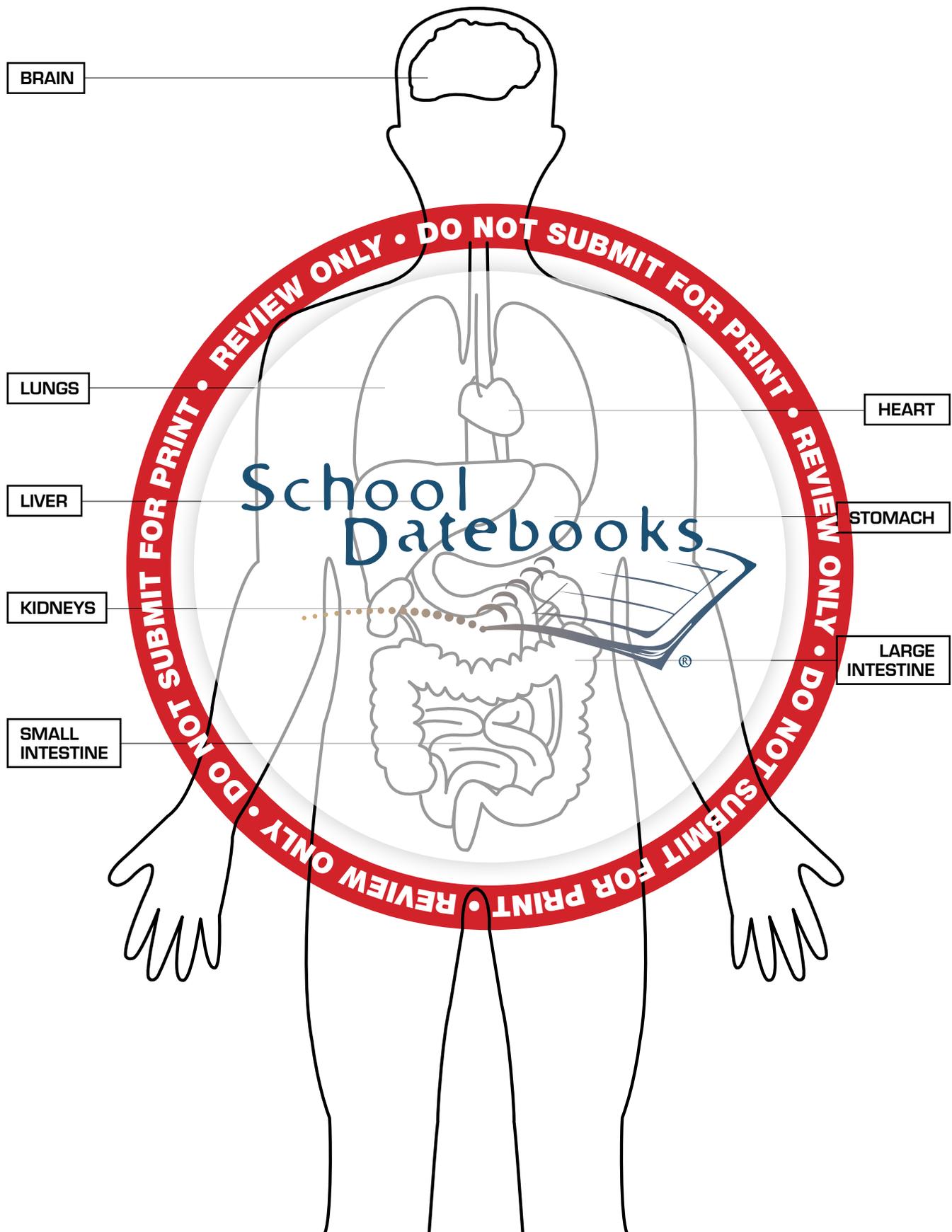


SCIENCE *the human skeleton*





SCIENCE *major organs of the human body*



SCIENCE *Periodic table of the elements*



School Datebooks

GROUP	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
IA	IIA	IIIB	IVB	V	VI	VII	VIII	VIII	VIII	IB	IIA	IIIB	IV	VA	VIA	VIIA	VIIIA	
Element Name	Symbol	Atomic Mass	Transition Metals										Atomic Mass	Symbol	Atomic Mass			
1	H hydrogen 1.008	He helium 4.003	Li lithium 6.941(2)	Be beryllium 9.012	B boron 10.81	C carbon 12.011	N nitrogen 14.01	O oxygen 16.00	F fluorine 19.00	Ne neon 20.18	Na sodium 22.99	Mg magnesium 24.31	Al aluminum 26.98	Si silicon [28.085, 28.086]	P phosphorus 30.97	S sulfur 32.07	Cl chlorine 35.45	Ar argon 39.95
2	K potassium 39.10	Ca calcium 40.08	Sc scandium 44.96	Ti titanium 47.87	V vanadium 50.94	Cr chromium 52.00	Mn manganese 54.94	Fe iron 55.85	Co cobalt 58.93	Ni nickel 58.69	Cu copper 63.55	Zn zinc 65.38(2)	Ga gallium 69.72	Ge germanium 72.63	As arsenic 74.92	Se selenium 78.97	Br bromine 79.90	Kr krypton 83.80
3	Rb rubidium 85.47	Sr strontium 87.62	Y yttrium 88.91	Zr zirconium 91.22	Nb niobium 92.91	Mo molybdenum 95.95	Tc technetium (97)	Ru ruthenium 101.1	Rh rhodium 102.9	Pd palladium 106.4	Ag silver 107.9	Cd cadmium 112.4	In indium 114.8	Sn tin 118.7	Sb antimony 121.8	Te tellurium 127.6	I iodine 126.9	Xe xenon 131.3
4	Cs cesium 132.9	Ba barium 137.3	Lanthanoids	Hf hafnium 178.5	Ta tantalum 180.9	W tungsten 183.8	Re rhenium 186.2	Os osmium 190.2	Ir iridium 192.2	Pt platinum 195.1	Au gold 197.0	Hg mercury 200.6	Tl thallium 204.4	Pb lead 207.2	Bi bismuth 208.98	Po polonium (209)	At astatine (210)	Rn radon (222)
5	Ra radium (226)	Actinoids	Th thorium 232.0377	Pa protactinium 231.03588	U uranium 238.02891	Np neptunium (237)	Pu plutonium (244)	Am americium (243)	Cm curium (247)	Bk berkelium (247)	Cf californium (251)	Es einsteinium (252)	Fm fermium (257)	Md mendelevium (258)	No nobelium (259)	Lr lawrencium (262)	Og oganesson (294)	
6	La lanthanum 138.90547	Ce cerium 140.116	Pr praseodymium 140.90766	Nd neodymium 144.242	Pm promethium (145)	Sm samarium 150.36	Eu europium 151.964	Gd gadolinium 157.25	Tb terbium 158.92535	Dy dysprosium 162.500	Ho holmium 164.93033	Er erbium 167.259	Tm thulium 168.93422	Yb ytterbium 173.054	Lu lutetium 174.9668	Yt yttrium 88.90584	Sc scandium 44.95591	
7	Fr francium (223)	Ra radium (226)	Ac actinium (227)	Th thorium 232.0377	Pa protactinium (231)	U uranium 238.02891	Np neptunium (237)	Pu plutonium (244)	Am americium (243)	Cm curium (247)	Bk berkelium (247)	Cf californium (251)	Es einsteinium (252)	Fm fermium (257)	Md mendelevium (258)	No nobelium (259)	Lr lawrencium (262)	

Group IA (excluding Hydrogen) comprises the alkali metals.
 Group IIA comprises the alkaline-earth metals.
 Group VIIIA comprises the noble gases.

Source: The International Union of Pure and Applied Chemistry (IUPAC), Encyclopædia Britannica, and others.

Updated 9.2022



SCIENCE *physics laws & formulas*

Mass Density

$$\text{mass density} = \frac{\text{mass}}{\text{volume}}$$

Speed

$$\text{average speed} = \frac{\text{distance covered}}{\text{elapsed time}}$$

Acceleration

$$a = \frac{\Delta v}{\Delta t} \text{ or } \frac{v_f - v_i}{t_f - t_i}$$

(a=average acceleration; v=velocity; t=time;
v_f=final velocity; v_i=initial velocity; t_f=final time;
t_i=initial time)

Law of Universal Gravitation

$$F = G \frac{m_1 m_2}{d^2}$$

(F=force of attraction; m₁ and m₂=the masses of the two bodies; d=distance between the centers of m₁ and m₂; G=gravitational constant)

Work Done by a Force

$$\text{work} = (\text{force})(\text{distance})$$

Power

$$\text{power} = \frac{\text{work}}{\text{time}}$$

(see above definition of work)

Kinetic Energy

$$KE = \frac{mv^2}{2}$$

(KE=kinetic energy; m=mass; v=velocity)

Specific Heat

$$Q = cm\Delta t$$

(Q=quantity of heat; c=specific heat; m=mass;
Δt=change in temperature)

Electric Current - Strength

$$I = \frac{Q}{t}$$

(I=the current strength; Q=quantity of charge; t=time)

Momentum

$$\text{momentum} = (\text{mass})(\text{velocity})$$

Mass-Energy Equivalence

$$E = mc^2$$

(E=the energy [measured in ergs] equivalent to a mass m [measured in grams]; c=speed of light [measured in centimeters per second])

Power Expended in an Electric Appliance

$$P = IV$$

(P=power in watts; I=current; V=voltage)

Newton's Second Law of Motion

$$\text{force}=(\text{mass})(\text{acceleration})$$

Torque

$$T = FR$$

(T=torque; F=tangential force; R=radius)

Boyle's Law when temperature constant:

$$p_1 V_1 = p_2 V_2$$

(p₁=original pressure; p₂=new pressure;
V₁=original volume; V₂=new volume)

Wave Motion

$$V = n\lambda$$

(V=wave velocity; n=wave frequency; λ=wavelength)

Illumination on a Surface Perpendicular to the Luminous Flux

$$E = \frac{I}{r^2}$$

(E=illumination; I=intensity of the source; r=distance from source to surface perpendicular to the beam)

Focal Length of Mirrors and Lenses

$$\frac{1}{f} = \frac{1}{d_o} + \frac{1}{d_i}$$

(f=focal length; d_o=object distance; d_i=image distance)

Images in Mirrors and Lenses

$$\frac{h_i}{d_i} = \frac{h_o}{d_o}$$

(h_i=image height; h_o=object height; d_i=image distance;
d_o=object distance)

Ohm's Law

$$I = \frac{V}{R}$$

(I=strength of the current flowing in a conductor;
V=the potential difference applied to its ends;
R=its resistance)

School
Datebooks

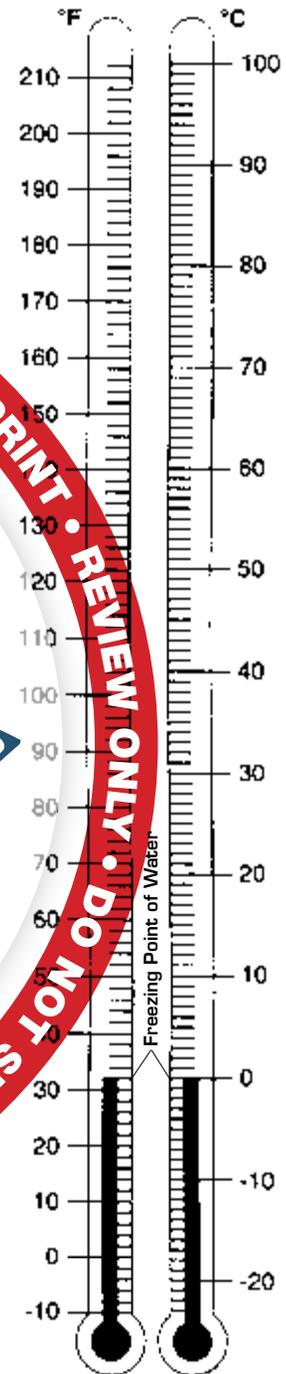




SCIENCE *unit conversions*

ENGLISH TO METRIC CONVERSIONS

To Convert →	Multiply By →	To Find →
AREA		
square inches	6.45	square centimeters
square feet	0.09	square meters
square miles	2.59	square kilometers
acres	0.40	hectares
LENGTH		
inches	2.54	centimeters
feet	0.30	meters
yards	0.91	meters
miles	1.61	kilometers
MASS AND WEIGHT		
ounces	28.35	grams
pounds	0.45	kilograms
pounds-force	4.45	newtons
short tons	0.91	metric tons
VOLUME		
cubic inches	16.39	cubic centimeters
cubic feet	0.03	cubic meters
quarts	0.95	liters
gallons	3.79	liters



School Datebooks

METRIC TO ENGLISH CONVERSIONS

To Convert →	Multiply By →	To Find →
AREA		
square centimeters	0.16	square inches
square meters	10.76	square feet
square kilometers	0.39	square miles
hectares	2.47	acres
LENGTH		
centimeters	0.39	inches
meters	3.28	feet
meters	1.09	yards
kilometers	0.62	miles
MASS AND WEIGHT		
grams	0.04	ounces
kilograms	2.20	pounds
newtons	0.23	pound-force
metric tons	1.10	short tons
VOLUME		
cubic centimeters	0.06	cubic inches
cubic meters	35.31	cubic feet
liters	1.06	quarts
liters	0.26	gallons

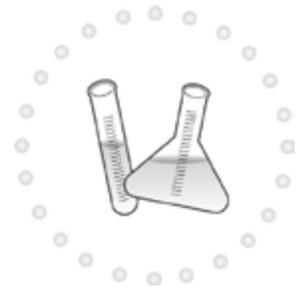
TEMPERATURE

Fahrenheit to Celsius:
subtract 32, then multiply by 5 and divide by 9.

Celsius to Fahrenheit:
multiply by 9, divide by 5, then add 32.



SCIENCE *weights & measures & formulas*



WEIGHTS AND MEASURES

ENGLISH

Area

1 square foot (ft ²)	-----	144 square inches (in ²)
1 square yard (yd ²)	-----	9 square feet
1 acre	-----	43,560 square feet
1 square mile (mi ²)	-----	640 acres

Capacity

1 cup (c)	-----	8 fluid ounces (fl oz)
1 pint (pt)	-----	2 cups
1 quart (qt)	-----	2 pints
1 quart	-----	4 cups
1 gallon (gal)	-----	4 quarts

Length

1 foot (ft)	-----	12 inches (in)
1 yard (yd)	-----	36 inches
1 yard	-----	3 feet
1 mile (mi)	-----	5,280 feet
1 mile	-----	1,760 yards

Time

1 minute (min)	-----	60 seconds (s)
1 hour (h)	-----	60 minutes
1 day (d)	-----	24 hours
1 week (wk)	-----	7 days
1 year (yr)	-----	12 months (mo)
1 year	-----	52 weeks
1 year	-----	365 days
1 century (c)	-----	100 years

Weight

1 pound (lb)	-----	16 ounces (oz)
1 short ton (T)	-----	2,000 pounds

FORMULAS

Perimeter of a rectangle	-----	$P = 2(l+w)$
Perimeter of a square	-----	$P = 4s$
Perimeter of a regular polygon	-----	$P = ns$ (n = number of sides)
Area of a rectangle	-----	$A = lw$
Area of a square	-----	$A = s^2$
Area of a parallelogram	-----	$A = bh$
Area of a triangle	-----	$A = \frac{1}{2}bh$
Area of a trapezoid	-----	$A = \frac{1}{2}h(b_1 + b_2)$
Area of a circle	-----	$A = \pi r^2$
Circumference of a circle	-----	$C = \pi d$, or $2\pi r$
Volume of a rectangular prism	-----	$V = lwh$
Volume of any prism	-----	$V = Bh$
Volume of a cylinder	-----	$V = \pi r^2 h$
Volume of a pyramid	-----	$V = \frac{1}{3}Bh$
Volume of a cone	-----	$V = \frac{1}{3}\pi r^2 h$

Simple interest----- $I = prt$

Distance----- $d = rt$

METRIC

Area

1 sq centimeter (cm ²)	-----	100 sq millimeters (mm ²)
1 sq meter (m ²)	-----	10,000 sq centimeters
1 hectare (ha)	-----	10,000 square meters
1 sq kilometer (km ²)	-----	1,000,000 sq meters

Capacity

1 milliliter (ml)	-----	.001 liter (L)
1 centiliter (cl)	-----	.01 liter
1 deciliter (dl)	-----	.1 liter
1 dekaliter (dal)	-----	10 liters
1 hectoliter (hl)	-----	100 liters
1 kiloliter (kl)	-----	1,000 liters

Length

1 millimeter (mm)	-----	.001 meter (m)
1 centimeter (cm)	-----	.01 meter
1 decimeter (dm)	-----	.1 meter
1 dekameter (dam)	-----	10 meters
1 hectometer (hm)	-----	100 meters
1 kilometer (km)	-----	1,000 meters

Mass/Weight

1 milligram (mg)	-----	.001 gram (g)
1 centigram (cg)	-----	.01 gram
1 decigram (dg)	-----	.1 gram
1 dekagram (dag)	-----	10 grams
1 hectogram (hg)	-----	100 grams
1 kilogram (kg)	-----	1,000 grams
1 metric ton (t)	-----	1,000 kilograms

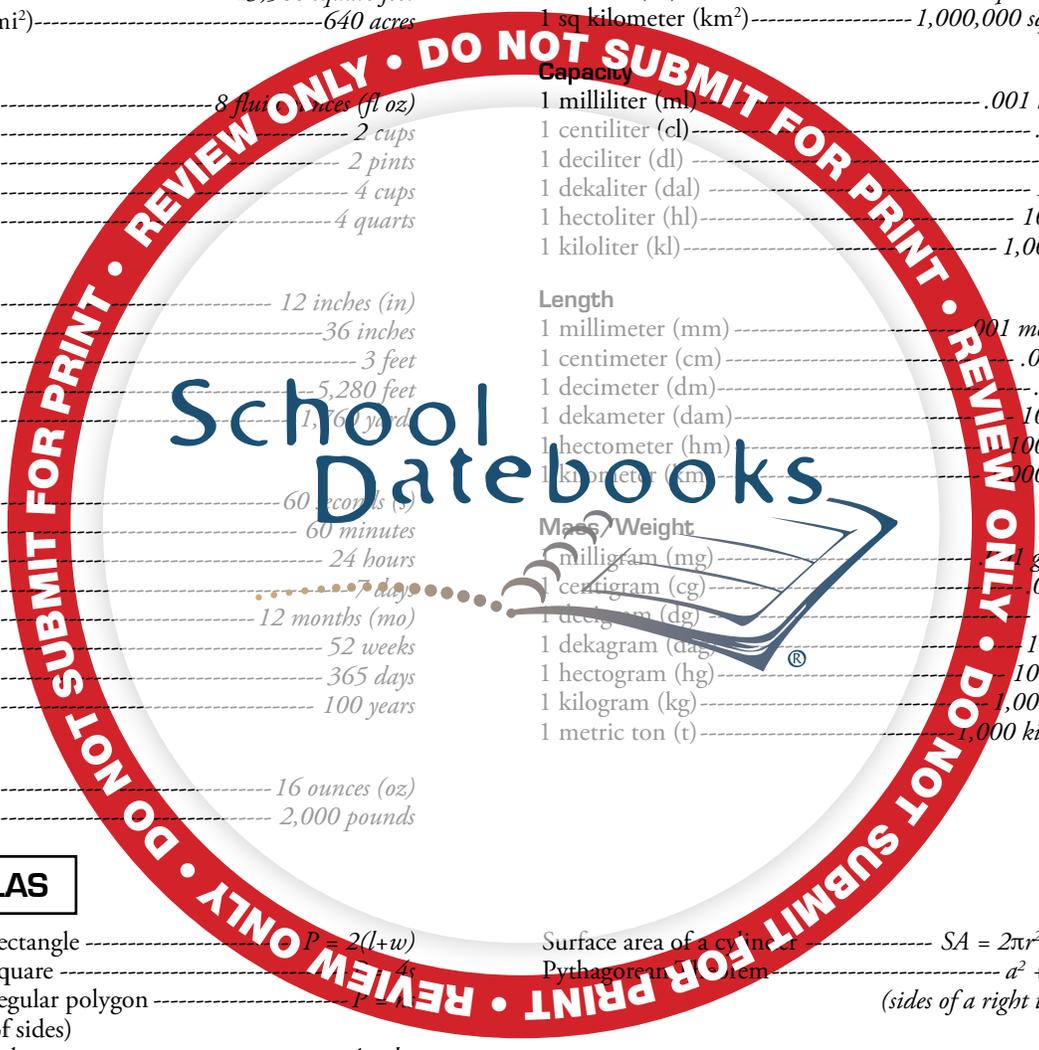
Surface area of a cylinder	-----	$SA = 2\pi r^2 + 2\pi rh$
Pythagorean theorem	-----	$a^2 + b^2 = c^2$ (sides of a right triangle)

FORMULA KEY

A = area	l = length
b = base, length of any side of a plane figure	P = perimeter
B = area of base	r = radius
d = diameter	s = side
h = height, perpendicular distance from the furthest point of the figure to the extended base	sa = surface area
	V = volume
	w = width

I = interest, p = principal, r = rate, t = time

d = distance, r = rate, t = time





MATHEMATICS *Roman numerals & place value*

ROMAN NUMERALS

IN THE ROMAN NUMBER SYSTEM, NUMERALS ARE REPRESENTED BY 7 CAPITAL LETTERS FROM OUR ALPHABET. THESE LETTERS ARE COMBINED IN DIFFERENT WAYS TO FORM NUMBERS. THE VALUES OF THE LETTERS ARE ADDED TOGETHER, UNLESS A LETTER WITH A LESSER VALUE COMES BEFORE ONE WITH A LARGER VALUE. IN THIS CASE, THE VALUE IS THE DIFFERENCE OF THE TWO LETTER VALUES.

FOLLOWING ARE THE 7 LETTERS AND THEIR VALUES:

I → one
V → five
X → ten
L → fifty
C → one hundred
D → five hundred
M → one thousand

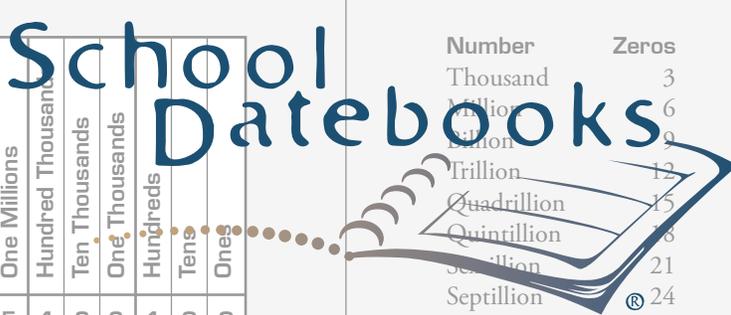
{1}=	I
{2}=	II
{3}=	III
{4}=	IV
{5}=	V
{6}=	VI
{7}=	VII
{8}=	VIII
{9}=	IX
{10}=	X
{11}=	XI
{12}=	XII
{13}=	XIII
{14}=	XIV
{15}=	XV
{16}=	XVI
{17}=	XVII
{18}=	XVIII
{19}=	XIX
{20}=	XX
{30}=	XXX
{40}=	XL
{50}=	L
{60}=	LX
{70}=	LXX
{80}=	LXXX
{90}=	XC
{100}=	C
{500}=	D
{1000}=	M

PLACE VALUE

Hundred Trillions	Ten Trillions	One Trillions	Hundred Billions	Ten Billions	One Billions	Hundred Millions	Ten Millions	One Millions	Hundred Thousands	Ten Thousands	One Thousands	Hundreds	Tens	Ones
1	5	4	3	9	7	1	5	4	6	2	1	0	0	

Read this number as **one** hundred fifty-four trillion, three hundred ninety-seven billion, seven hundred fifteen million, four hundred sixty-two thousand, one hundred.

Write this number as 154,397,154,621,000.



Number	Zeros
Thousand	3
Million	6
Billion	9
Trillion	12
Quadrillion	15
Quintillion	18
Sextillion	21
Septillion	24
Octillion	27
Nonillion	30
Decillion	33
Googol	100

NUMBER PREFIXES

uni-	one
bi-	two
tri-	three
quadri-	four
quint-	five
sex-	six
sept-	seven
oct-	eight
non-	nine
deci-	ten

30



MATHEMATICS *fractions*

FRACTIONS	A NUMBER THAT NAMES PART OF A WHOLE, SUCH AS 1/2 OR 1/3.
------------------	--

The top number of a fraction is called the **numerator**.

The bottom number of a fraction is called the **denominator**.

The denominator tells the total number of parts that a whole is divided into.

When the denominator and numerator are the same, the fraction equals 1 (with all of the parts).

Examples:



ADDING AND SUBTRACTING FRACTIONS WITH THE SAME DENOMINATOR

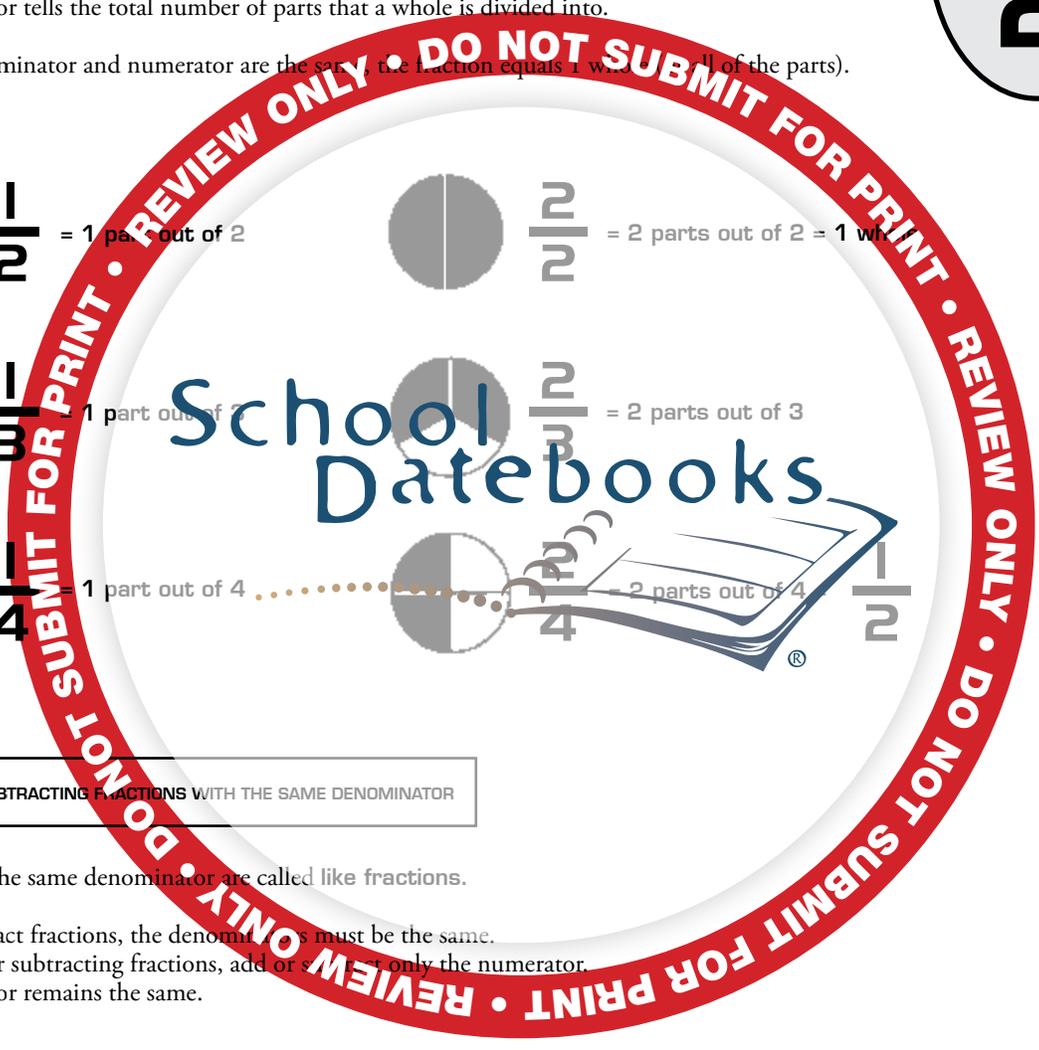
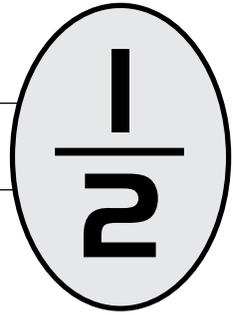
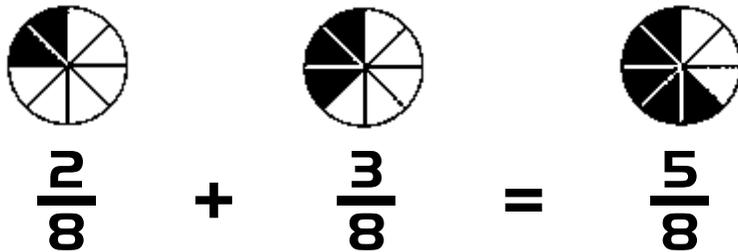
Fractions with the same denominator are called **like fractions**.

To add or subtract fractions, the denominators must be the same.

When adding or subtracting fractions, add or subtract only the numerator.

The denominator remains the same.

Example:

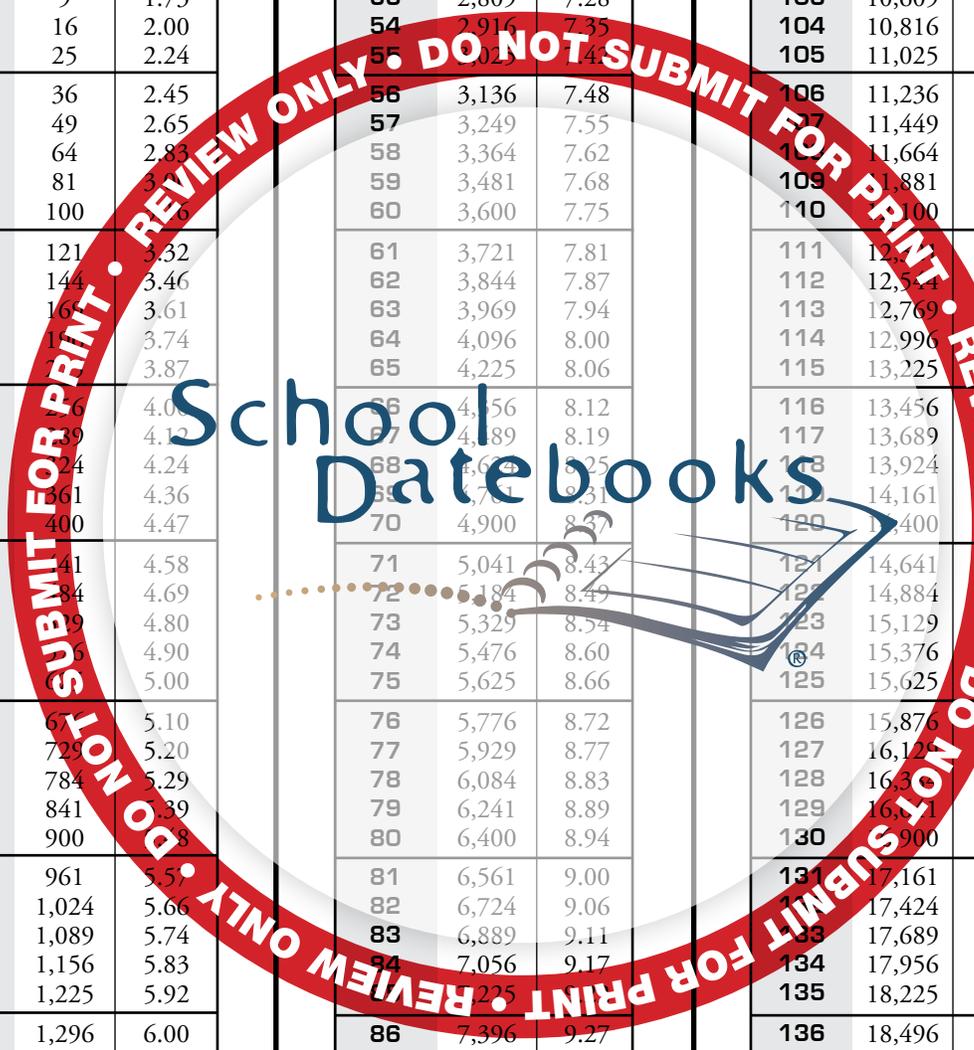




MATHEMATICS *squares & square roots*

SQUARES & SQUARE ROOTS

N	N ²	\sqrt{N}	N	N ²	\sqrt{N}	N	N ²	\sqrt{N}
1	1	1.00	51	2,601	7.14	101	10,201	10.05
2	4	1.41	52	2,704	7.21	102	10,404	10.10
3	9	1.73	53	2,809	7.28	103	10,609	10.15
4	16	2.00	54	2,916	7.35	104	10,816	10.20
5	25	2.24	55	3,025	7.42	105	11,025	10.25
6	36	2.45	56	3,136	7.48	106	11,236	10.30
7	49	2.65	57	3,249	7.55	107	11,449	10.34
8	64	2.83	58	3,364	7.62	108	11,664	10.39
9	81	2.91	59	3,481	7.68	109	11,881	10.44
10	100	3.16	60	3,600	7.75	110	12,100	10.49
11	121	3.32	61	3,721	7.81	111	12,321	10.54
12	144	3.46	62	3,844	7.87	112	12,544	10.58
13	169	3.61	63	3,969	7.94	113	12,769	10.63
14	196	3.74	64	4,096	8.00	114	12,996	10.68
15	225	3.87	65	4,225	8.06	115	13,225	10.72
16	256	4.00	66	4,356	8.12	116	13,456	10.77
17	289	4.12	67	4,489	8.19	117	13,689	10.82
18	324	4.24	68	4,624	8.25	118	13,924	10.86
19	361	4.36	69	4,761	8.31	119	14,161	10.91
20	400	4.47	70	4,900	8.37	120	14,400	10.95
21	441	4.58	71	5,041	8.43	121	14,641	11.00
22	484	4.69	72	5,184	8.49	122	14,884	11.05
23	529	4.80	73	5,329	8.54	123	15,129	11.09
24	576	4.90	74	5,476	8.60	124	15,376	11.14
25	625	5.00	75	5,625	8.66	125	15,625	11.18
26	676	5.10	76	5,776	8.72	126	15,876	11.22
27	729	5.20	77	5,929	8.77	127	16,129	11.27
28	784	5.29	78	6,084	8.83	128	16,384	11.31
29	841	5.39	79	6,241	8.89	129	16,641	11.36
30	900	5.48	80	6,400	8.94	130	16,900	11.40
31	961	5.57	81	6,561	9.00	131	17,161	11.45
32	1,024	5.66	82	6,724	9.06	132	17,424	11.49
33	1,089	5.74	83	6,889	9.11	133	17,689	11.53
34	1,156	5.83	84	7,056	9.17	134	17,956	11.58
35	1,225	5.92	85	7,225	9.23	135	18,225	11.62
36	1,296	6.00	86	7,396	9.27	136	18,496	11.66
37	1,369	6.08	87	7,569	9.33	137	18,769	11.70
38	1,444	6.16	88	7,744	9.38	138	19,044	11.75
39	1,521	6.24	89	7,921	9.43	139	19,321	11.79
40	1,600	6.32	90	8,100	9.49	140	19,600	11.83
41	1,681	6.40	91	8,281	9.54	141	19,881	11.87
42	1,764	6.48	92	8,464	9.59	142	20,164	11.92
43	1,849	6.56	93	8,649	9.64	143	20,449	11.96
44	1,936	6.63	94	8,836	9.70	144	20,736	12.00
45	2,025	6.71	95	9,025	9.75	145	21,025	12.04
46	2,116	6.78	96	9,216	9.80	146	21,316	12.08
47	2,209	6.86	97	9,409	9.85	147	21,609	12.12
48	2,304	6.93	98	9,604	9.90	148	21,904	12.17
49	2,401	7.00	99	9,801	9.95	149	22,201	12.21
50	2,500	7.07	100	10,000	10.00	150	22,500	12.25





MATHEMATICS *algebra & multiplication table*

ALGEBRA

Expanding

- {1} $a(b+c) = ab+ac$
- {2} $(a+b)^2 = a^2+2ab+b^2$
- {3} $(a-b)^2 = a^2-2ab+b^2$
- {4} $(a+b)(a+c) = a^2+ac+ab+bc$
- {5} $(a+b)(c+d) = ac+ad+bc+bd$
- {6} $(a+b)^3 = a^3+3a^2b+3ab^2+b^3$
- {7} $(a-b)^3 = a^3-3a^2b+3ab^2-b^3$
- {8} $a^2-b^2 = (a+b)(a-b)$
- {9} $a^3+b^3 = (a+b)(a^2-ab+b^2)$
- {10} $a^3b-ab^3 = ab(a+1)(a-1)$
- {11} $a^2-2ab+b^2=(a-b)^2$
- {12} $a^3-b^3=(a-b)(a^2+ab+b^2)$

Laws of Exponents

- {1} $a^r a^s = a^{r+s}$
 - {2} $a^r / a^s = a^{r-s}$
 - {3} $a^r a^s / a^p = a^{r+s-p}$
 - {4} $(a^r)^s = a^{rs}$
 - {5} $(ab)^r = a^r b^r$
 - {6} $(a/b)^r = a^r / b^r (b \neq 0)$
 - {7} $a^0 = 1 (a \neq 0)$
 - {8} $a^{-r} = \frac{1}{a^r} (a \neq 0)$
- r and s are positive integers*

Logarithms

- {1} $\text{Log}(xy) = \text{Log } x + \text{Log } y$
 - {2} $\text{Log } x^r = r \text{Log } x$
 - {3} $\text{Log } x = n \iff x = 10^n$ (Common log)
 - {4} $\text{Log}_a x = n \iff x = a^n$ (Log to the base a)
 - {5} $\text{Ln } x = n \iff x = e^n$ (Natural log)
 - {6} $\text{Log} \frac{x}{y} = \text{Log } x - \text{Log } y$
- $e = 2.718281828$

Quadratic Formula

When given a formula in the form of a quadratic equation \rightarrow

$$ax^2+bx+c=0$$

The solution can be derived using the quadratic formula \rightarrow

$$x = \frac{-b \pm \sqrt{b^2-4ac}}{2a}$$

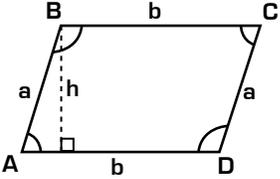
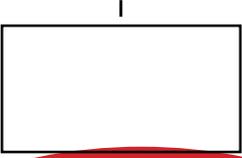
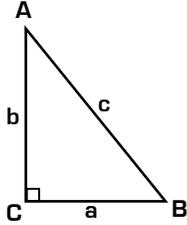
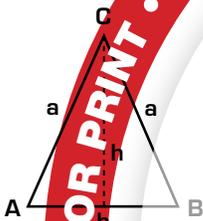
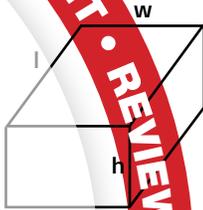
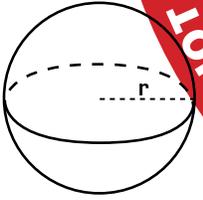
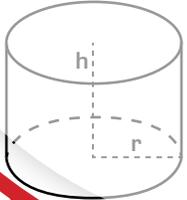
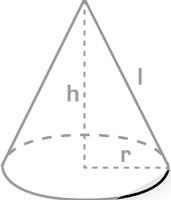
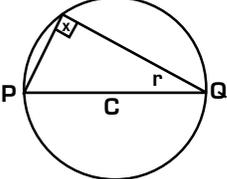
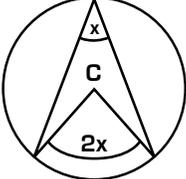
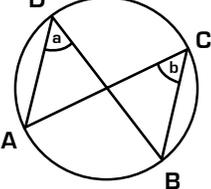
School Datebooks

MULTIPLICATION TABLE

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
1	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
2	2	4	6	8	10	12	14	16	18	20	22	24	26	28	30	32	34	36	38	40
3	3	6	9	12	15	18	21	24	27	30	33	36	39	42	45	48	51	54	57	60
4	4	8	12	16	20	24	28	32	36	40	44	48	52	56	60	64	68	72	76	80
5	5	10	15	20	25	30	35	40	45	50	55	60	65	70	75	80	85	90	95	100
6	6	12	18	24	30	36	42	48	54	60	66	72	78	84	90	96	102	108	114	120
7	7	14	21	28	35	42	49	56	63	70	77	84	91	98	105	112	119	126	133	140
8	8	16	24	32	40	48	56	64	72	80	88	96	104	112	120	128	136	144	152	160
9	9	18	27	36	45	54	63	72	81	90	99	108	117	126	135	144	153	162	171	180
10	10	20	30	40	50	60	70	80	90	100	110	120	130	140	150	160	170	180	190	200
11	11	22	33	44	55	66	77	88	99	110	121	132	143	154	165	176	187	198	209	220
12	12	24	36	48	60	72	84	96	108	120	132	144	156	168	180	192	204	216	228	240
13	13	26	39	52	65	78	91	104	117	130	143	156	169	182	195	208	221	234	247	260
14	14	28	42	56	70	84	98	112	126	140	154	168	182	196	210	224	238	252	266	280
15	15	30	45	60	75	90	105	120	135	150	165	180	195	210	225	240	255	270	285	300
16	16	32	48	64	80	96	112	128	144	160	176	192	208	224	240	256	272	288	304	320
17	17	34	51	68	85	102	119	136	153	170	187	204	221	238	255	272	289	306	323	340
18	18	36	54	72	90	108	126	144	162	180	198	216	234	252	270	288	306	324	342	360
19	19	38	57	76	95	114	133	152	171	190	209	228	247	266	285	304	323	342	361	380
20	20	40	60	80	100	120	140	160	180	200	220	240	260	280	300	320	340	360	380	400

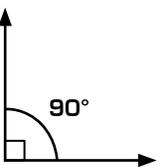
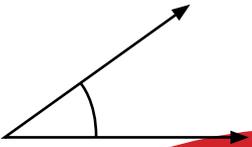
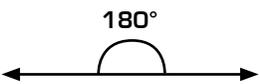


MATHEMATICS *area & volume*

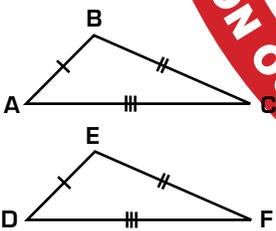
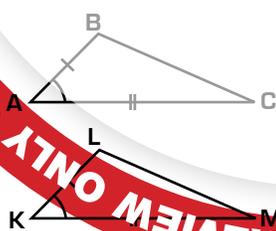
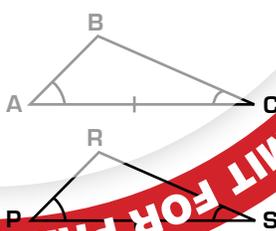
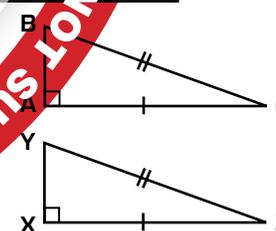
<p>PARALLELOGRAM</p>  <p>Area of ABCD = bh</p>	<p>RECTANGLE</p>  <p>Perimeter = $2(l + h)$ Area = $l \times h$</p>	<p>RIGHT TRIANGLE</p>  <p>Area = $ab/2$ $c^2 = a^2 + b^2$ (Pythagorean Theorem)</p>		
<p>ISOSCELES TRIANGLE</p>  <p>Area = $bh/2$</p>	<p>CIRCLE</p>  <p>Circumference of a circle = $2\pi r$ Area of a circle = πr^2</p>	<p>RECTANGULAR PRISM</p>  <p>Surface area of a prism = $2(wl + lh + wh)$ Volume of a prism = $l \times w \times h$</p>		
<p>SPHERE</p>  <p>Surface area of a sphere = $4\pi r^2$ Volume of a sphere = $4\pi r^3/3$</p>	<p>CYLINDER</p>  <p>Surface area of a cylinder = $2\pi rh + 2\pi r^2$ Volume of a cylinder = $\pi r^2 h$</p>	<p>CONE</p>  <p>Surface area of a cone = $\pi rl + \pi r^2$ (l = slant height) Volume of a cone = $\pi r^2 h/3$</p>	<p>PYRAMID</p>  <p>Surface area of a pyramid = $B + \text{Lateral area}$ (Lateral area = sum of triangular faces) Volume of a pyramid = $Bh/3$ (B = area of base)</p>	
<p>CIRCLE THEOREMS</p>  <p>$\angle x = 90^\circ$ (PQ is the diameter)</p>			 <p>C is the center of the circle</p>	 <p>$\angle a = \angle b$ (Both angles intercept arc AB)</p>

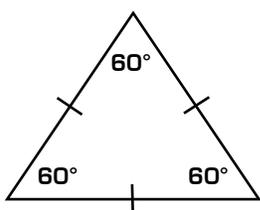
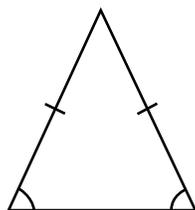
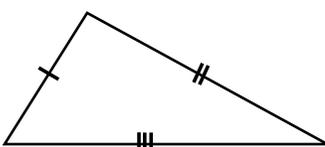


MATHEMATICS *geometric angles & congruence cases*

GEOMETRIC ANGLES		
		
A right angle is exactly 90°	An acute angle is less than 90°	An obtuse angle is greater than 90°
		
A straight angle is exactly 180°		

		
Complementary angles add up to 90°	Supplementary angles add up to 180°	One complete angle of rotation = 360°

GEOMETRIC CONGRUENCE CASES			
S.S.S. POSTULATE	S.A.S. POSTULATE	A.S.A. POSTULATE	H.S. POSTULATE (RIGHT ANGLES ONLY)
			
Side-Side-Side $\triangle ABC \cong \triangle DEF$	Side-Angle-Side $\triangle ABC = \triangle KLM$	Angle-Side-Angle $\triangle ABC = \triangle PRS$	Hypotenuse-side $\triangle ABC = \triangle XYZ$

EQUILATERAL TRIANGLE	ISOSCELES TRIANGLE	SCALENE TRIANGLE
		
3 Sides of Equal Length 3 Angles of 60° Each	2 Sides of Equal Length 2 Base Angles are Equal	3 Unequal Sides 3 Unequal Angles



CIVICS *Bill of Rights*

AMENDMENT

I

Congress shall make no law respecting an establishment of religion, or prohibiting the free exercise thereof; or abridging the freedom of speech, or of the press; or the right of the people peaceably to assemble, and to petition the government for a redress of grievances.

AMENDMENT

II

A well regulated militia, being necessary to the security of a free state, the right of the people to keep and bear arms, shall not be infringed.

AMENDMENT

III

No soldier shall, in time of peace be quartered in any house, without the consent of the owner, nor in time of war, but in a manner to be prescribed by law.

AMENDMENT

IV

The right of the people to be secure in their persons, houses, papers and effects, against unreasonable searches and seizures, shall not be violated, and no warrants shall issue, but upon probable cause, supported by oath or affirmation, and particularly describing the place to be searched, and the persons or things to be seized.

AMENDMENT

V

No person shall be held to answer for a capital, or otherwise infamous crime, unless on a presentment or indictment of a grand jury, except in cases arising in the land or naval forces, or in the militia, when in actual service in time of war or public danger; nor shall any person be subject for the same offense to be twice put in jeopardy of life or limb; nor shall be compelled in any criminal case to be a witness against himself, nor be deprived of life, liberty, or property, without due process of law; nor shall private property be taken for public use, without just compensation.

AMENDMENT

VI

In all criminal prosecutions, the accused shall enjoy the right to a speedy and public trial, by an impartial jury of the state and district wherein the crime shall have been committed, which district shall have been previously ascertained by law, and to be informed of the nature and cause of the accusation; to be confronted with the witnesses against him; to have compulsory process for obtaining witnesses in his favor, and to have the assistance of counsel for his defense.

AMENDMENT

VII

In suits at common law, where the value in controversy shall exceed twenty dollars, the right of trial by jury shall be preserved, and no fact tried by a jury, shall be otherwise re-examined in any court of the United States, than according to the rules of the common law.

AMENDMENT

VIII

Excessive bail shall not be required, nor excessive fines imposed, nor cruel and unusual punishments inflicted.

AMENDMENT

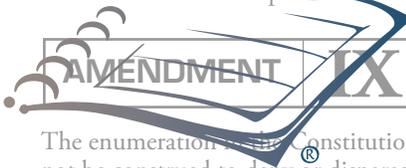
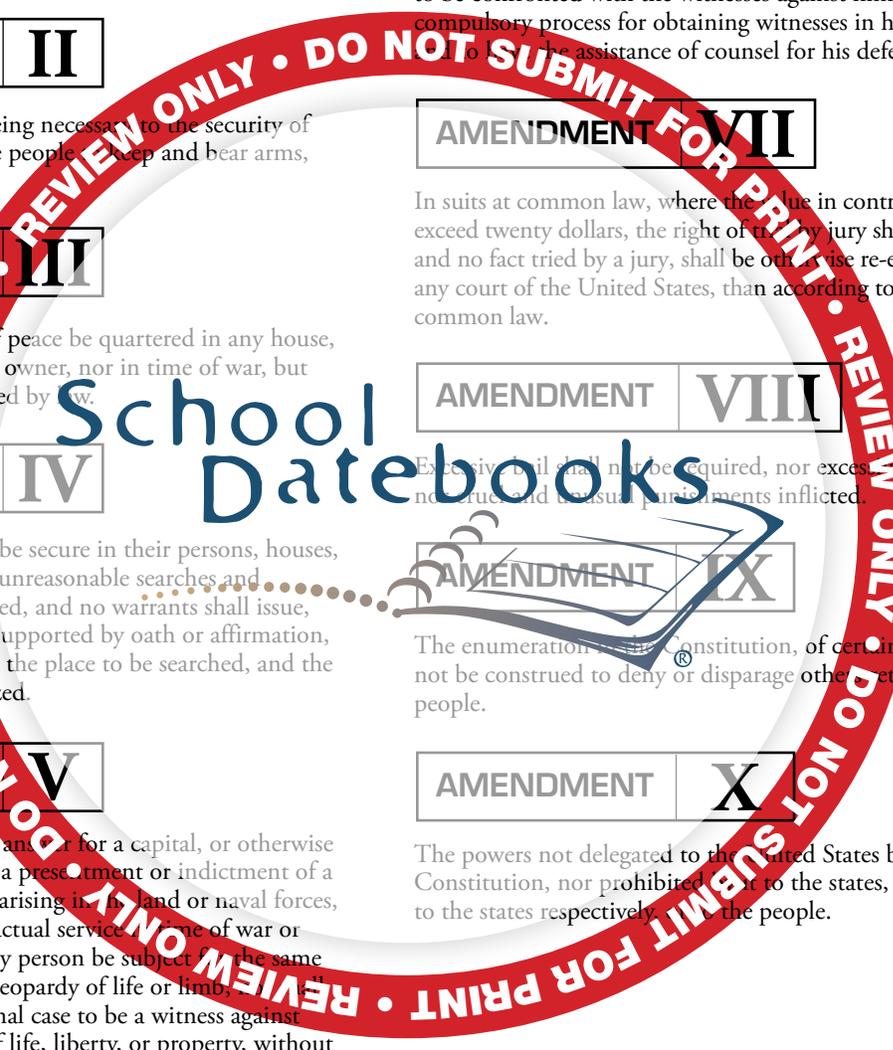
IX

The enumeration in the Constitution, of certain rights, shall not be construed to deny or disparage other retained by the people.

AMENDMENT

X

The powers not delegated to the United States by the Constitution, nor prohibited to the states, are reserved to the states respectively, or to the people.





GEOGRAPHY *states & state capitals*

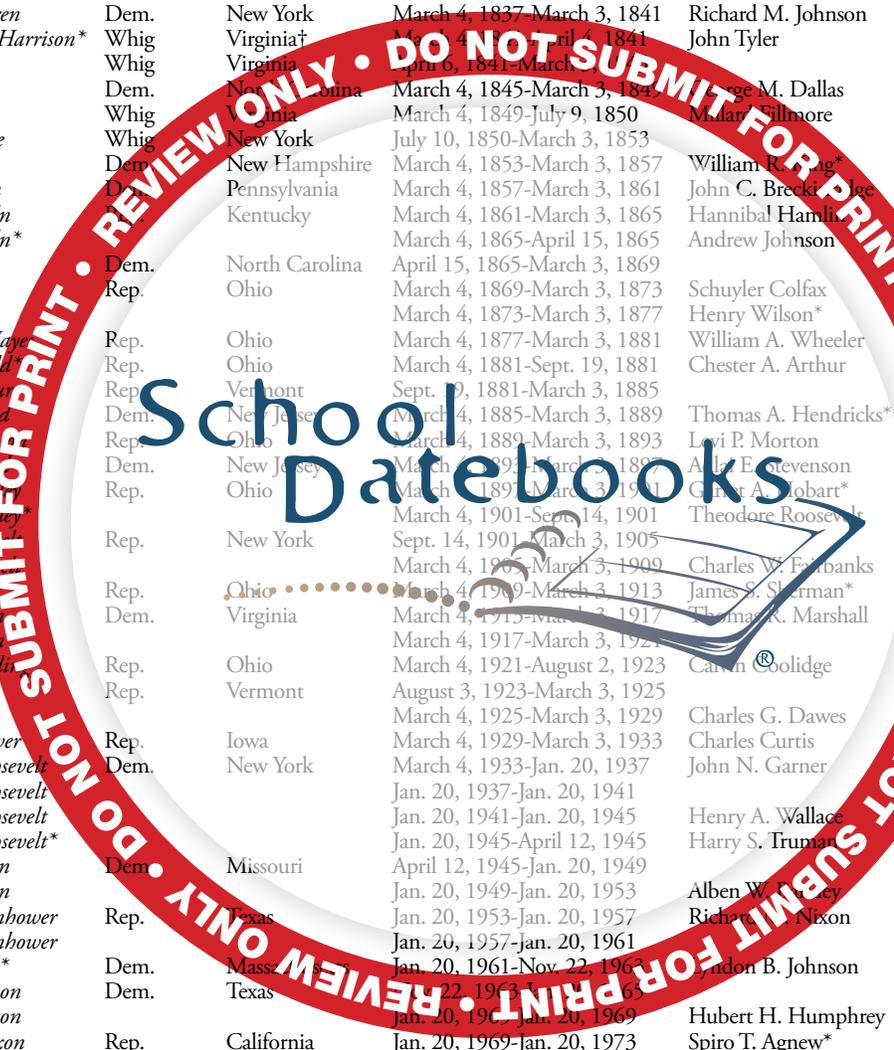
{AL}	Alabama	-----	Montgomery	{MT}	Montana	-----	Helena
{AK}	Alaska	-----	Juneau	{NE}	Nebraska	-----	Lincoln
{AZ}	Arizona	-----	Phoenix	{NV}	Nevada	-----	Carson City
{AR}	Arkansas	-----	Little Rock	{NH}	New Hampshire	-----	Concord
{CA}	California	-----	Sacramento	{NJ}	New Jersey	-----	Trenton
{CO}	Colorado	-----	Denver	{NM}	New Mexico	-----	Santa Fe
{CT}	Connecticut	-----	Hartford	{NY}	New York	-----	Albany
{DE}	Delaware	-----	Dover	{NC}	North Carolina	-----	Raleigh
{FL}	Florida	-----	Tallahassee	{ND}	North Dakota	-----	Bismarck
{GA}	Georgia	-----	Atlanta	{OH}	Ohio	-----	Columbus
{HI}	Hawaii	-----	Honolulu	{OK}	Oklahoma	-----	Oklahoma City
{ID}	Idaho	-----	Boise	{OR}	Oregon	-----	Salem
{IL}	Illinois	-----	Springfield	{PA}	Pennsylvania	-----	Harrisburg
{IN}	Indiana	-----	Indianapolis	{RI}	Rhode Island	-----	Providence
{IA}	Iowa	-----	Des Moines	{SC}	South Carolina	-----	Columbia
{KS}	Kansas	-----	Topeka	{SD}	South Dakota	-----	Pierre
{KY}	Kentucky	-----	Frankfort	{TN}	Tennessee	-----	Nashville
{LA}	Louisiana	-----	Baton Rouge	{TX}	Texas	-----	Austin
{ME}	Maine	-----	Augusta	{UT}	Utah	-----	Salt Lake City
{MD}	Maryland	-----	Annapolis	{VT}	Vermont	-----	Montpelier
{MA}	Massachusetts	-----	Boston	{VA}	Virginia	-----	Richmond
{MI}	Michigan	-----	Lansing	{WA}	Washington	-----	Olympia
{MN}	Minnesota	-----	St. Paul	{WV}	West Virginia	-----	Charleston
{MS}	Mississippi	-----	Jackson	{WI}	Wisconsin	-----	Madison
{MO}	Missouri	-----	Jefferson City	{WY}	Wyoming	-----	Cheyenne





CIVICS *United States presidents*

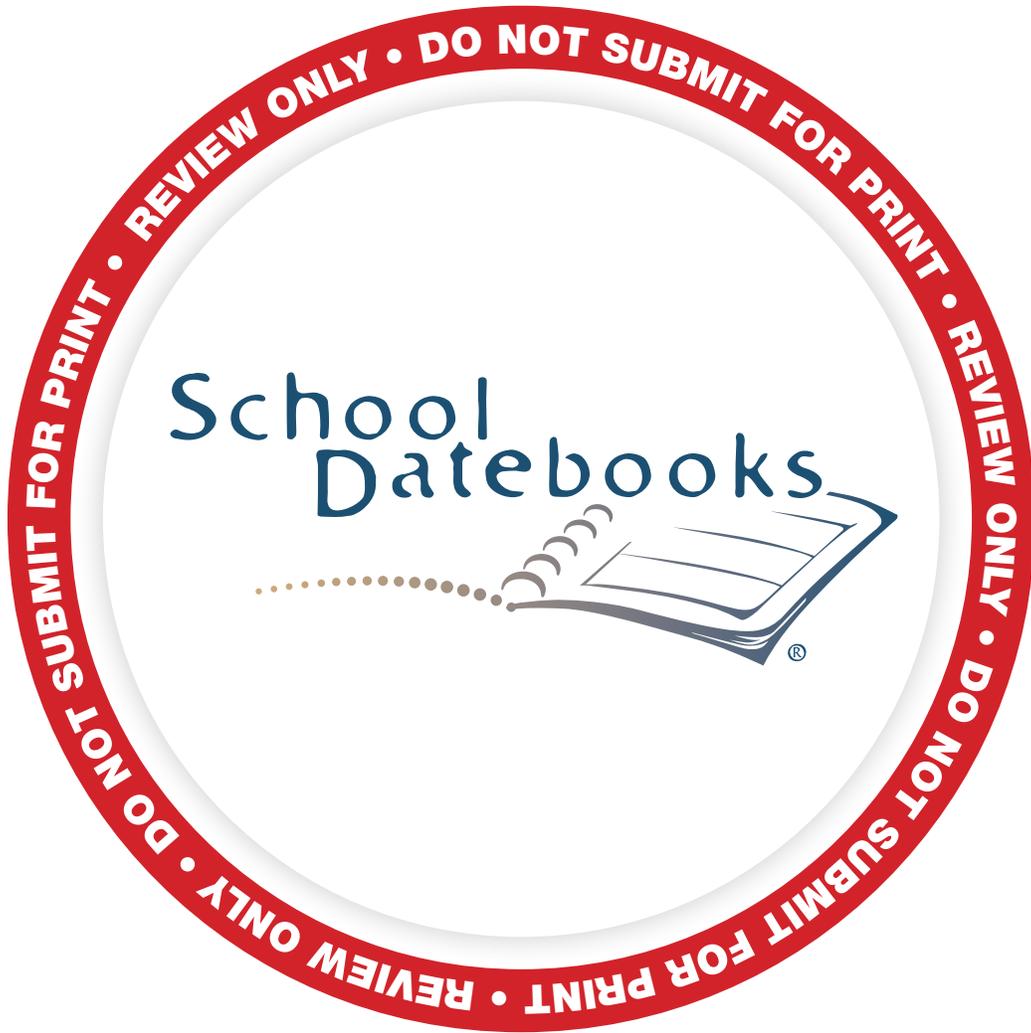
No.	President	Party	Native State	Dates of term(s)	Vice President
{1}	<i>George Washington</i>	Unaffiliated	Virginia†	April 30, 1789-March 3, 1797	John Adams
{2}	<i>John Adams</i>	Fed.	Massachusetts†	March 4, 1797-March 3, 1801	Thomas Jefferson
{3}	<i>Thomas Jefferson</i> <i>Thomas Jefferson</i>	Dem.-Rep.	Virginia†	March 4, 1801-March 3, 1805 March 4, 1805-March 3, 1809	Aaron Burr George Clinton
{4}	<i>James Madison</i> <i>James Madison</i>	Dem.-Rep.	Virginia†	March 4, 1809-March 3, 1813 March 4, 1813-March 3, 1817	George Clinton* Elbridge Gerry*
{5}	<i>James Monroe</i>	Dem.-Rep.	Virginia†	March 4, 1817-March 3, 1825	Daniel D. Tompkins
{6}	<i>John Quincy Adams</i>	Dem.-Rep.	Massachusetts†	March 4, 1825-March 3, 1829	John C. Calhoun
{7}	<i>Andrew Jackson</i> <i>Andrew Jackson</i>	Dem.	Carolina†	March 4, 1829-March 3, 1833 March 4, 1833-March 3, 1837	John C. Calhoun* Martin Van Buren
{8}	<i>Martin Van Buren</i>	Dem.	New York	March 4, 1837-March 3, 1841	Richard M. Johnson
{9}	<i>William Henry Harrison*</i>	Whig	Virginia†	March 4, 1841-April 4, 1841	John Tyler
{10}	<i>John Tyler</i>	Whig	Virginia	April 6, 1841-March 3, 1845	George M. Dallas
{11}	<i>James K. Polk</i>	Dem.	North Carolina	March 4, 1845-March 3, 1849	Millard Fillmore
{12}	<i>Zachary Taylor*</i>	Whig	Virginia	March 4, 1849-July 9, 1850	Millard Fillmore
{13}	<i>Millard Fillmore</i>	Whig	New York	July 10, 1850-March 3, 1853	William R. King*
{14}	<i>Franklin Pierce</i>	Dem.	New Hampshire	March 4, 1853-March 3, 1857	John C. Breckinridge
{15}	<i>James Buchanan</i>	Dem.	Pennsylvania	March 4, 1857-March 3, 1861	Hannibal Hamlin
{16}	<i>Abraham Lincoln</i> <i>Abraham Lincoln*</i>	Dem.	Kentucky	March 4, 1861-March 3, 1865 March 4, 1865-April 15, 1865	Andrew Johnson
{17}	<i>Andrew Johnson</i>	Dem.	North Carolina	April 15, 1865-March 3, 1869	Schuyler Colfax
{18}	<i>Ulysses S. Grant</i> <i>Ulysses S. Grant</i>	Rep.	Ohio	March 4, 1869-March 3, 1873 March 4, 1873-March 3, 1877	Henry Wilson* William A. Wheeler
{19}	<i>Rutherford B. Hayes</i>	Rep.	Ohio	March 4, 1877-March 3, 1881	Chester A. Arthur
{20}	<i>James A. Garfield*</i>	Rep.	Ohio	March 4, 1881-Sept. 19, 1881	Chester A. Arthur
{21}	<i>Chester A. Arthur</i>	Rep.	Vermont	Sept. 19, 1881-March 3, 1885	Thomas A. Hendricks*
{22}	<i>Grover Cleveland</i>	Dem.	New Jersey	March 4, 1885-March 3, 1889	Levi P. Morton
{23}	<i>Benjamin Harrison</i>	Rep.	Ohio	March 4, 1889-March 3, 1893	Alfred E. Stevenson
{24}	<i>Grover Cleveland</i>	Dem.	New Jersey	March 4, 1893-March 3, 1897	Charles A. Tamm
{25}	<i>William McKinley</i> <i>William McKinley*</i>	Rep.	Ohio	March 4, 1897-March 3, 1901	Theodore Roosevelt
{26}	<i>Theodore Roosevelt</i> <i>Theodore Roosevelt</i>	Rep.	New York	Sept. 14, 1901-March 3, 1905 March 4, 1905-March 3, 1909	Charles W. Fairbanks
{27}	<i>William H. Taft</i>	Rep.	Ohio	March 4, 1909-March 3, 1913	James S. Sherman*
{28}	<i>Woodrow Wilson</i> <i>Woodrow Wilson</i>	Dem.	Virginia	March 4, 1913-March 3, 1917 March 4, 1917-March 3, 1921	Thomas R. Marshall
{29}	<i>Warren G. Harding</i>	Rep.	Ohio	March 4, 1921-August 2, 1923	Calvin Coolidge
{30}	<i>Calvin Coolidge</i> <i>Calvin Coolidge</i>	Rep.	Vermont	August 3, 1923-March 3, 1925 March 4, 1925-March 3, 1929	Charles G. Dawes
{31}	<i>Herbert C. Hoover</i>	Rep.	Iowa	March 4, 1929-March 3, 1933	Charles Curtis
{32}	<i>Franklin D. Roosevelt</i> <i>Franklin D. Roosevelt</i> <i>Franklin D. Roosevelt</i> <i>Franklin D. Roosevelt*</i>	Dem.	New York	March 4, 1933-Jan. 20, 1937 Jan. 20, 1937-Jan. 20, 1941 Jan. 20, 1941-Jan. 20, 1945 Jan. 20, 1945-April 12, 1945	John N. Garner Henry A. Wallace Harry S. Truman
{33}	<i>Harry S. Truman</i> <i>Harry S. Truman</i>	Dem.	Missouri	April 12, 1945-Jan. 20, 1949 Jan. 20, 1949-Jan. 20, 1953	Alben W. Barkley
{34}	<i>Dwight D. Eisenhower</i> <i>Dwight D. Eisenhower</i>	Rep.	Texas	Jan. 20, 1953-Jan. 20, 1957 Jan. 20, 1957-Jan. 20, 1961	Richard M. Nixon
{35}	<i>John F. Kennedy*</i>	Dem.	Massachusetts	Jan. 20, 1961-Nov. 22, 1963	Lyndon B. Johnson
{36}	<i>Lyndon B. Johnson</i> <i>Lyndon B. Johnson</i>	Dem.	Texas	Jan. 22, 1963-Aug. 20, 1965 Jan. 20, 1965-Jan. 20, 1969	Hubert H. Humphrey
{37}	<i>Richard M. Nixon</i> <i>Richard M. Nixon*</i>	Rep.	California	Jan. 20, 1969-Jan. 20, 1973 Jan. 20, 1973-Aug. 9, 1974	Spiro T. Agnew* Gerald R. Ford*
{38}	<i>Gerald R. Ford</i>	Rep.	Nebraska	Aug. 9, 1974-Jan. 20, 1977	Nelson Rockefeller
{39}	<i>James E. Carter, Jr.</i>	Dem.	Georgia	Jan. 20, 1977-Jan. 20, 1981	Walter Mondale
{40}	<i>Ronald Reagan</i> <i>Ronald Reagan</i>	Rep.	Illinois	Jan. 20, 1981-Jan. 20, 1985 Jan. 20, 1985-Jan. 20, 1989	George H. W. Bush
{41}	<i>George H. W. Bush</i>	Rep.	Massachusetts	Jan. 20, 1989-Jan. 20, 1993	Dan Quayle
{42}	<i>William J. Clinton</i> <i>William J. Clinton</i>	Dem.	Arkansas	Jan. 20 1993-Jan. 20, 1997 Jan. 20, 1997-Jan. 20, 2001	Albert Gore, Jr.
{43}	<i>George W. Bush</i> <i>George W. Bush</i>	Rep.	Connecticut	Jan. 20, 2001-Jan. 20, 2005 Jan. 20, 2005-Jan. 20, 2009	Richard B. Cheney
{44}	<i>Barack H. Obama</i> <i>Barack H. Obama</i>	Dem.	Hawaii	Jan. 20, 2009-Jan. 20, 2013 Jan. 20, 2013-Jan. 20, 2017	Joseph R. Biden, Jr.
{45}	<i>Donald Trump</i>	Rep.	New York	Jan. 20, 2017-Jan. 20, 2021	Mike Pence
{46}	<i>Joseph R. Biden, Jr.</i>	Dem.	Delaware	Jan. 20, 2021-Jan. 20, 2025	Kamala Harris
{47}	<i>Donald Trump</i>	Rep.	New York	Jan. 20, 2025-	JD Vance

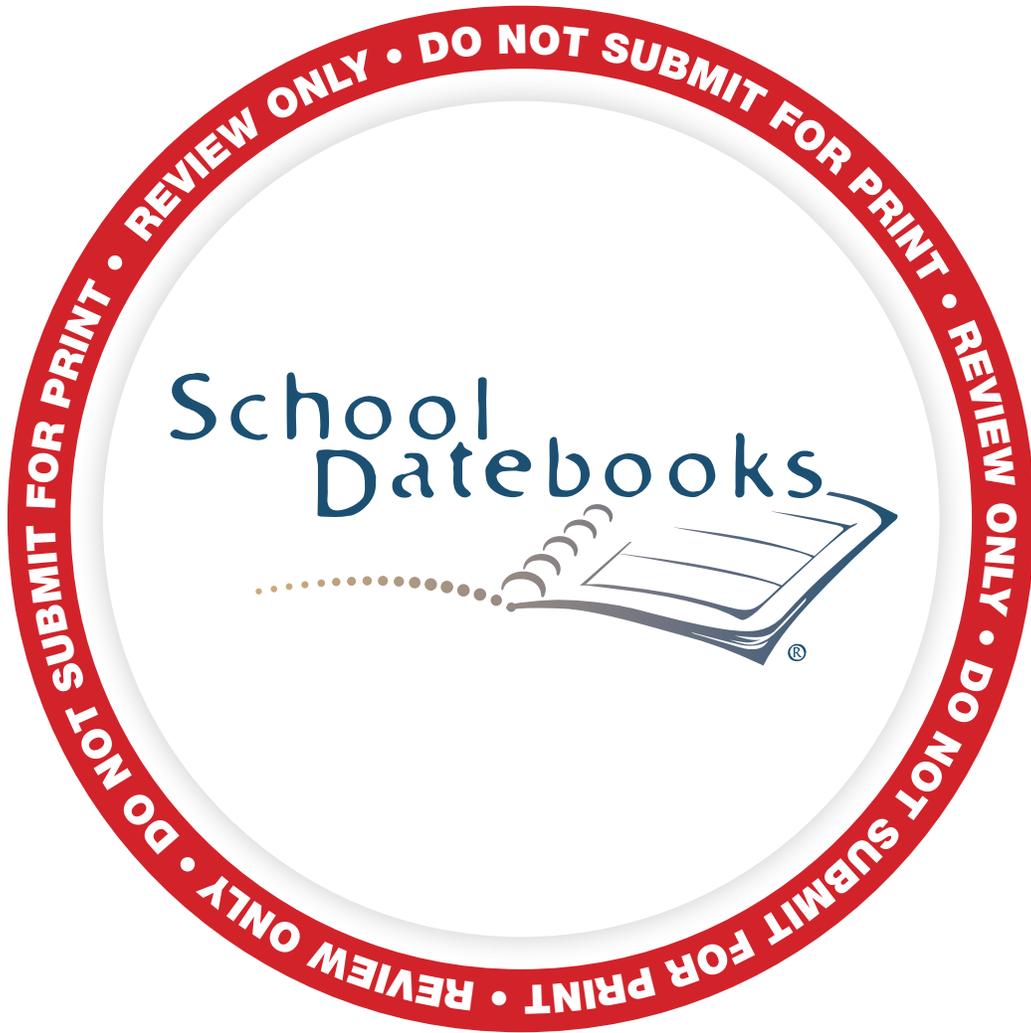


ORDER OF PRESIDENTIAL SUCCESSION	
{1}	The Vice President
{2}	Speaker of the House
{3}	President pro tempore of the Senate
{4}	Secretary of State
{5}	Secretary of the Treasury
{6}	Secretary of Defense
{7}	Attorney General
{8}	Secretary of the Interior
{9}	Secretary of Agriculture
{10}	Secretary of Commerce
{11}	Secretary of Labor
{12}	Secretary of Health and Human Services
{13}	Secretary of Housing and Urban Development
{14}	Secretary of Transportation
{15}	Secretary of Energy
{16}	Secretary of Education
{17}	Secretary of Veterans Affairs
{18}	Secretary of Homeland Security



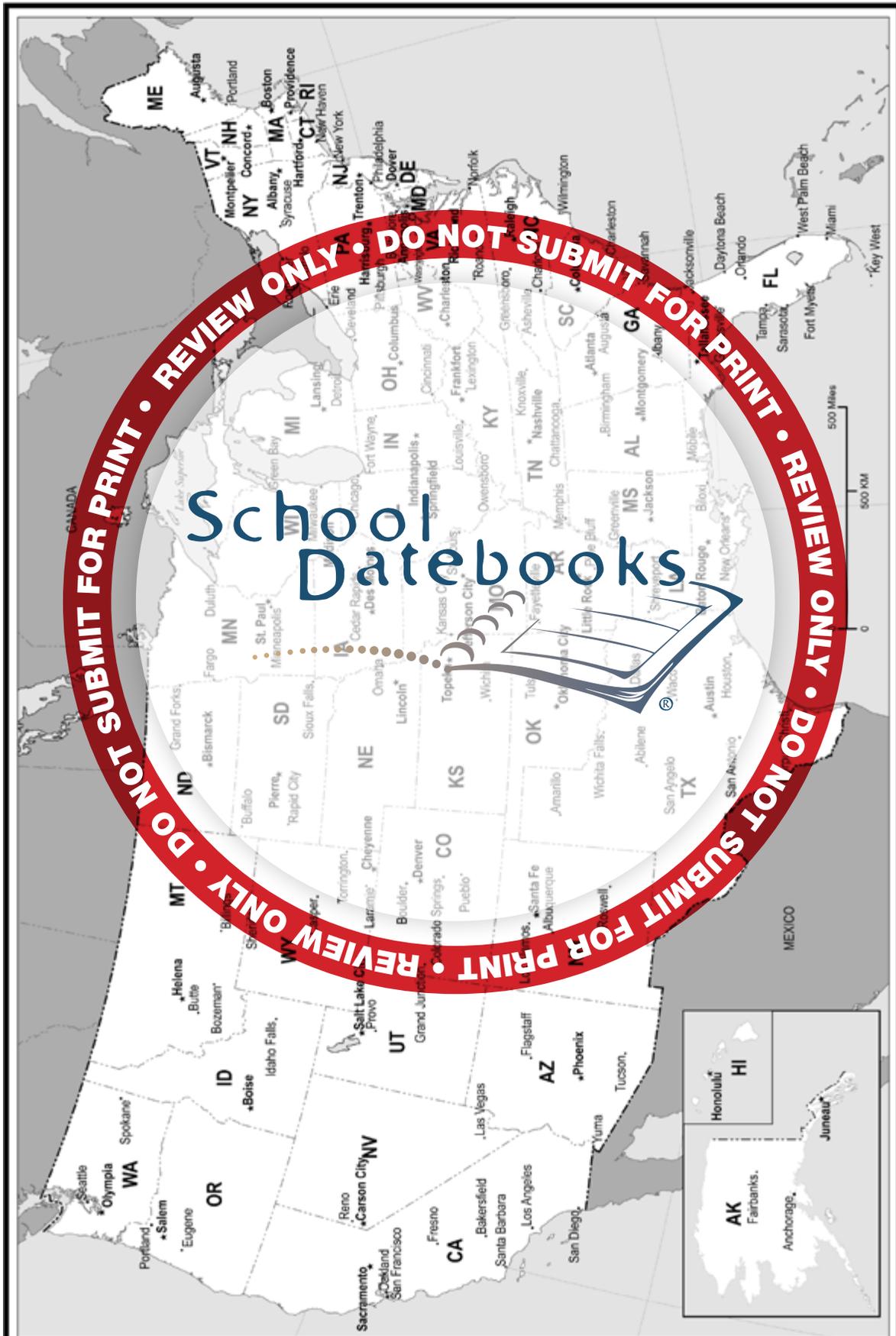
(*did not finish term; †born as subjects of Great Britain before United States was established)





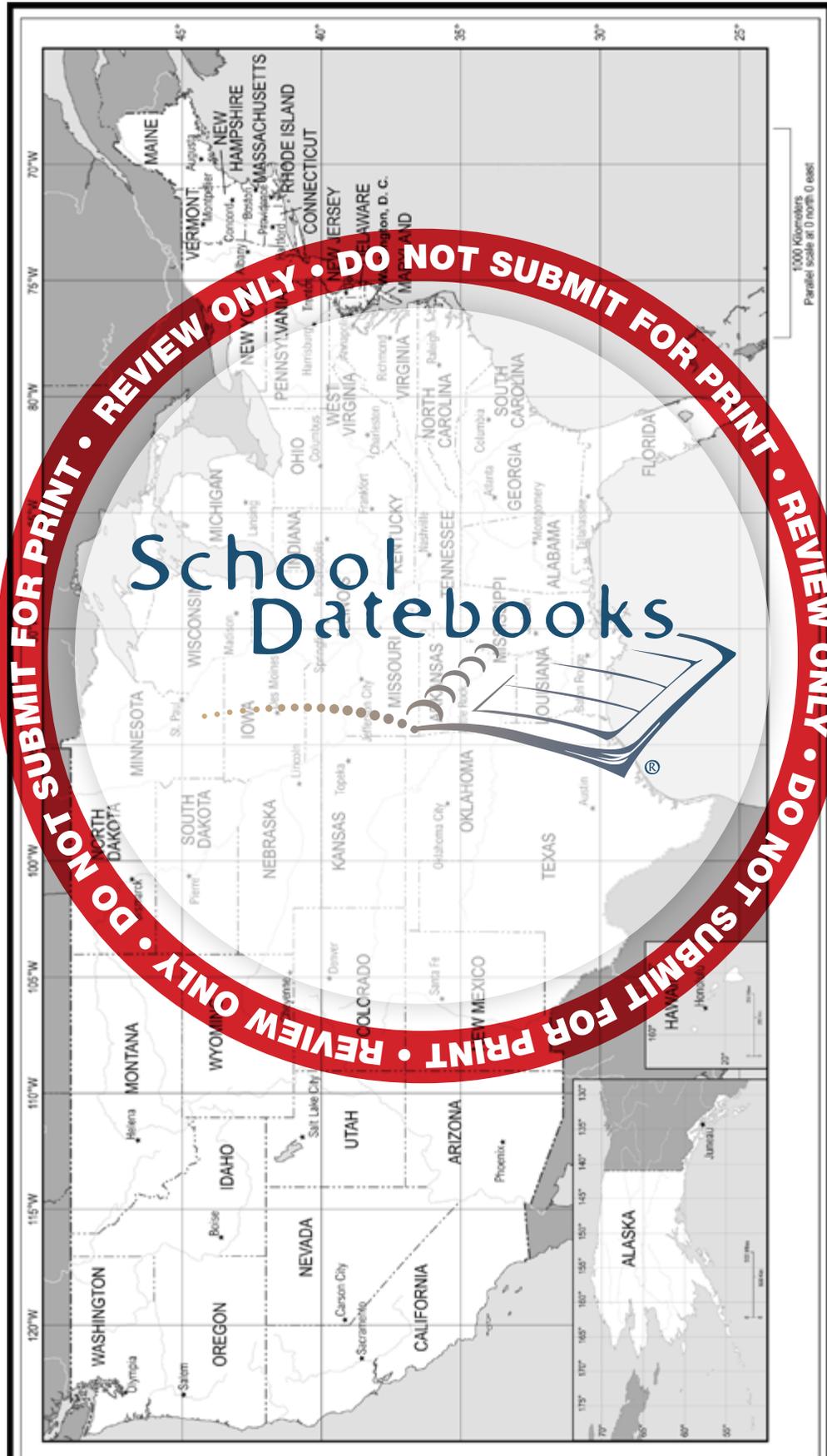


GEOGRAPHY *United States map*



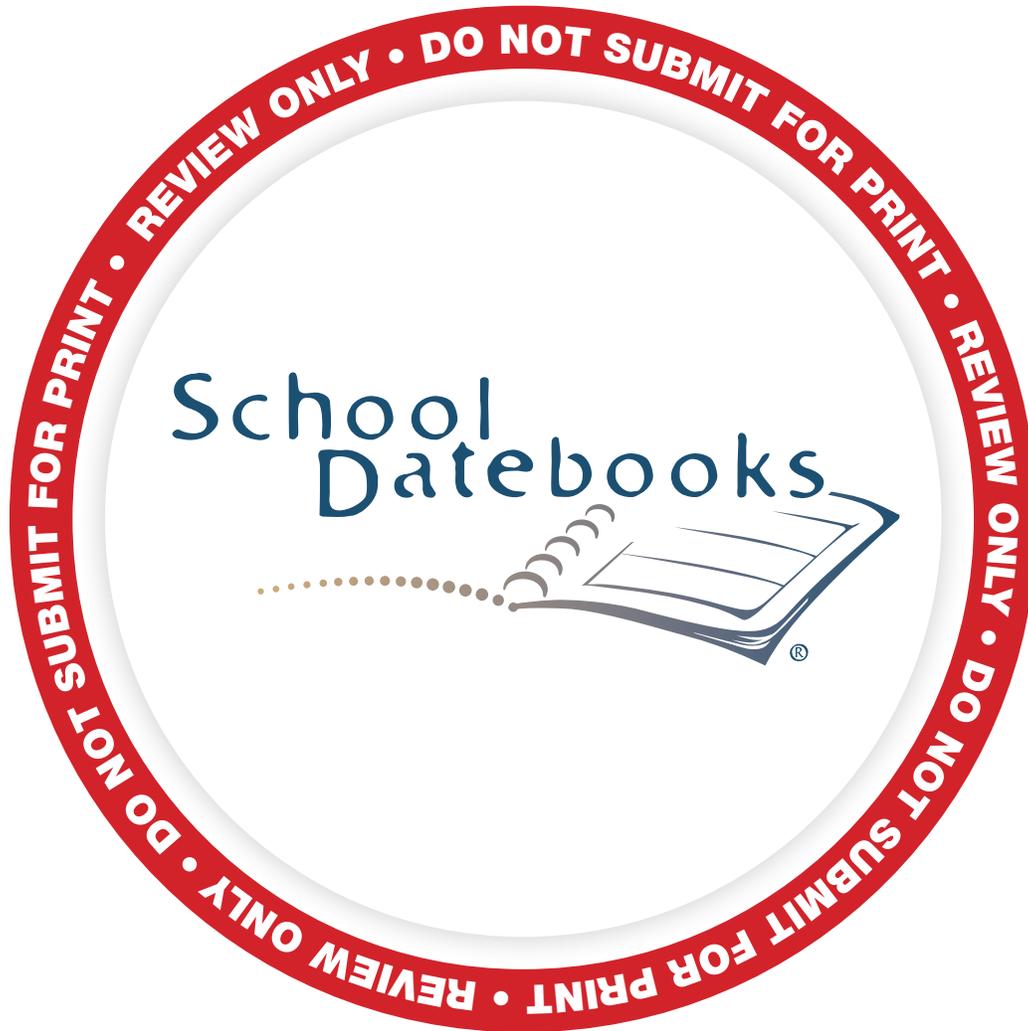


GEOGRAPHY *United States map with longitude & latitude*



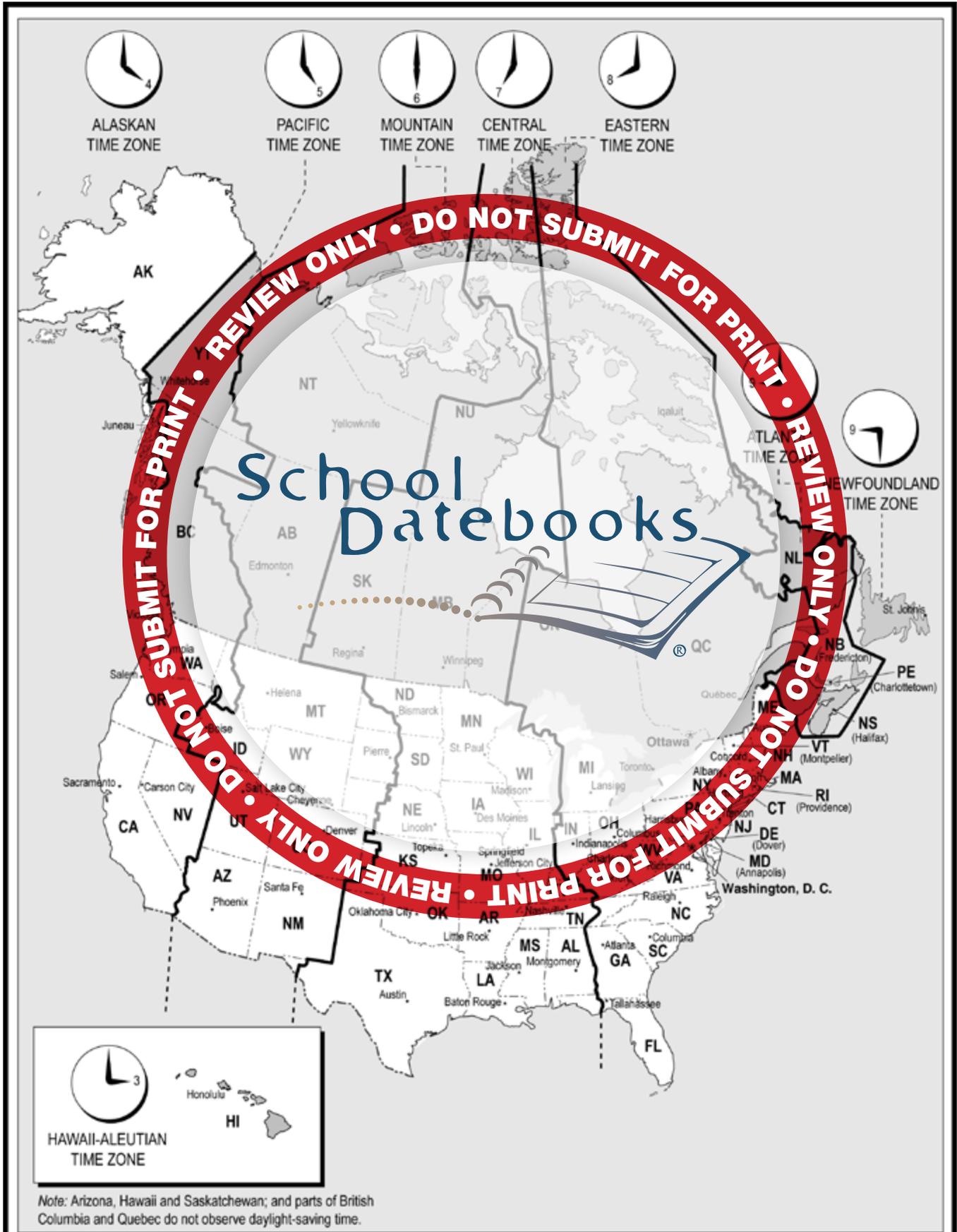


INSERT STATE MAP





GEOGRAPHY *U.S. & Canada time zones*





Be kind to your mother

Given our alternatives, we should treat our mother Earth with all the respect she deserves.

Here are 10 simple things that will make a world of difference:

School Datebooks

→ Five recycled 2-liter plastic bottles can produce enough down to stuff a ski jacket.

→ Everyone in the world could eat 6 pizzas based on the number of plates and cups Americans throw away each year.

→ Manufacturing a standard disposable battery takes 50 times more power than it produces. Solution: use rechargeable batteries.

→ Just one quart of motor oil can pollute 100,000 gallons of water. 100,000 marine mammals die each year from eating or becoming entangled in plastic debris.

Every year, Americans → toss away enough office and writing paper to build a 12-foot-high wall spanning the miles between New York City and Los Angeles.

Never litter. Ever.

Pick paper, not foam or plastic. Foam cups are NOT biodegradable. In fact, if Christopher Columbus and his crew had tossed out a few Styrofoam cups when they first visited America more than 500 years ago, those cups would still be around today.

Make a deposit. If you live in a state that has a bottle deposit program, make sure you participate.

Recycle. Every can, bottle, and newspaper you recycle means one less is polluting our world.

Share your old stuff. Rather than throw them away, give your old toys, clothes, sports equipment, books, backpack, etc., to people who can use them.

Dish it. Use real silverware and dishes instead of disposable ones.

Opt for email to save paper.

Be smart when you shop. Some companies have found more enviro-friendly ways to make their products. Patagonia, an outdoor outfitter, makes synthetic fleece jackets instead of recycled two-liter bottles instead of crude oil. The program has saved enough fuel to fill the gargantuan heavy Suburban. 40-gallon gas tank 10,000 times.

Save a ride. Riding someone saves gas, cuts down on air pollution, and is more fun.

Be your own bottler. Convince your family to invest in a water-purification system or buy water in those huge reusable bottles. Then you can refill water bottles rather than buy hundreds of individual ones each year.

A few enviro-facts





ENVIRONMENTAL AWARENESS *recycling*

FACTS

- The normal faucet flow is around 3-5 gallons of water per minute.
- Showers can account for up to 32% of home water use.
- 280 million tires are discarded every year in the United States.
- Polystyrene foam is not biodegradable. In simple terms, the foam cup you throw away today will still be sitting there 500 years from now.
- When motor oil is not disposed of properly, it can seep into the ground and contaminate our drinking water. Just one quart of motor oil can pollute 250,000 gallons of drinking water.
- An aluminum can that is not recycled will still litter the earth almost 500 years later.
- The average office worker throws away about 180 lbs. of recyclable paper every year.
- Hot dogs last up to 20-25 years in a landfill.
- 73% of the trash that people throw away can be recycled.
- Each person throws away an average of 1,460 pounds of garbage each year.
- Americans throw away enough aluminum every three months to rebuild the entire commercial air fleet.

WHAT CAN BE RECYCLED?

School Datebooks

Items to Recycle	How to Prepare Them
Aluminum, Steel, and Tin Cans	<i>Lightly rinse and dry all cans.</i>
Newspapers	<i>Fold newspapers and place in brown paper bags or bundle with string into one-foot stacks.</i>
Glass	<i>Rinse and remove metal or plastic rims and lids. Sort by color: brown, green, and clear.</i>
Plastics	<i>Rinse and separate by number.</i>
Corrugated Cardboard	<i>Break down boxes.</i>
Office Paper	<i>Separate into white, colored, and glossy stacks. Remove tabs and staples.</i>
Motor Oil	<i>Collect in containers no larger than 5 gallons.</i>
Tires	<i>Check with your local recycler. Some communities limit the number of tires accepted per year from individuals.</i>

Recycle

Reuse

Recycle



HEALTHY LIVING *drugs are a downer*

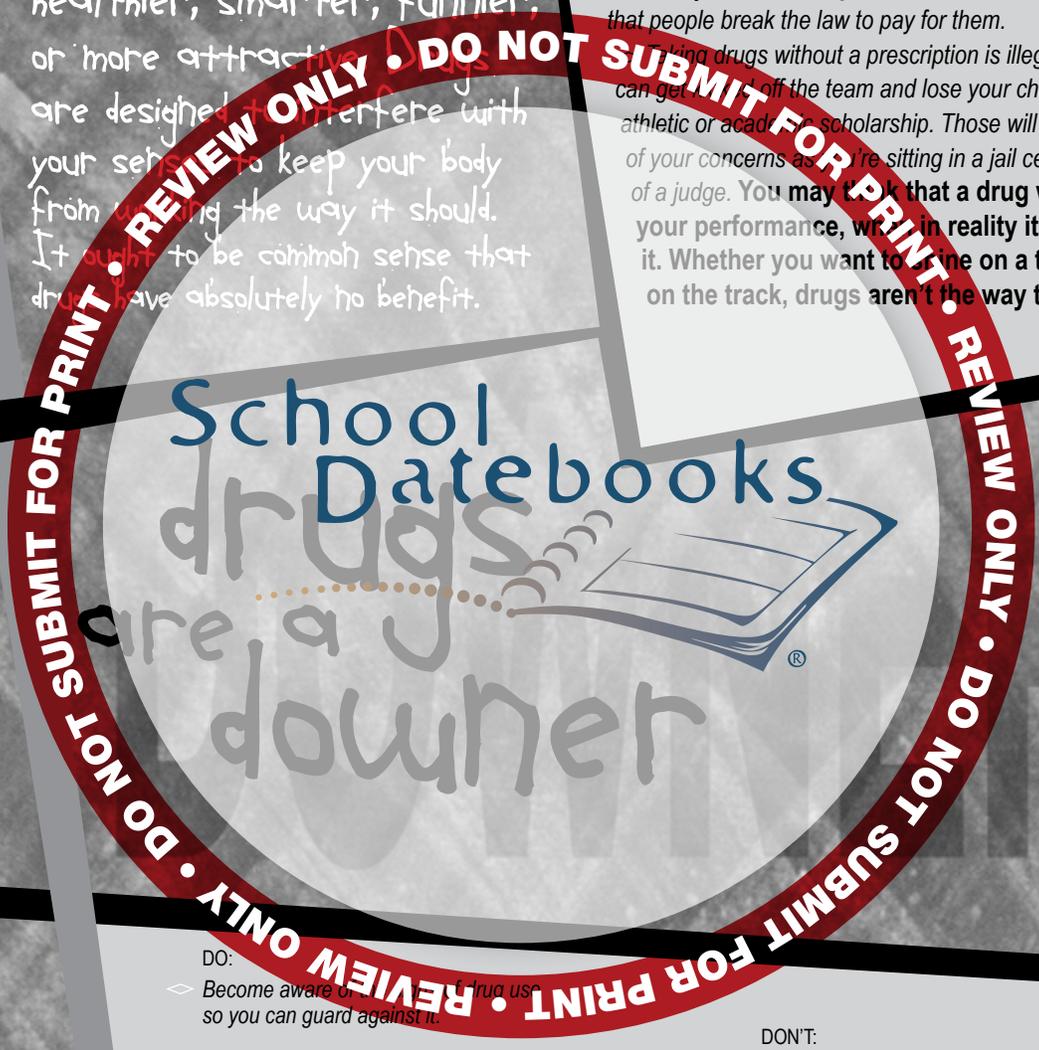
Don't let anybody dupe you; Illegal drugs won't make you happier, healthier, smarter, funnier, or more attractive. Drugs are designed to interfere with your senses to keep your body from working the way it should. It ought to be common sense that drugs have absolutely no benefit.

Regardless of their short-term effects – like euphoria, a false sense of self-confidence, serenity, or silliness – **illegal drugs will bring you down.** Some drugs are addictive. Some cause you to gain weight, while others cause you to lose it uncontrollably. Some give you acne. **Some, like ecstasy, cocaine, crack, or glue can kill you on the spot.** Some drugs are so addictive and expensive that people break the law to pay for them.

Taking drugs without a prescription is illegal. You can get kicked off the team and lose your chance for an athletic or academic scholarship. Those will be the least of your concerns as you're sitting in a jail cell or in front of a judge. You may think that a drug will boost your performance, but in reality it will inhibit it. Whether you want to shine on a test or out on the track, drugs aren't the way to do it.

School Datebooks

drugs are a downer



DO:

- ◇ Become aware of drug use so you can guard against it.
- ◇ Alert an adult if you see or hear of illegal drug activity.
- ◇ Confront your friends whom you suspect are using drugs – out of concern for their health.
- ◇ Talk to someone you can trust if you think you may have a drug problem.
- ◇ Be a good role model for younger kids.
- ◇ Practice saying “no.”
- ◇ Remember: People who try to entice or force you to do drugs aren't your friends.
- ◇ Talk openly with your parents about any peer pressure you encounter.

DON'T:

- ◇ Ignore drug use, hoping it will go away.
- ◇ Excuse drug users because they say they are “lonely,” “depressed,” “overachievers,” etc.
- ◇ Think you are “narking” if you seek out help for someone who is using drugs.
- ◇ Succumb to the myth that drugs will make you a happier person.
- ◇ Feel you have to drink or do drugs to have fun.



HEALTHY LIVING *smoking is a drag*

Smoking is a drag.

There's nothing attractive or noble about yellow teeth, a nasty cough, cancer, smelly clothes, and smoker's breath. And you can be sure that hacking up phlegm

is a turnoff. The younger you are when you start smoking, the more likely it is that you'll become a full-blown smoker and that you'll suffer from some sort of smoking-related illness, says the Centers for Disease Control.

You see, cigarettes (and other tobacco products like "chew") contain nicotine, and nicotine is addictive. Don't believe it? Find a long-time smoker who is trying to quit and ask (very carefully) how cranky, tired, nervous, and irritable he feels.

In fact, many ex-smokers still crave a cigarette for weeks and years after they've given them up.

Why is smoking so bad for you? For starters, it dampens your sense of smell and taste. It raises your blood pressure and makes you more susceptible to colds and bronchial infections. It can cause chronic coughs, ulcers, wrinkles, and heart disease, not to mention cancer of the mouth, larynx, lungs, esophagus, pancreas, cervix, uterus, and bladder.

Also, smoking just isn't smart. Students who smoke are more likely to get lower grades than nonsmoking students, says the CDC.

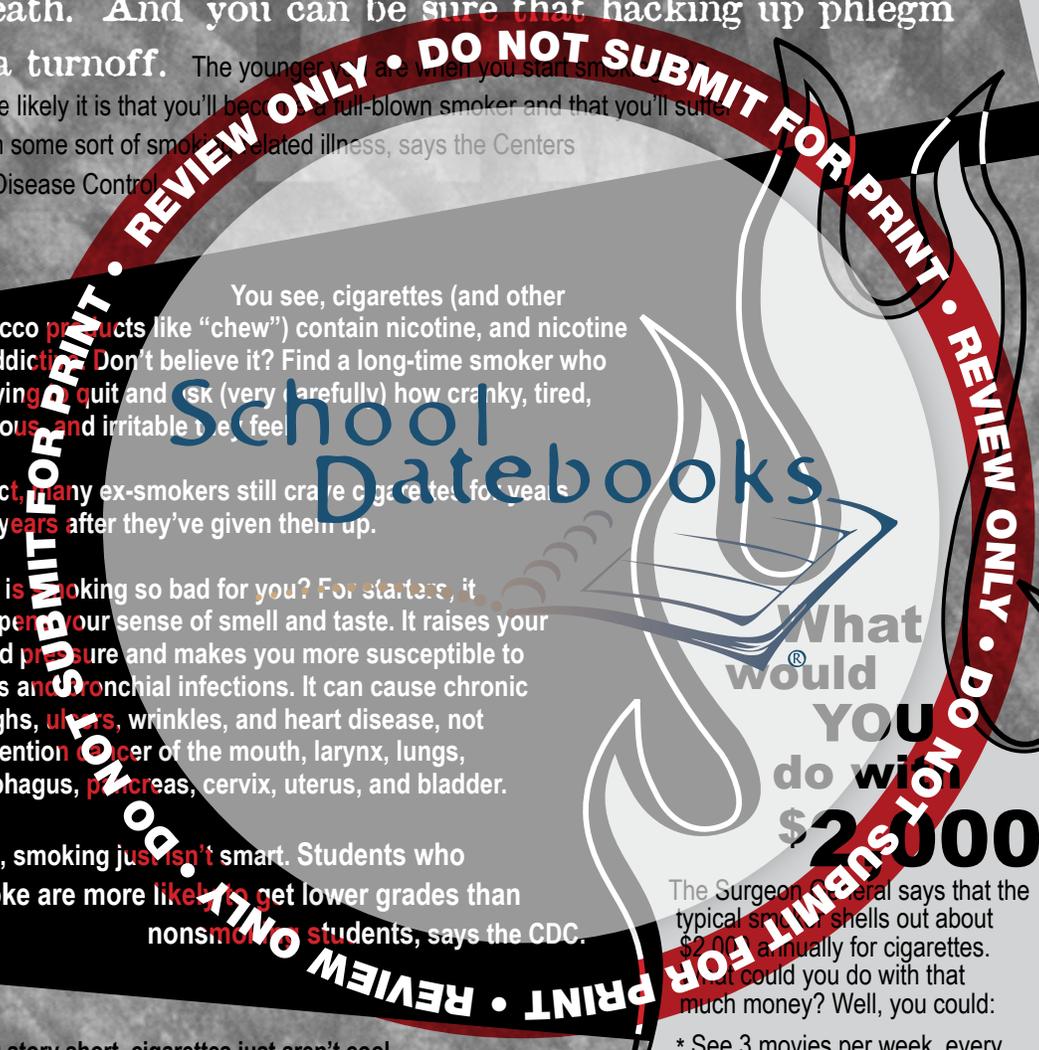
Long story short, cigarettes just aren't cool, and they're known killers. Smoking accounts for about 480,000 deaths in the United States each year.

So, do your friends and fellow students a favor: exert a little positive peer pressure. The next time you see a classmate light up, have the courage to say you think smoking is a drag.

What would YOU do with \$2,000?

The Surgeon General says that the typical smoker shells out about \$2,000 annually for cigarettes. What could you do with that much money? Well, you could:

- * See 3 movies per week, every week of the year.
- * Buy about 100 large pizzas.
- * Grab a new gaming system, tablet, or laptop.
- * Go on an awesome spring break.
- * Have about \$31,000 or so for college, if, years K-12, your parents had put \$2,000 a year into a high yield savings account bearing 5% interest.





HEALTHY LIVING *alcohol, tobacco, & drugs*

FACT AND FICTION:

Substances and your body

Your body is your home. A home you can't move out of, trade, or replace. Unlike a home made of lumber and nails, what you do in your home can't be repaired. It stays with you forever. The consumption of alcohol, tobacco, and/or drugs makes our homes grow old faster. Things can begin to break, look worn, and fall into disrepair surprisingly quickly. Since substances can make a person feel good for a little while, they can make a user forget the damage they are doing. **Be careful and treat your body with respect!**

Alcohol

Alcohol is a legal intoxicant that is arguably the most dangerous drug on the planet. Each year, more people are injured or die from alcohol-related accidents or illnesses than any other drug.

Drinking...

...makes skin brittle and dry, causing cracking, blemishes, and bloating of the skin, especially in the face and stomach regions.

...harms every organ in the body. Alcohol damages the entire digestive system. It can cause scarring of the liver and eventually lead to liver disease. Alcohol can cause your brain chemistry to change, causing memory loss and sudden mood swings.

...is packed with empty calories.

Alcoholic beverages are very high in calories and can cause weight gain and increase the risk of diabetes, even if taken in moderation!

Learn more at: <https://www.niaaa.nih.gov/publications/brochures-and-fact-sheets/alcohol-facts-and-stats>

Tobacco

Tobacco is a leafy plant which contains nicotine, an addictive stimulant. In one study of 20 often-used drugs, nicotine ranked third most addictive, just behind heroin and cocaine.

Tobacco...

...stinks. Smoking smells awful and pollutes the air. Chewing tobacco can stain the teeth and cause bad breath and gum recession.

...has tons of harmful chemicals. If you smoke, you are coating your lungs with tar, hydrogen cyanide (rat poison), benzene (a gasoline additive), and formaldehyde (a chemical used to preserve dead bodies), just to name a few. That can't be good for anyone.

...is so addictive that even a couple of cigarettes can cause dependence. Studies have shown that addiction to be just as powerful as that of a regular smoker! "Just this once" can very easily become a long, drawn-out struggle with nicotine. Don't fall into the tobacco trap!

Illegal Drugs...

...are dangerous to you and those around you. Illegal drugs can cause drastic changes in a user's ability to live a normal life. Illegal drugs are always a negative equation. They do nothing but take from the user, a user's family and friends, and from the community at large. If you or someone you know is a user, get help now!

...can cause irreversible damage to the mind and body. For example, cocaine can bring on strokes and seizures, even in young people.

Twenty-three percent of people who try heroin will become addicted. Our bodies are fragile. Don't risk your future. This is not a game.

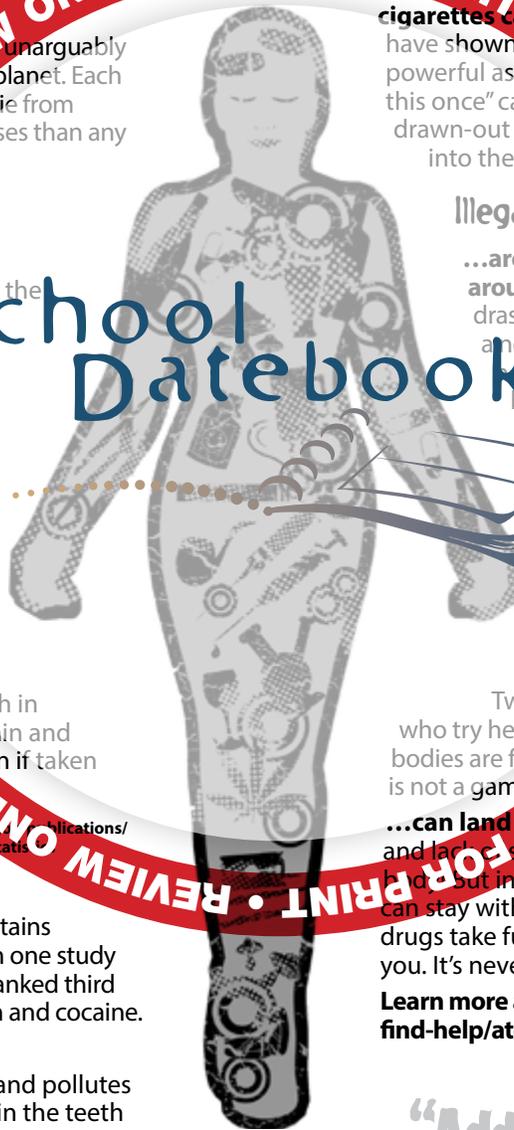
...can land you in the slammer! The food and lack of sunlight has to be bad for your body, but in all seriousness, a criminal record can stay with you forever. Don't let illegal drugs take future opportunities away from you. It's never worth it!

Learn more at: <https://www.samhsa.gov/find-help/atod>

"Addiction" Defined:

...to be "addicted" is to be chemically dependent. When addicted, a person will compulsively seek out a substance despite knowing and experiencing its harmful effects upon themselves and those around them.

School Datebooks





HEALTHY LIVING *dietary guidelines*

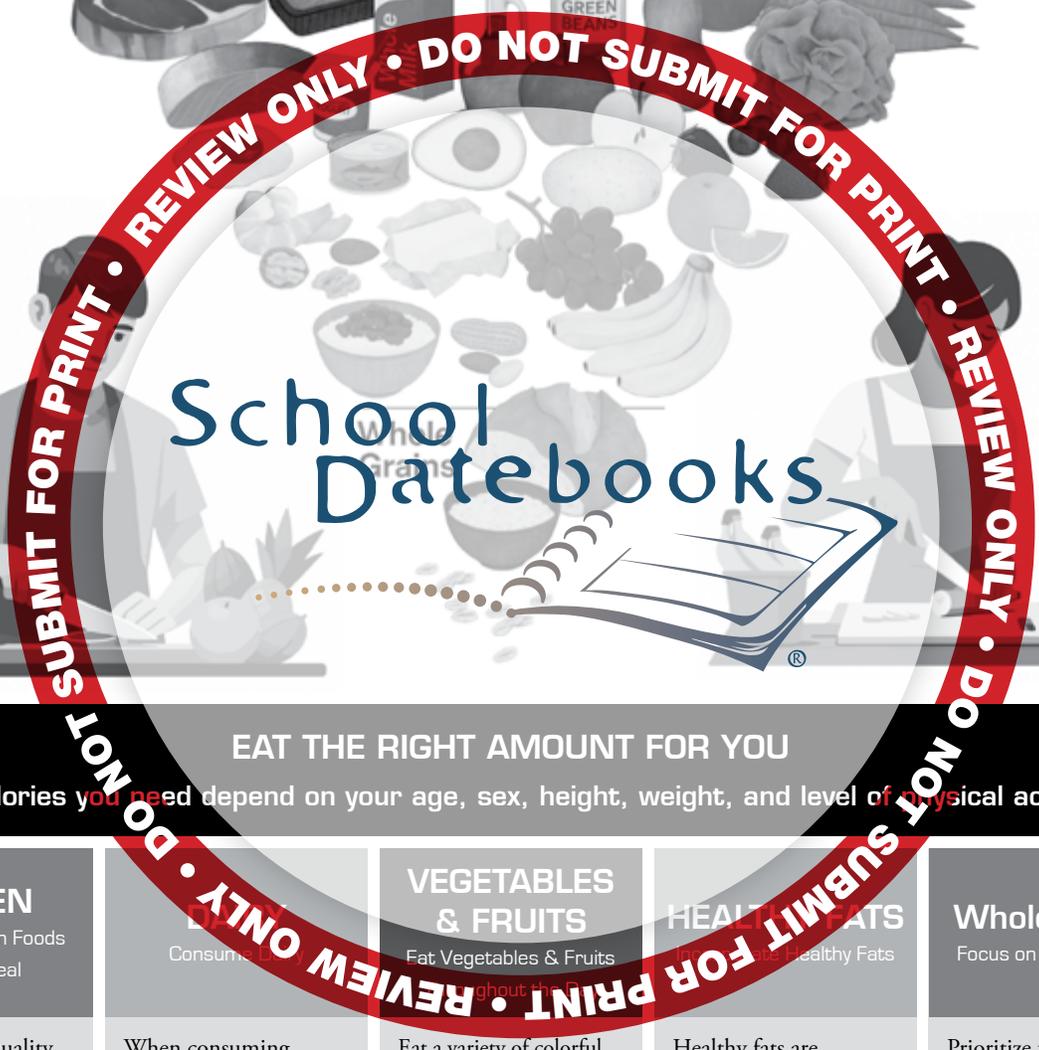
DIETARY GUIDELINES **RECOMMENDATIONS FOR DAILY FOOD CHOICES**



Protein, Dairy & Healthy Fats

Vegetables & Fruits

School Datebooks



EAT THE RIGHT AMOUNT FOR YOU

The calories you need depend on your age, sex, height, weight, and level of physical activity.

PROTEIN Prioritize Protein Foods at Every Meal	DAIRY Consume low-fat or fat-free dairy products	VEGETABLES & FRUITS Eat a variety of colorful vegetables and fruits	HEALTHY FATS Consume healthy fats throughout the day	Whole Grains Focus on Whole Grains
Prioritize high-quality, nutrient-dense protein foods as part of a healthy dietary pattern.	When consuming dairy, include full-fat dairy with no added sugars. Dairy is an excellent source of protein, healthy fats, vitamins, and minerals.	Eat a variety of colorful, nutrient-dense vegetables and fruits.	Healthy fats are plentiful in many whole foods, such as meats, poultry, eggs, omega-3-rich seafood, nuts, seeds, full-fat dairy, olives, and avocados.	Prioritize fiber-rich whole grains.

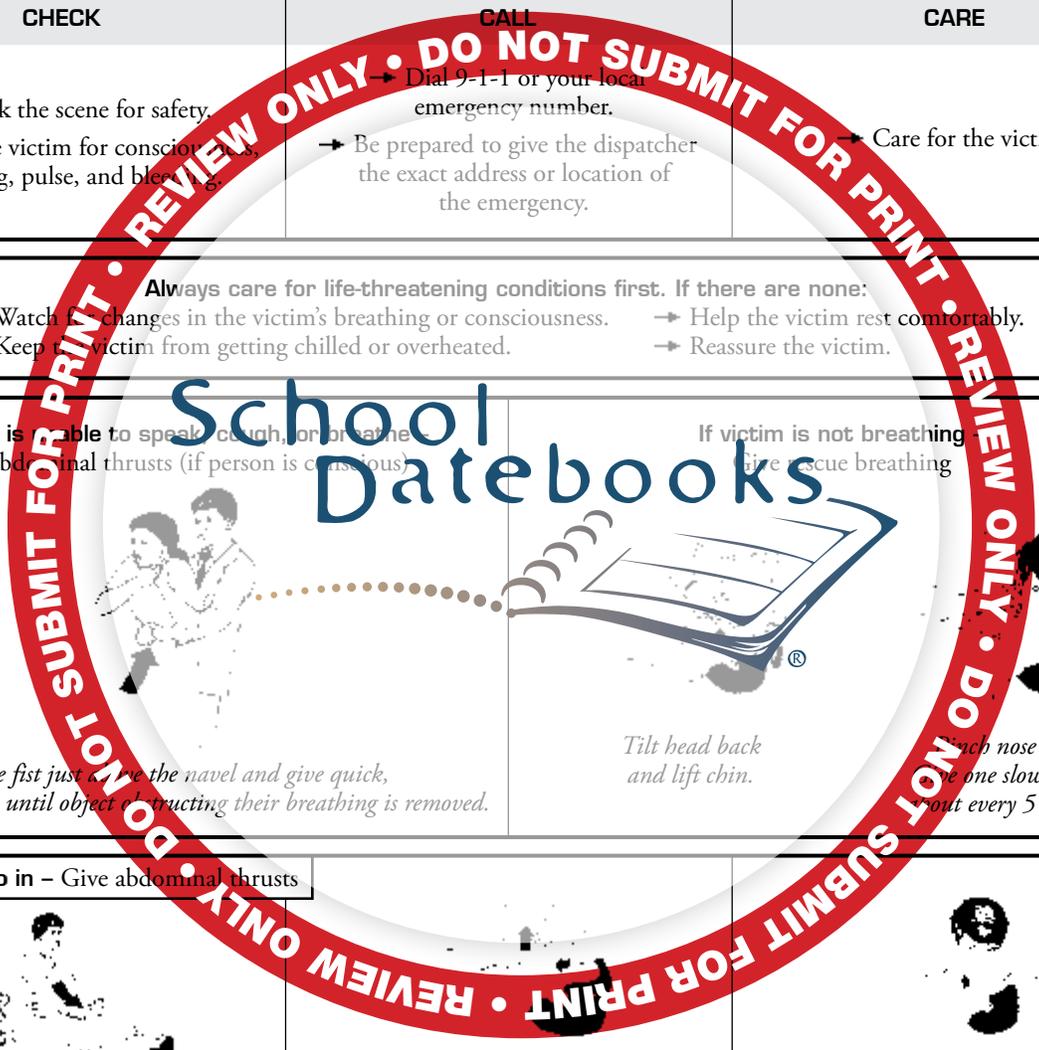
LIMIT HIGHLY PROCESSED FOODS, ADDED SUGARS, & REFINED CARBOHYDRATES

Avoid highly processed packaged, prepared, ready-to-eat, or other foods that are salty or sweet, such as chips, cookies, and candy that have added sugars and sodium (salt).



HEALTHY LIVING *emergency action steps*

EMERGENCY ACTION STEPS		<i>Adult Life-Saving Steps</i> → IN THE PANIC OF AN EMERGENCY, YOU MAY BE FRIGHTENED OR CONFUSED ABOUT WHAT TO DO. STAY CALM. YOU CAN HELP. THE THREE "EMERGENCY ACTION STEPS" WILL HELP YOU ORGANIZE YOUR RESPONSE TO THE SITUATION.	
1		2	
CHECK		CALL	
<ul style="list-style-type: none"> → Check the scene for safety. → Check the victim for consciousness, breathing, pulse, and blood loss. 		<ul style="list-style-type: none"> → Dial 9-1-1 or your local emergency number. → Be prepared to give the dispatcher the exact address or location of the emergency. 	
3		CARE	
<ul style="list-style-type: none"> → Care for the victim. → Watch for changes in the victim's breathing or consciousness. → Keep the victim from getting chilled or overheated. → Help the victim rest comfortably. → Reassure the victim. 			
<p>If victim is able to speak, cough, or breathe Give abdominal thrusts (if person is conscious)</p>  <p>Place fist just above the navel and give quick, upward thrusts until object obstructing their breathing is removed.</p>		<p>If victim is not breathing Give rescue breathing</p>  <p>Tilt head back and lift chin.</p> <p>Pinch nose shut. Give one slow breath Repeat every 5 seconds.</p>	
<p>If air won't go in – Give abdominal thrusts</p>  <p>Give up to 5 abdominal thrusts.</p>		 <p>Tilt head back and reattempt breaths. Repeat steps until breaths go in.</p>	
<p>If not breathing and no pulse – Give CPR</p>			
 <p>Find hand position on center of breastbone.</p>		 <p>Compress chest 30 times. Give 2 slow breaths. Repeat sets of compressions and breaths until ambulance arrives.</p>	



School Datebooks



HEALTHY LIVING *hotlines & helplines*

GENERAL CRISIS		
<i>7 Cups of Tea</i>	Online listeners	7cups.com
<i>Boys Town Hotline</i> (24 hrs.)	800-448-3000	boystown.org
<i>988 Suicide & Crisis Lifeline</i>	988	988lifeline.org
<i>National Hopeline Network (I'm Alive, Suicide Prevention)</i>	Online chat	imalive.org
<i>National Center for Missing and Exploited Children</i> (24 hrs.)	800-843-5678	missingkids.org
<i>Teen Line</i>	800-852-8336	teenlineonline.org
<i>Youth America Hotline Your Life Counts</i>	877-965-7233	yourlifecounts.org
<i>988 Suicide & Crisis Lifeline</i>	988	988lifeline.org
ALCOHOL/SUBSTANCE ABUSE		
<i>Al-Anon/Alateen (For Families and Friends of Problem Drinkers)</i>	888-4AL-ANON	al-anon.alateen.org
<i>Alcoholics Anonymous</i>	212-870-3400	aa.org
<i>Substance Abuse and Mental Health Services Administration</i>	1-800-662-HELP (4357)	samhsa.gov/
<i>Narcotics Anonymous</i>	818-773-9999	na.org
<i>National Institute on Alcohol Abuse and Alcoholism</i>	niaaaweb-r@exchange.nih.gov	niaaa.nih.gov
ABUSE/HEALTH INFO		
<i>American Heart Association</i>	800-AHA-USA-1	heart.org
<i>CDC National HIV/AIDS Contact Center</i>	800-CDC-INFO	cdc.gov/hiv
<i>CDC National STD Contact Center</i>	800-CDC-INFO	cdc.gov/std
<i>National Cancer Institute</i>	800-4-CANCER	cancer.gov
<i>Childhelp National Child Abuse Hotline</i> (24 hrs.)	800-4-A-CHILD	childhelp.org
<i>National Organization for Rare Disorders</i>	800-999-6673	rarediseases.org
<i>Office on Women's Health</i>	800-994-9662	womenshealth.gov
<i>American Association of Poison Control Centers</i> (24 hrs.)	800-222-1222	aapcc.org
<i>Rape, Abuse and Incest National Network (RAINN)</i> (24 hrs.)	800-656-HOPE	rainn.org
<i>Youth Violence Prevention</i>	800-CDC-INFO	cdc.gov/violenceprevention
MENTAL HEALTH		
<i>Depression and Bipolar Support Alliance Helpline</i>	800-826-3632	dbssalliance.org
<i>Mental Health America</i>	800-969-6642	https://mhanational.org/
<i>National Alliance on Mental Illness Information Helpline</i>	800-950-NAMI	nami.org
<i>National Mental Health Consumers' Self-Help Clearinghouse</i>	selfhelpclearinghouse@gmail.com	mhselfhelp.org
<i>National Eating Disorders Association Helpline</i>	800-931-2237	nationaleatingdisorders.org
<i>SAFE Alternatives (Self Abuse Finally Ends)</i>	800-DONT-CUT	selfinjury.com
SEXUAL ORIENTATION/GENDER IDENTITY		
<i>Lesbian, Gay, Bisexual and Transgender National Youth Hotline</i>	800-246-7743	lgbthotline.org/youth-talkline/
<i>LYRIC (Center for LGBTQ Youth)</i>	415-703-6150	lyric.org
<i>The Trevor Project Lifeline (LGBTQ Ages 13-24)</i> (24 hrs.)	866-488-7386	thetrevorproject.org

School Datebooks





HEALTHY LIVING *breakfast — who needs it?*

wellness

BREAKFAST

Who Needs It?

What does it take to get you moving in the morning, besides a clock that's ringing toward the tardy bell? If you have to choose between more sleep and eating breakfast, do you snooze?

That's when you lose, nutritionists say. Believe it or not, breakfast is what will kick you into high gear after your long sleep. And the best breakfast includes a variety of foods – bread or cereal, protein, fruit, and milk or yogurt.

Everyone needs breakfast for the day's energy. You don't have to put out or eat something that doesn't appeal to you. But do give your body a boost with foods that will get you going.

School Datebooks

Two for the Price of One

Mornings are busy enough, but you can double up:

- Eat breakfast while you re-read notes for your test or presentation
- Eat and skim the sports page
- Eat and score one with your parents by sitting down with the family in the morning

Quick Take

Breakfast on the go is often the order of the day. Some easy-to-grab foods as you head out the door:

- ✓ Fresh fruit
- ✓ Cereal/energy bar
- ✓ Cereal without milk for a crunchy snack
- ✓ Toast with peanut butter
- ✓ Hardboiled egg (cook a few once a week)

"Happiness depends on a leisurely breakfast."

— John Gunther

"Eat breakfast like a king, lunch like a prince, and dinner like a pauper."

— Adelle Davis



HEALTHY LIVING *breakfast — myths & facts*

wellness

BREAKFAST

Myths & Facts

Breakfast is the most misunderstood meal. All kinds of negative rumors about it may prompt you to skip what's actually the most important meal of the day. You've probably heard these myths. Make sure you know the true facts!

MYTH: *I'll lose weight if I don't eat breakfast.*

FACT: *An empty stomach soon growls to be filled. Those who have skipped breakfast often consume extra calories later in the day to make up for an empty feeling that would have been curbed by a few bites.*

MYTH: *My stomach can't handle food in the morning.*

FACT: *Your body may not be interested in spicy, heavy foods, but it can handle - and really wants - cereal, toast, an egg, and/or some fruit.*

MYTH: *Breakfast will make me hungry later.*

FACT: *You'll get hungrier later in the day with or without breakfast. Eating doesn't make you hungry. An empty stomach does.*

MYTH: *Breakfast will put me to sleep.*

FACT: *Eating too much, especially at lunchtime, can make you sleepy. But energizing breakfast foods perk you up and fuel your body for the morning's activities.*

MYTH: *Breakfast can't be that important.*

FACT: *Skipping morning nutrition can affect your ability to focus and learn and leave you listless.*

What's on the World's Menu?

From light fare to full meals, here's a sampling of what's often served for breakfast around the globe:

ALGERIA: French bread

ARGENTINA: Ham and cheese tostados

AUSTRALIA: Eggs, sausage, and toast

BULGARIA: Yogurt

CHINA: Rice dumplings

ITALY: Bread and jam

JAPAN: Rice and seafood

NETHERLANDS: Poached eggs, green hollandaise

PHILIPPINES: Garlic fried rice, eggs

RUSSIA: Black bread, sausage

SCOTLAND: Oatcakes, scones

SPAIN: Roll with butter and jam

TURKEY: White cheese, toast, black olives, bread

WALES: Laverbread (moss seaweed) and cockles

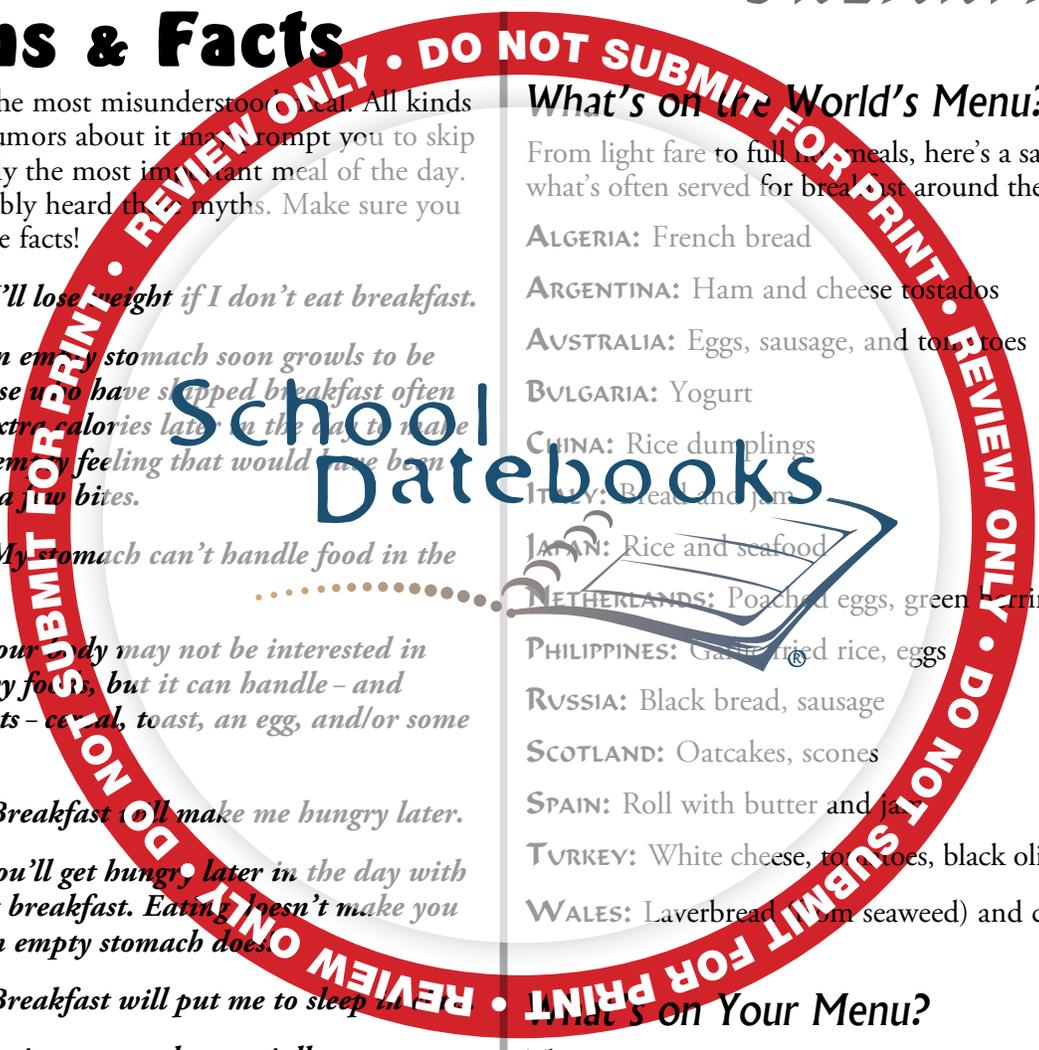
What's on Your Menu?

This morning I ate _____.

Tomorrow, I'm going to eat _____.

My favorite weekday breakfast is _____.

My favorite weekend breakfast is _____.





HEALTHY LIVING *posture — lighten your backpack*

wellness

POSTURE

Lighten Your Backpack

Heavy backpacks, especially if they're worn on one shoulder, can throw off your posture and leave you aching.

While it's convenient to have everything with you and not have to hit your locker, lugging all that weight around is tough on your body.

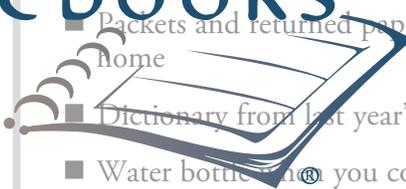
Start by buying a lightweight backpack with multiple compartments, a hip belt, and well-padded straps.

Pack for the day, carrying only what you need. The total weight shouldn't be more than 20 percent of your body weight. And some who treat back pain in teens say no more than 15 percent. Weigh 100 pounds? Pack less than 15 or 20 pounds.

Put the heaviest items at the back and distribute your stuff in different compartments. That distributes the weight so one part of your body isn't too stressed. Adjust the straps, too, so you wear the pack close to your body.

Carry your backpack over both shoulders or use a single strap that goes over your head and rests on the opposite side of the backpack. Use a hip belt, too, to take some of the weight off your back and shoulders.

School Datebooks



Too Much Weight on Your Back?

How long has it been since you unloaded your backpack and lightened your load?

Watch for these weighty (and maybe unnecessary) items:

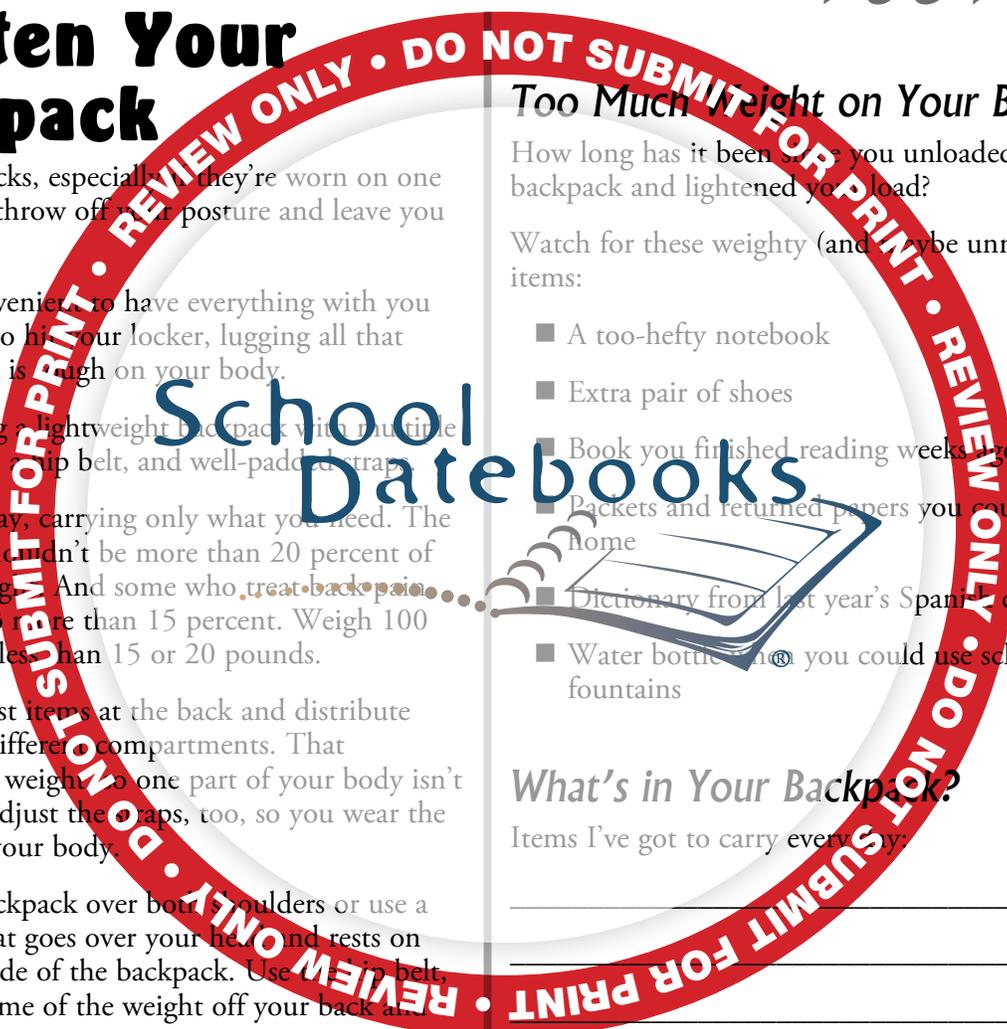
- A too-hefty notebook
- Extra pair of shoes
- Book you finished reading weeks ago
- Packets and returned papers you could leave at home
- Dictionary from last year's Spanish class
- Water bottle when you could use school fountains

What's in Your Backpack?

Items I've got to carry every day:

Weigh In

Stand on the scale with your backpack. Now stand without it. How much extra weight are you packing?





HEALTHY LIVING *sleep — getting enough zzzs?*

wellness

SLEEP

Getting Enough ZZZs?

Sleeping through first and fourth periods means you only need six hours more of sleep at night, right? If only.

When you doze off in class, you're missing the value of continuous sleep. Because your body goes through different cycles while you sleep, and these each take a certain amount of time, you need a single stretch of time to get the full benefit of sleep, doctors say.

Late Night: Natural for Teens

For teens, there's an added challenge when it comes to a good night's sleep. It's called the circadian factor.

During your teen years, your circadian rhythm, an internal clock, is reset. Its ticking keeps you awake later in the evening than it did when you were a young child, and that prompts you to want to sleep later in the day. The challenge for teens is that alarms ring earlier than your body naturally wants to get up for those early morning classes.

"Sleeping is no mean art: for its sake one must stay awake all day."

— Friedrich Nietzsche

Training for Sleep

That makes creating a routine of getting to bed 8.5 to 9 hours before you need to get up all the more important. Think of it as training, much like you would for sports.

Wind down earlier, eat only a light snack in the evening, and make sure your room is dark and cool. If you have trouble getting to sleep, read a while. Surely one of your textbooks will help you nod off!

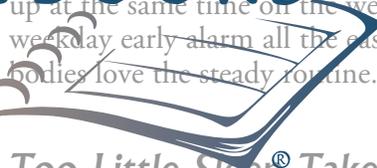
Despite the temptation, try to go to bed and get up at the same time on the weekends. It makes the weekday early alarm all the easier to respond to. And bodies love the steady routine.

Too Little Sleep® Takes Its Toll

If your night's sleep isn't as long as your body needs, you're shortchanging yourself. Not enough sleep could mean:

- Performing poorly in school
- Nodding off during class
- Giving a sluggish sports performance
- Feeling irritable and out of sorts
- Not being able to pay close attention when you're driving

School Datebooks





HEALTHY LIVING *sleep — true or false?*

wellness

SLEEP

True or False?

I'm a night person; no changing that.

True, you may be a night person, and in fact, most teens are. But you can establish a regular time to hit the pillow and develop a sleep routine that fits your early-morning school schedule. A tip for feeling tired when it's time to wind down: avoid caffeine – an ingredient in many colas, teas, coffee, and chocolate. It can keep you wide-eyed long after you should be snoozing.

I catch up on my sleep on the weekends.

You may sleep longer, but there's really no way to make up for lost sleep. It's far better to try to get a full night's sleep every night. For teens, that's 8.5 or 9 hours. Too much more or less could be detrimental.

As long as I get 8 hours sleep, I'm good.

That's not true if the eight hours is interrupted, in, say, a nap after school and then only a few hours over night. You need to sleep through every sequential cycle to get sleep's full benefits.

If I sleep as much adults say I should, I'll sleep my life away.

Well, you'll only sleep a third of it away if all functioning humans do. And if you don't spend a third of your life sleeping, you won't enjoy the energy and health for the other two-thirds.

"Take rest; a field that has rested gives a bountiful crop."

— Publius Ovid Naso

Animals Need Sleep, Too

Sleep isn't something divided in equal portions by all living things. Animals vary in their sleep habits, with differing average number of hours per day for different species.

THE SHORT SNOOZERS:

- Giraffe ■ 1.9 hour
- Horse ■ 2.9 hours
- Elephant ■ 3.3 hours
- Sheep ■ 3.8 hours
- Cow ■ 3.9 hours

THE REAL SLEEPERS:

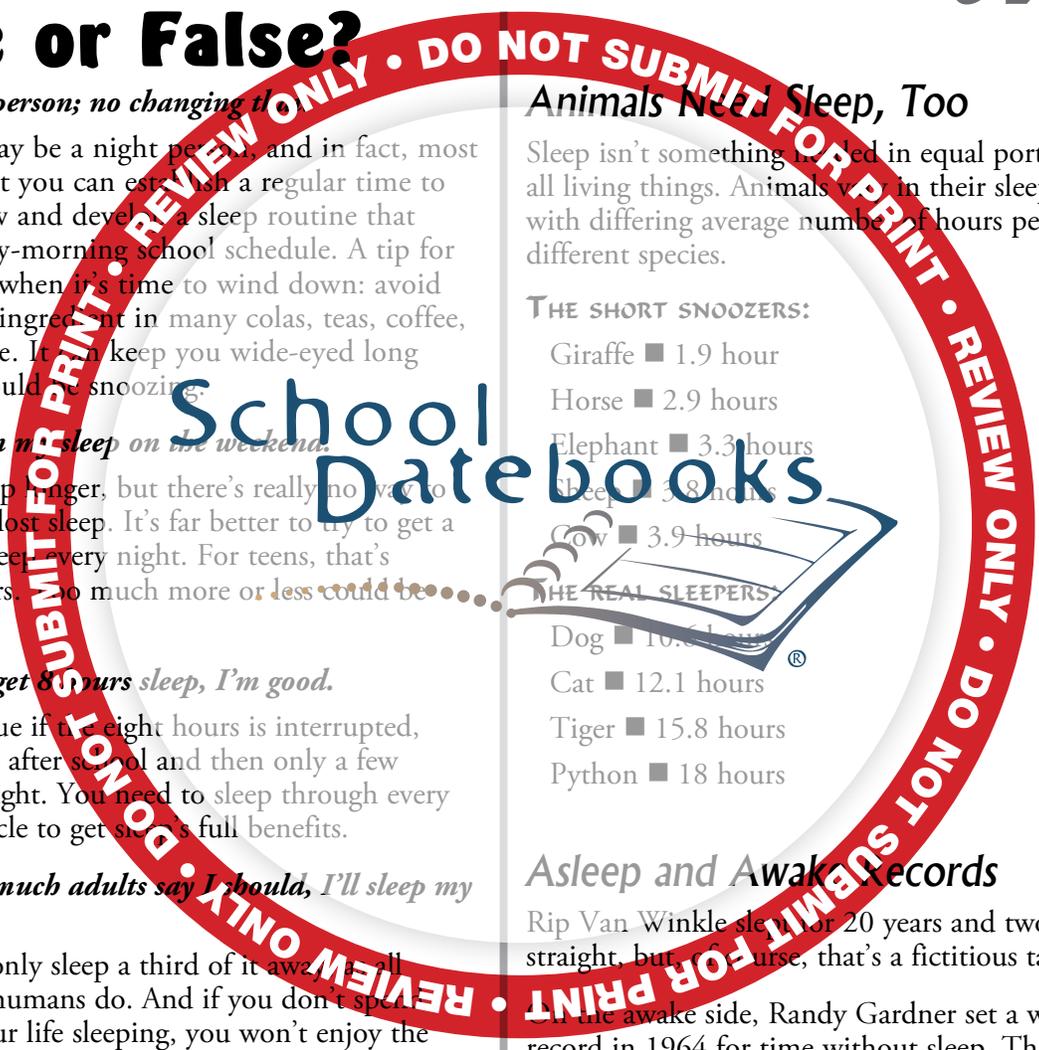
- Dog ■ 10.6 hours
- Cat ■ 12.1 hours
- Tiger ■ 15.8 hours
- Python ■ 18 hours

Asleep and Awake Records

Rip Van Winkle slept for 20 years and two days straight, but, of course, that's a fictitious tale.

On the awake side, Randy Gardner set a world record in 1964 for time without sleep. The 17-year-old high school student from San Diego stayed awake 264 hours – 11 days straight.

School Datebooks





HEALTHY LIVING *stress — life spinning out of control?*

wellness

STRESS

Life Spinning Out of Control?

Some days you're on top of it all, and everything's in balance – homework, school activities, part-time job, friends, and time for yourself. Other days, you're not sure whether you or stress is in charge of your life.

Juggling It All

Most parents will be the first to admit that today's teens have significant stress. There are so many demands on your time, your brain, and your life. Keeping all those balls in the air and achieving all you're after take a toll.

Stop, Breathe

First, you've got to recognize when you're feeling on edge, overloaded, or stressed out. Then you've got to have some immediate coping strategies – a quick break, some deep breaths, a healthy snack, and a few minutes to compose yourself.

For the long haul, you need ways to regularly reduce your stress, to relax. It might be playing guitar, going for a run, or reading a fun book. Whatever takes your mind off the little and big challenges and allows you to simply be.

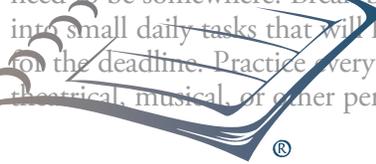
Accept That Life Happens

Sometimes you can't avoid stress, like family problems, a loss, a move, or disappointment. These take energy to get through. That's where good rest, healthy foods, and learning to accept the things you can't change all help.

Avoid Stressful Situations

Sometimes you can separate from your stress. Stay away from gossip. Allow plenty of time when you need to be somewhere. Break big school projects into small daily tasks that will keep you on track for the deadline. Practice every day so your athletic, theatrical, musical, or other performance comes easier.

School Datebooks



"A vigorous five-mile walk will do more for an unhappy but otherwise healthy adult than all the medicine and psychology in the world."

— Paul Dudley White



wellness

STRESS

Signs of Stress

- Feeling irritable
- Always rushing
- Forgetting things
- Grinding your teeth at night
- Feeling like you're being picked on
- Getting a sore neck or shoulder
- Losing stuff
- Feeling sad or anxious

Chill Out

- ✔ Take deep breaths
- ✔ Step away from the situation
- ✔ Go for a walk
- ✔ Take a break
- ✔ Get good rest
- ✔ Eat healthy foods
- ✔ Get some exercise
- ✔ Find someone to listen
- ✔ Give yourself positive messages
- ✔ Set priorities

"The greatest weapon against stress is our ability to choose one thought over another."

— William James

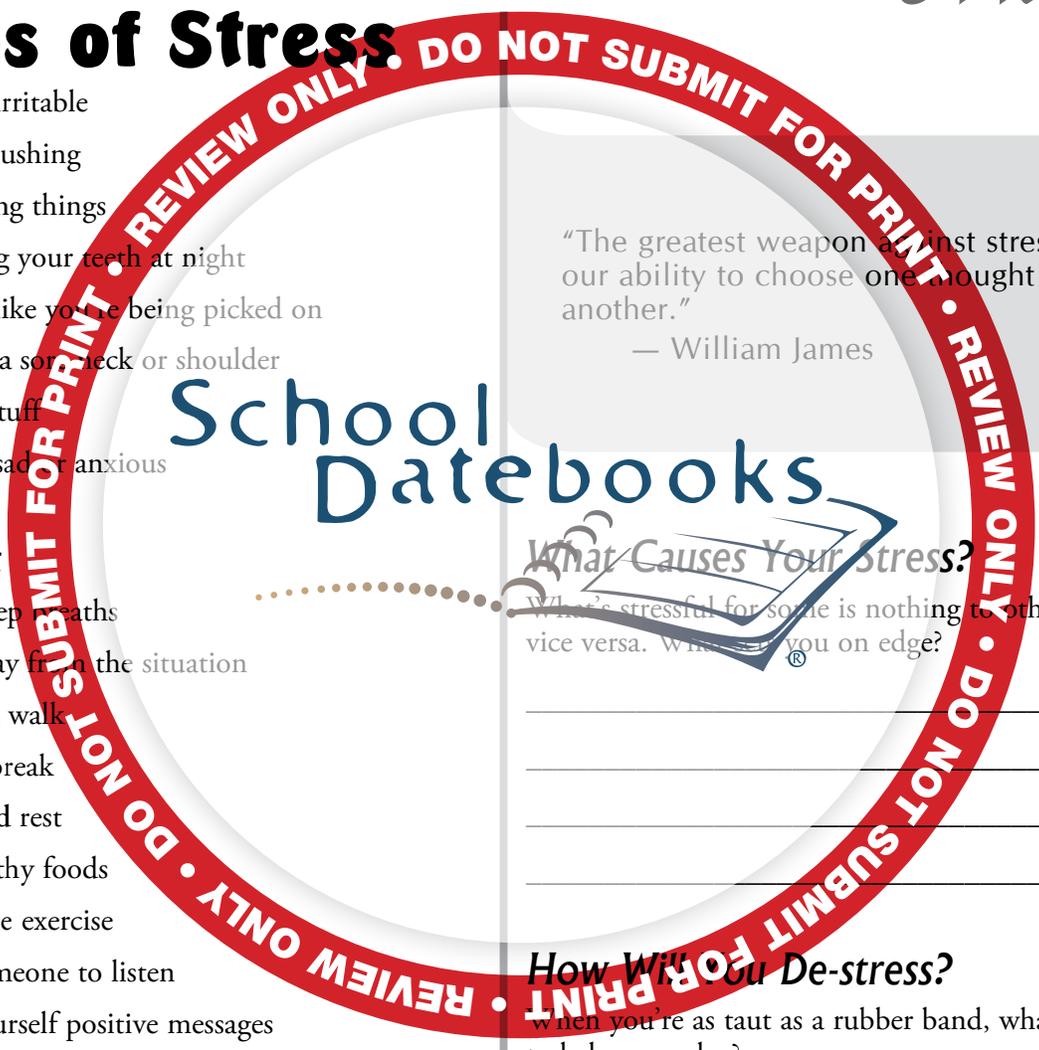
School Datebooks

What Causes Your Stress?

What's stressful for some is nothing to others and vice versa. What's putting you on edge?

How Will You De-stress?

When you're as taut as a rubber band, what's going to help you relax?





HEALTHY LIVING *water, water everywhere: why it's good to drink*

wellness

WATER

Water, Water Everywhere: Why It's Good to Drink

With all the great choices in soda pop, juices, and flavored sports drinks, why would you choose water to quench your thirst?

Maybe because you'd like to avoid the calories. The sugar. The expense. The aftertaste. Better yet, maybe you'd like to give your body a healthy boost, a dose of what it needs to function well, a measure of what you need to feel well.

Like an apple a day, healthy water consumption is a great way to keep the doctor away.

Next time you're thirsty, head for the water fountain. Better yet, don't wait until you're thirsty. That means you're already dehydrated. Drink water frequently throughout the day, and especially after strenuous physical activity.

School Datebooks

Tips for Drinking More Water

- ✓ Drink a glass when you brush your teeth
- ✓ Drink a glass at every meal
- ✓ Freeze a glass or mug and fill it with cold water for a cool treat
- ✓ Take a bottle of water with you on outings
- ✓ Drink water even if you aren't thirsty

How Much Water Do You Need?

Some say drink a liter of water a day. Others suggest eight 8-ounce glasses – almost double the one liter. Some even suggest 10 glasses a day. Many say it depends on how active you are, how hot it is, what the climate is like where you live, and how much you sweat.

You don't want to slosh around, but do turn to water frequently. Keep yourself hydrated.

"Water is the only drink for a wise man."
— Henry David Thoreau

"If there is magic on this planet, it is contained in water."
— Loren Eiseley



HEALTHY LIVING *water — your body's full of water*

wellness

WATER

Your Body's Full of Water

For the human body, water is vital. About two-thirds of your body weight comes from water. For adults weighing 150 pounds, their bodies are vessels that carry between 40 and 50 quarts of water.

Where is all that water?

- Your blood is 92 percent water
- Your muscles are 75 percent water
- Your brains are 75 percent water
- Your bones are 22 percent water

Water's Benefits

Water is indeed a bit cracked up to be. Consider that water:

- ✔ Helps you digest and absorb vitamins
- ✔ Contributes to a healthy body
- ✔ Carries waste from your body
- ✔ Boosts your energy
- ✔ Helps your skin
- ✔ Reduces the risk of certain cancers
- ✔ Gives you a feeling of fullness, which may help you avoid overeating

Another important benefit: Water is free!

Too Little Water Spells Trouble

If you're not drinking enough water, you could be raining on your own parade. Without sufficient water, you might experience:

- Dizziness or lightheadedness
- Impaired short-term memory
- Sleepiness during the day
- Trouble doing math
- Reduced focus

School Datebooks

My Water Log

I drank water today:

- When I got up
- After I brushed my teeth
- Between classes
- At lunch
- After PE
- After school
- While I did my homework
- After sports activity
- At supper
- Later in the evening

"Water is the best of all things."
— Pindar



HEALTHY LIVING *internet safety tips*

ONLINE SAFETY

BE SMART! BE RESPECTFUL! BE SECURE!

The internet is a real-life place with real-life dangers. Be smart and take steps to keep yourself safe online.

Be Smart!

Everything you post online stays online forever! It can be copied, saved, and distributed by anyone. Think, before you post images or words you might regret!

Be Respectful!

When online, people sometimes forget that they are communicating with other people and not with their computer screen. They might say or do things online they would never say or do in person. These people are called cyberbullies.

Remember to treat others online as you would want to be treated. Don't say or do anything that you wouldn't say or do to someone face-to-face.

Be kind, courteous, and respectful to others. Cyberbullying is serious and a crime in many states.

Be Secure!

The online world is not a game. It is real life. Keeping your personal and financial information safe is important. Here are a few tips on how to keep your information safe online:

- ✘ If it isn't required, don't fill it in.
- ✘ Keep your passwords and login information to email, social networking sites, and other accounts secret from even your best friend. Change your password(s) periodically.
- ✘ Pick a password that has numbers and letters, varied capitalization, and more than seven characters.
- ✘ Make sure your connection is secure before logging in.
- ✘ Check the URL (www. Address) of the website you are logging into. Don't trust the appearance of the site itself.
- ✘ If you get an email about something important, research the email and make sure it isn't a scam. Don't use the email's links or download information from the email.
- ✘ Use up-to-date Antivirus software, and do regular scans for viruses.

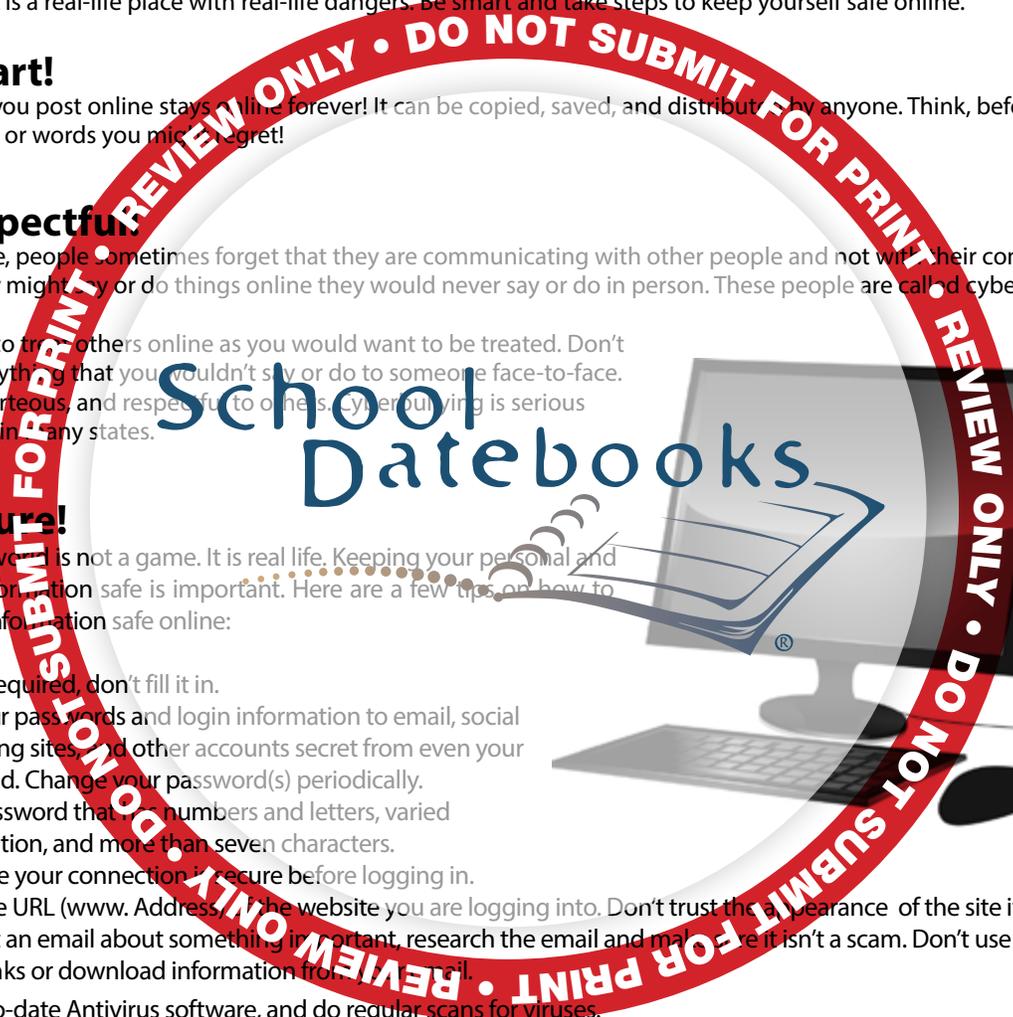
HAVE YOU OR SOMEONE YOU KNOW ...

... ever had money stolen from them online? **Discuss**

... ever posted something or had something posted they would rather not have online? **Discuss**

... ever accidentally or purposefully sent an email or text to someone and hurt their feelings? **Discuss**

Why is it important to be smart, safe, and respectful online? **Answer on a separate piece of paper.**





HEALTHY LIVING *internet safety pledge*

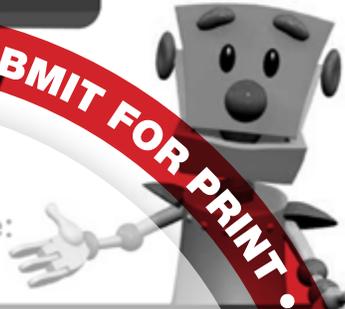


My Rules for

Internet Safety

Primary

The Internet is where I learn and play
But I have to be careful everyday
So I pledge to be safer online
And follow these rules all of the time:



1

I will tell my trusted adult if anything makes me feel sad, scared, or confused.

School Datebooks



I will ask my trusted adult before sharing information like my name, address, and phone number.

3

I won't meet face-to-face with anyone from the Internet.

4

I will always use good netiquette and not be rude or mean online.



signed

signed



HEALTHY LIVING *internet safety pledge*

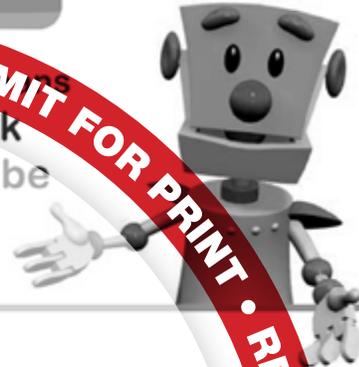


My Rules for

Internet Safety

Intermediate

I will use the Internet responsibly. That means making smart decisions about what I look at, who I talk to, and what I say. I pledge to be safer online by following these rules:



1

I will tell my trusted adult if anything makes me feel sad, scared, or confused.

School Datebooks



2

I will ask my trusted adult before sharing information like my name, address, and phone number.

3

I won't meet face-to-face with anyone from the Internet.

4

I will always use good netiquette and not be rude or mean online.



signed

signed



HEALTHY LIVING *real world safety pledge*

Kid Smartz[™] RULES

1 I will always **CHECK FIRST** with my parent, guardian, or other trusted adult before going anywhere, helping anyone, leaving anything, or getting into a car.

2 I will **TAKE A FRIEND** with me when going to places or playing outside.

3 I will **TELL PEOPLE "NO"** if they try to touch me or hurt me. It's OK for me to stand up for myself.

4 I will **TELL MY TRUSTED ADULT** if anything makes me feel sad, scared, or confused.

School Datebooks

(sign your name)



KidSmartz.org

COPYRIGHT © 2014 NATIONAL CENTER FOR MISSING & EXPLOITED CHILDREN. ALL RIGHTS RESERVED.





HEALTHY LIVING *internet safety pledge*

INTERNET SAFETY RULES

Middle School • High School

1
I WILL
THINK
BEFORE
I POST

I agree not to post information and images that could put me at risk, embarrass me, or damage my future, such as

- » cell & home phone numbers
- » e-mail addresses
- » sexual messages
- » inappropriate pictures and videos

2
I WILL
RESPECT
OTHER
PEOPLE
ONLINE

I will not

- » post anything rude, offensive, or threatening
- » send or forward images and information that might embarrass, hurt, or harass someone
- » take anyone's personal information and use it to damage his or her reputation

3
I WILL BE
CAREFUL WHEN
MEETING
ONLINE FRIENDS
IN PERSON.

I agree to

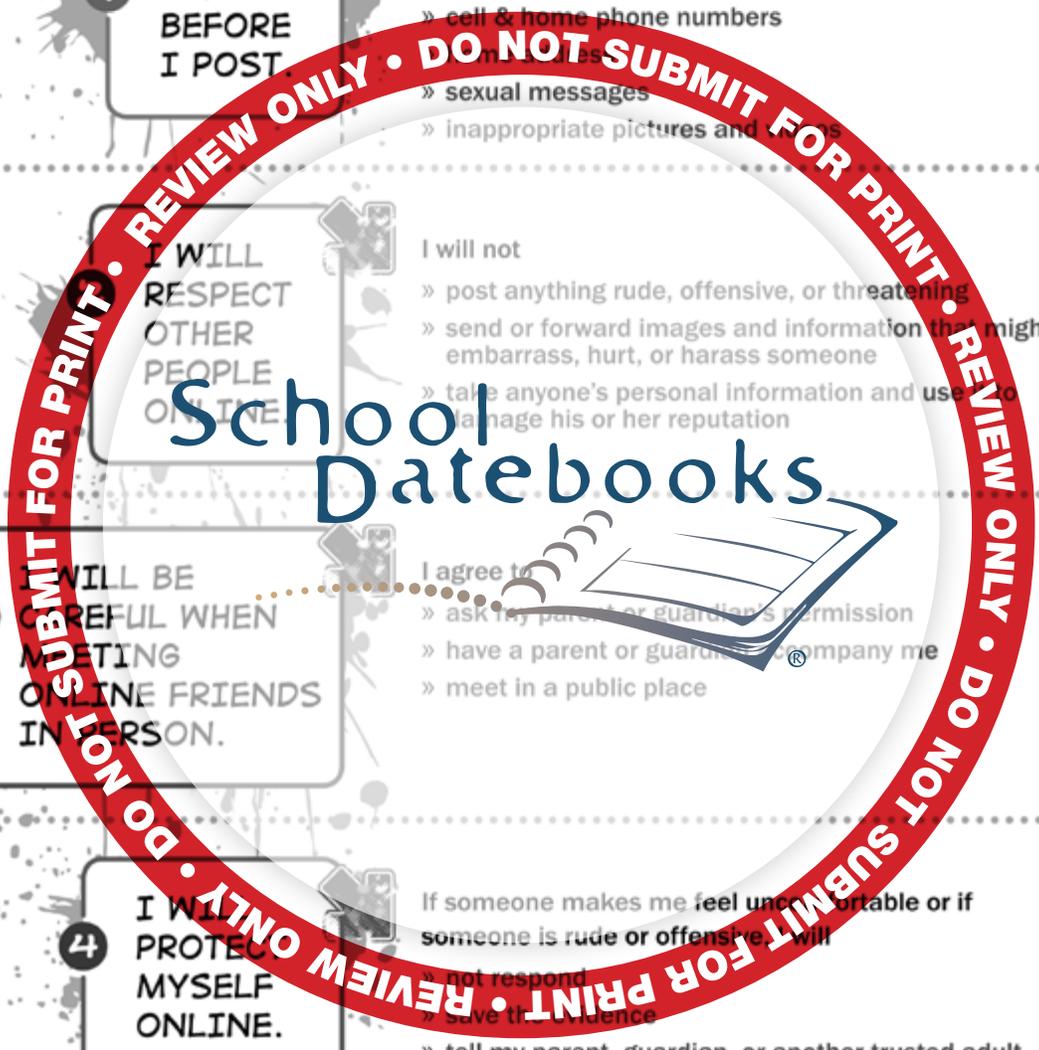
- » ask my parent or guardian's permission
- » have a parent or guardian accompany me
- » meet in a public place

4
I WILL
PROTECT
MYSELF
ONLINE.

If someone makes me feel uncomfortable or if someone is rude or offensive, I will

- » not respond
- » save the evidence
- » tell my parent, guardian, or another trusted adult
- » report to the website, cell phone company, cybertipline.com, or the police

School Datebooks



SIGNED _____

SIGNED _____

NetSmartz® Workshop

A PROGRAM OF THE
NATIONAL CENTER FOR MISSING & EXPLOITED CHILDREN

Watch videos and play games at NSTeens.org

Copyright © 2010 National Center for Missing & Exploited Children. All rights reserved.



HEALTHY LIVING *social media safety for teens*



School Datebooks

THE FOLLOWING CHECKLIST CAN HELP YOU TAKE STEPS TO KEEP YOURSELF SAFER ONLINE.

○ CHECK YOUR COMMENTS AND IMAGES.

Have you posted anything inappropriate or illegal – threats, nudity, alcohol, or drugs?

○ TALK TO YOUR FRIENDS ABOUT WHAT'S OK TO POST.

Agree that you won't post embarrassing or hurtful comments or images of each other. Be clear that you'll delete – as needed, report – any posts that are inappropriate, illegal, or threatening or could get you in trouble.

○ REVIEW YOUR ACCOUNT SETTINGS.

Go through each option slowly. Always check yourself – what is on my profile and who can see it?

○ KNOW YOUR FRIENDS, CONTACTS, AND FOLLOWERS.

These are the people who can see, share, and comment on what you post so you want to be sure you can trust them. Block and report anyone who makes harassing, threatening, or inappropriate comments.

○ KEEP AN EYE ON 3RD PARTY APPS.

Some of these apps will give companies access to your personal information. Always read the fine print before deciding to add one.

○ DON'T FORGET MOBILE.

When you use mobile devices like smartphones and tablets to post something or check in, you are sharing your location. Check your settings to make sure you're only sharing what you want to.

○ REPORT.

You have the right to be safe online. If anyone cyberbullies you, make a report to the website or app. If anyone shares or asks you to share sexual messages or images, make a report to www.CyberTipline.com.

A program of the



Copyright © 2014 National Center for Missing & Exploited Children. All rights reserved.

NetSmartz® Workshop

For more resources visit NSTEENS.ORG



HEALTHY LIVING *tips to prevent sexting for teens*

tips to prevent

SEXTING FOR TEENS

NetSmartz.org/TipSheets

NetSmartz Workshop

A PROGRAM OF THE NATIONAL CENTER FOR MISSING & EXPLOITED CHILDREN



THINK ABOUT THE CONSEQUENCES

of taking, sending, or forwarding a sexual picture of someone else, even if it's of you. You could get kicked off of sports teams, face humiliation, lose educational opportunities, and even face a police investigation.

NEVER TAKE images of yourself that you wouldn't want everyone—your classmates, your teachers, your family, or your employer—to see.



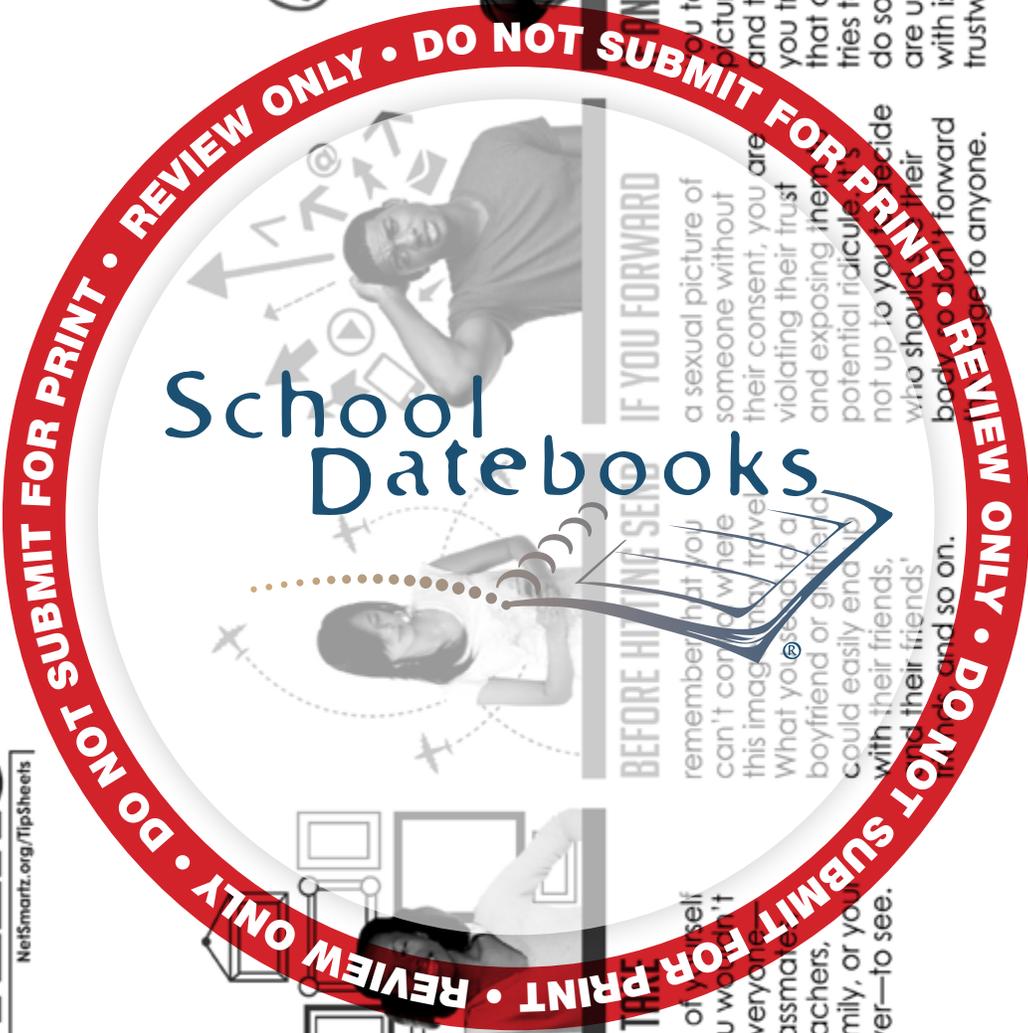
School Datebooks



BEFORE HITTING SEND remember that you can't control where this image may travel. What you send to a boyfriend or girlfriend could easily end up with their friends, and their friends' friends, and so on. If you do, don't forward the image to anyone.

IF YOU FORWARD a sexual picture of someone without their consent, you are violating their trust and exposing them to potential ridicule. If you don't up to you to decide who should see their body parts. Don't forward the image to anyone.

ANYONE PRESSURES you to send a sexual picture, don't give in and talk to an adult you trust. Remember that anyone who tries to get you to do something you are uncomfortable with is probably not trustworthy.



Watch Real-Life Stories at NSTEENS.ORG
Copyright © 2012 National Center for Missing & Exploited Children. All rights reserved.

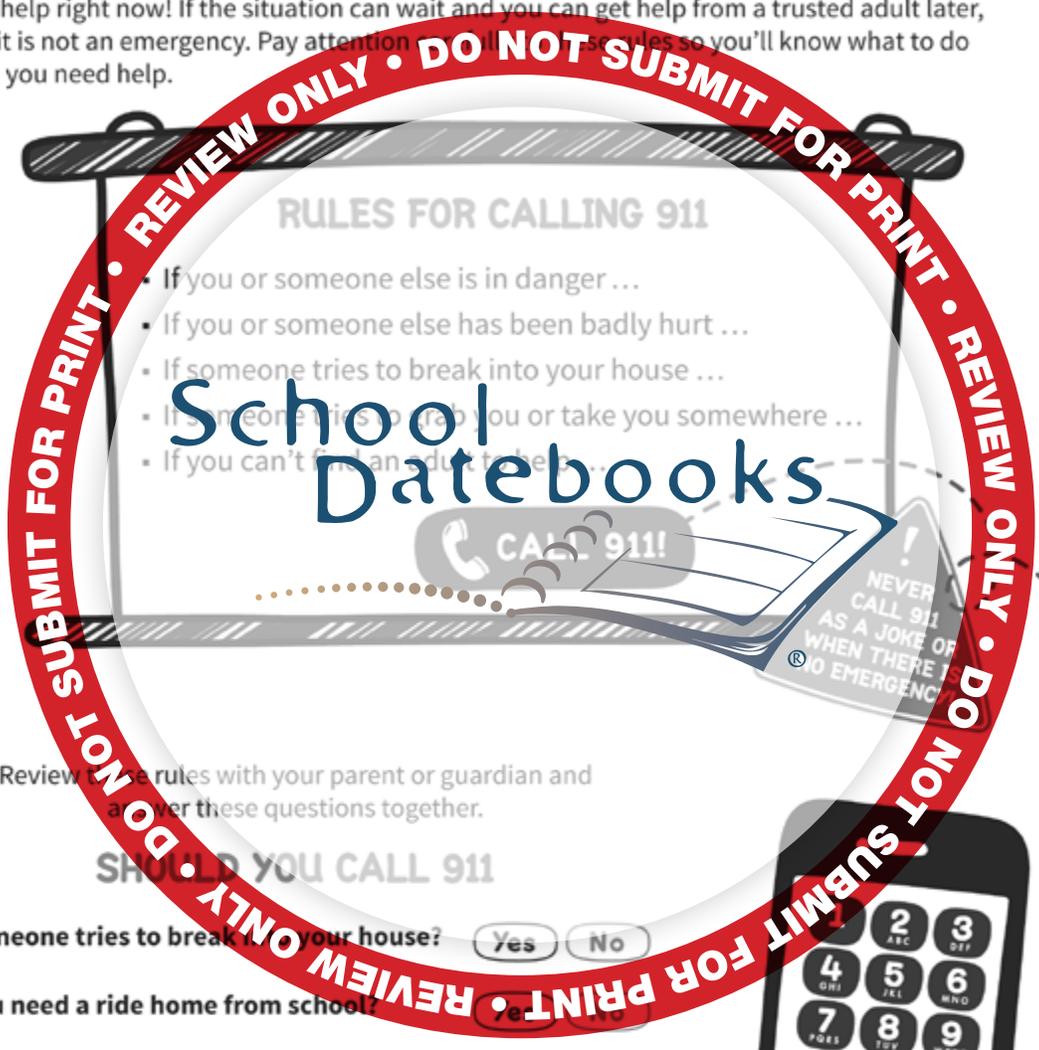


HEALTHY LIVING *KidSmartz: rules for calling 911*

CALLING 911



If there is an emergency and you need help, you may need to call 911. An emergency means you need help right now! If the situation can wait and you can get help from a trusted adult later, then it is not an emergency. Pay attention to all the rules so you'll know what to do when you need help.



RULES FOR CALLING 911

- If you or someone else is in danger ...
- If you or someone else has been badly hurt ...
- If someone tries to break into your house ...
- If someone tries to grab you or take you somewhere ...
- If you can't find an adult to help ...

School Datebooks



Review these rules with your parent or guardian and answer these questions together.

SHOULD YOU CALL 911

if someone tries to break into your house? Yes No

if you need a ride home from school? Yes No

if someone in a car tries to grab you? Yes No

if your friend dares you? Yes No

if your dog runs away? Yes No



PRACTICE DIALING 911!



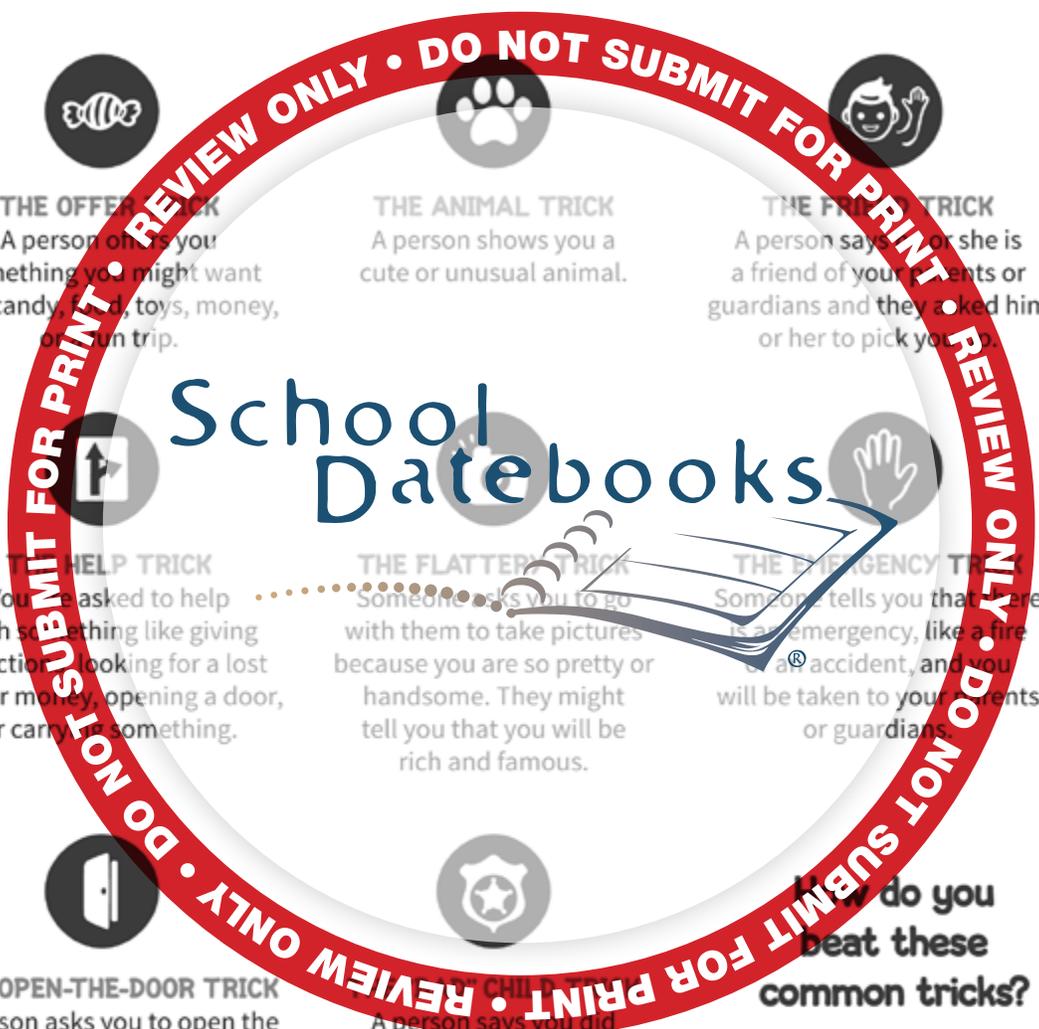
KidSmartz.org

COPYRIGHT © 2014 NATIONAL CENTER FOR MISSING & EXPLOITED CHILDREN. ALL RIGHTS RESERVED.





THE COMMON TRICKS



THE OFFER TRICK
A person offers you something you might want like candy, food, toys, money, or a fun trip.



THE ANIMAL TRICK
A person shows you a cute or unusual animal.



THE FRIEND TRICK
A person says that he or she is a friend of your parents or guardians and they asked him or her to pick you up.



THE HELP TRICK
You are asked to help with something like giving directions, looking for a lost pet or money, opening a door, or carrying something.



THE FLATTERY TRICK
Someone asks you to go with them to take pictures because you are so pretty or handsome. They might tell you that you will be rich and famous.



THE EMERGENCY TRICK
Someone tells you that there is an emergency, like a fire or an accident, and you will be taken to your parents or guardians.



THE OPEN-THE-DOOR TRICK
A person asks you to open the door to your house when your parents or guardians are not home. The person may look like a delivery person or be wearing a uniform.



THE POLICE TRICK
A person says you did something wrong and must go with him or her. This person may have a fake badge or be dressed in uniform. This person may say your parents or guardians do not want you anymore.

How do you beat these common tricks?

CHECK FIRST

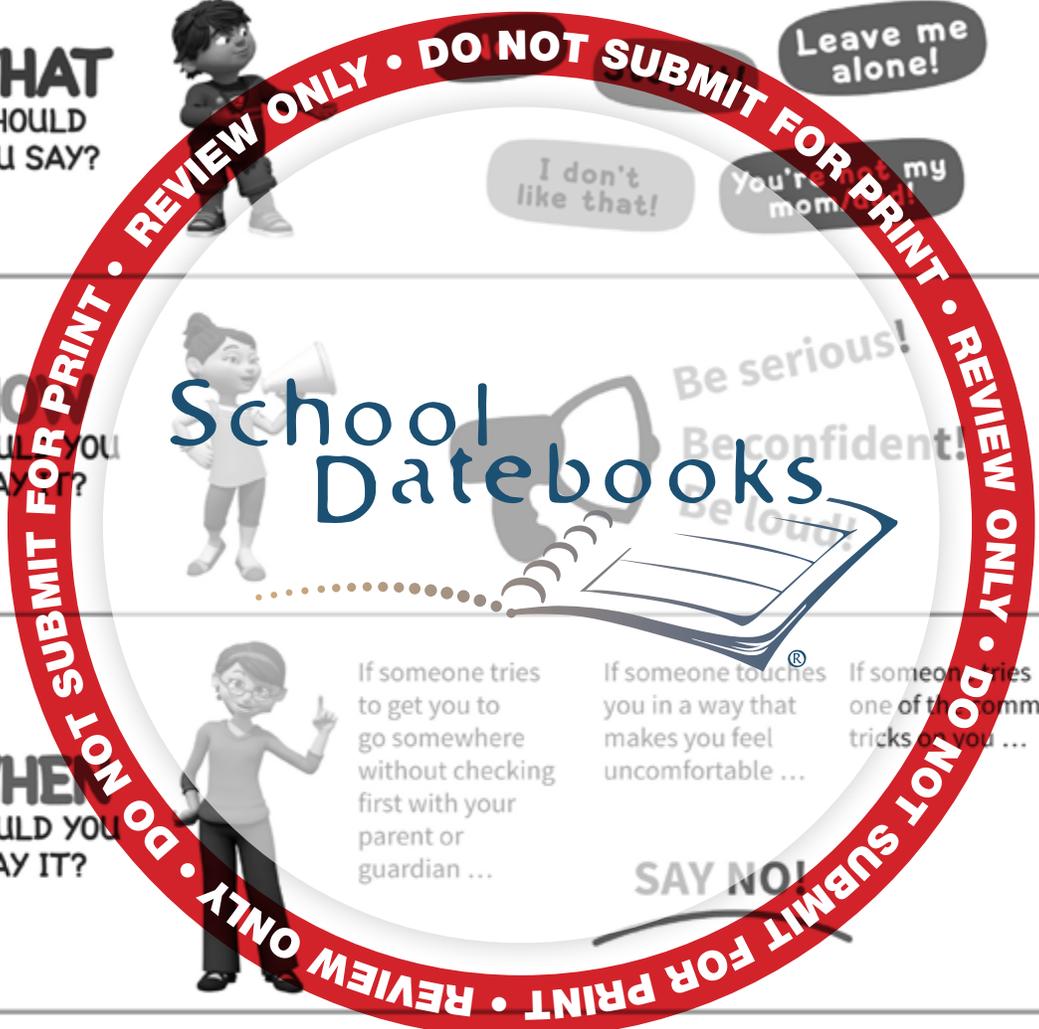


HEALTHY LIVING *KidSmartz: how to say "no"*

HOW TO SAY "NO"



WHAT SHOULD YOU SAY?



Leave me alone!

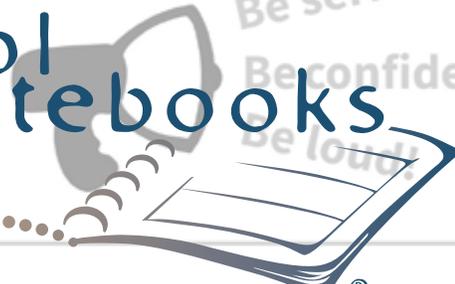
I don't like that!

You're mom my

HOW SHOULD YOU SAY IT?



School Datebooks



Be serious!

Be confident!

Be loud!

WHEN SHOULD YOU SAY IT?



If someone tries to get you to go somewhere without checking first with your parent or guardian ...

If someone tries you in a way that makes you feel uncomfortable ...

If someone tries one of the common tricks on you ...

SAY NO!

WHY SHOULD YOU SAY IT?



{ Because it is **OK** for you to stand up for yourself! }



KidSmartz.org

COPYRIGHT © 2014 NATIONAL CENTER FOR MISSING & EXPLOITED CHILDREN. ALL RIGHTS RESERVED.





HEALTHY LIVING *Abuse & Healthy Relationships / Prevention Education Overview*

YOUR BODY BELONGS TO YOU

Do you know an important part of safety is protecting your body? Just like you wear a helmet to ride a bike, there are important safety rules to remember when it comes to keeping your body safe.

What is a safe grown-up?

- A safe grown-up treats you with love, respect, and kindness.
- A safe grown-up will never try to touch you in a way that is uncomfortable or unsafe, especially in an area that your bathing suit covers.
- A safe grown-up will never force you to look at pictures that make you feel uncomfortable.
- A safe grown-up will never tell you to keep a secret from your parents or trusted caregiver.

Do you know who your safe grown-ups are?

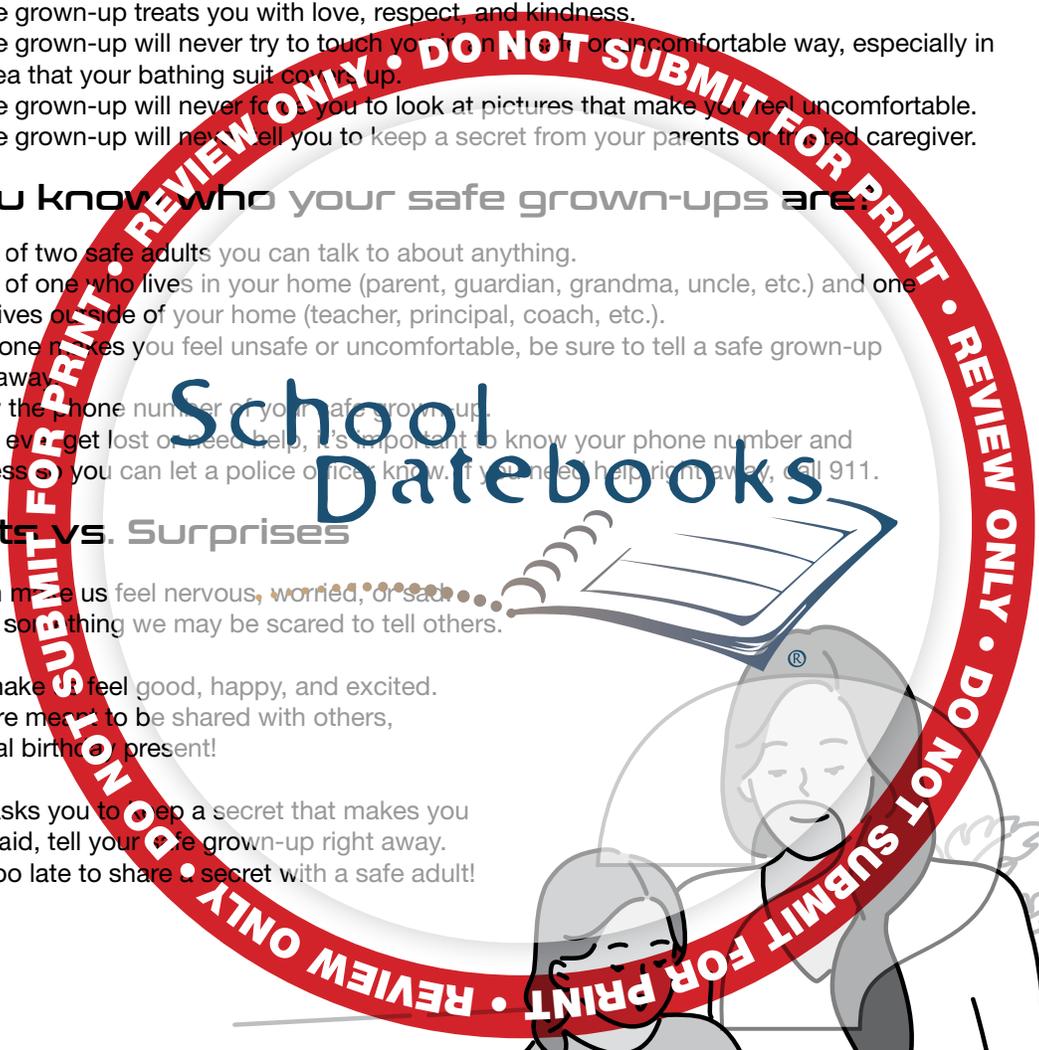
- Think of two safe adults you can talk to about anything.
- Think of one who lives in your home (parent, guardian, grandma, uncle, etc.) and one who lives outside of your home (teacher, principal, coach, etc.).
- If anyone makes you feel unsafe or uncomfortable, be sure to tell a safe grown-up right away.
- Know the phone number of your safe grown-up.
- If you ever get lost or need help, it's important to know your phone number and address so you can let a police officer know. If you need help right away, call 911.

Secrets vs. Surprises

Secrets can make us feel nervous, worried, or sad. Secrets are something we may be scared to tell others.

Surprises make us feel good, happy, and excited. Surprises are meant to be shared with others, like a special birthday present!

If an adult asks you to keep a secret that makes you upset or afraid, tell your safe grown-up right away. It is never too late to share a secret with a safe adult!



It is always brave to tell. Remember: Your body belongs to you!



HEALTHY LIVING *Abuse & Healthy Relationships / Prevention Education Overview*

BODY SAFETY AND ABUSE PREVENTION

As a teenager, you can be an advocate for yourself and others by learning how to spot potential abusive behaviors and body violations. If you or someone you know is being abused, tell a trusted adult. Remember, your body belongs to you, and you have the right to speak up if anyone crosses a body boundary.

Important definitions of abuse:

- **PHYSICAL ABUSE** includes the intentional use of physical force that can result in bodily injury. Some examples are hitting, kicking, punching, slapping, hitting, and burning.
- **EMOTIONAL ABUSE** refers to behaviors that harm or demean someone's self-worth or emotional well-being. Examples can include name-calling, shaming, rejecting, withholding love, and threatening.
- **NEGLECT** is the failure to meet basic physical and emotional needs. These needs include housing, food, clothing, education, access to medical care, and having feelings validated and appropriately responded to.

Another category of abuse that can cross physical and digital boundaries is sexual abuse. **Sexual Abuse** involves pressuring or forcing someone into touching or being touched inappropriately. It can also involve being exposed to sexual acts, images, and videos. An adult or older teen should never ask you to take sexual photos or videos of yourself.

Some red flags of sexual abuse include:

- Keeping secrets, not wanting to be left alone with certain people, overly compliant behavior, decrease in self-confidence

What should I do?.....



If you or a friend would be going through something like the abuse outlined above, it can be hard to know what to do.

In cases of abuse, the best thing to do is tell a trusted adult what you've been told or what you've seen. A trusted adult can be someone inside or outside of your home like a teacher, counselor, coach, parent, grandparent, aunt/uncle, or a friend's parent.

If you think you have experienced abuse, you should tell a trusted adult. You can also reach out to any of the experts below to get advice on how to handle a specific situation:

CHILDHELP HOTLINE: 1-800-421-1533

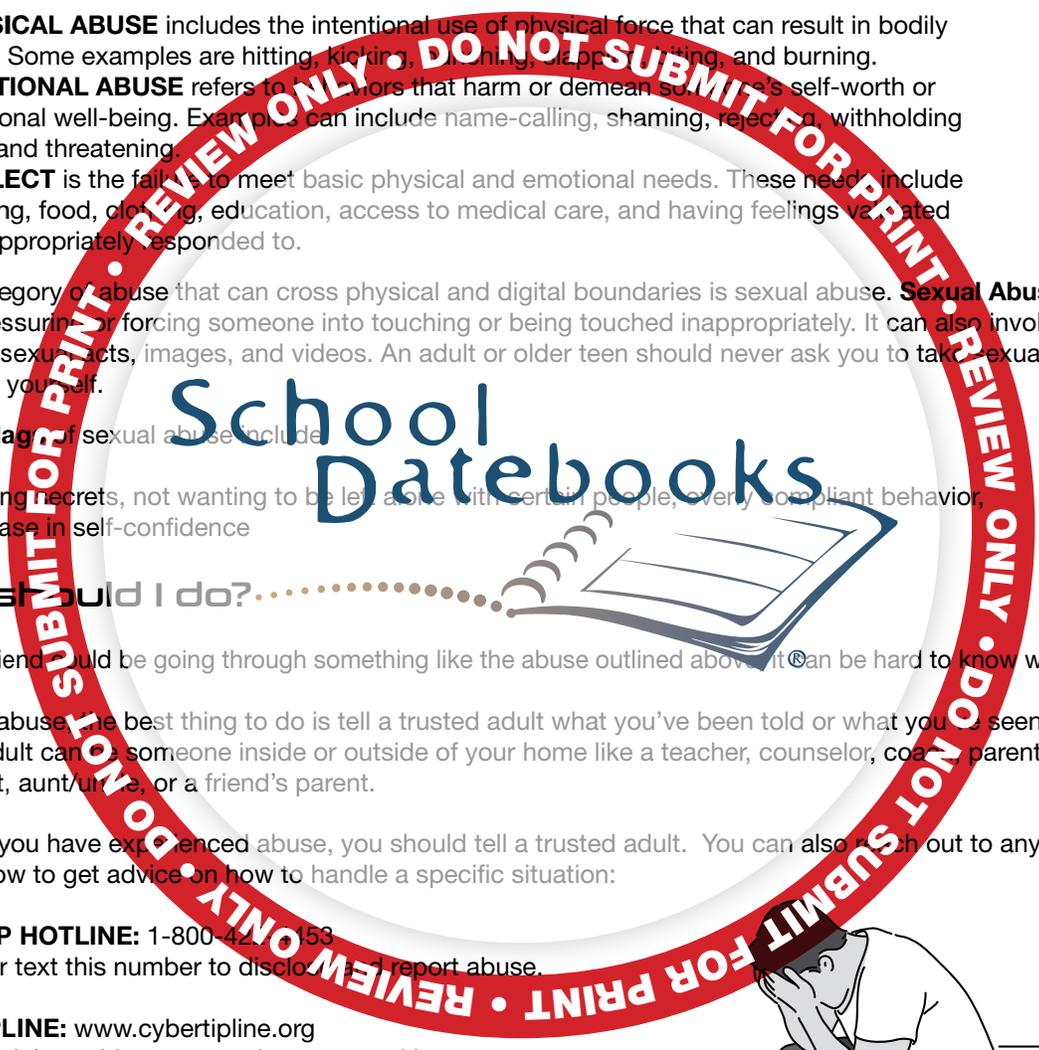
- Call or text this number to disclose and report abuse.

CYBER TIPLINE: www.cybertipline.org

- If an adult or older teen sends you sexual images or videos of a minor, report it online here.

LOVE IS RESPECT HOTLINE: 1-866-331-9474

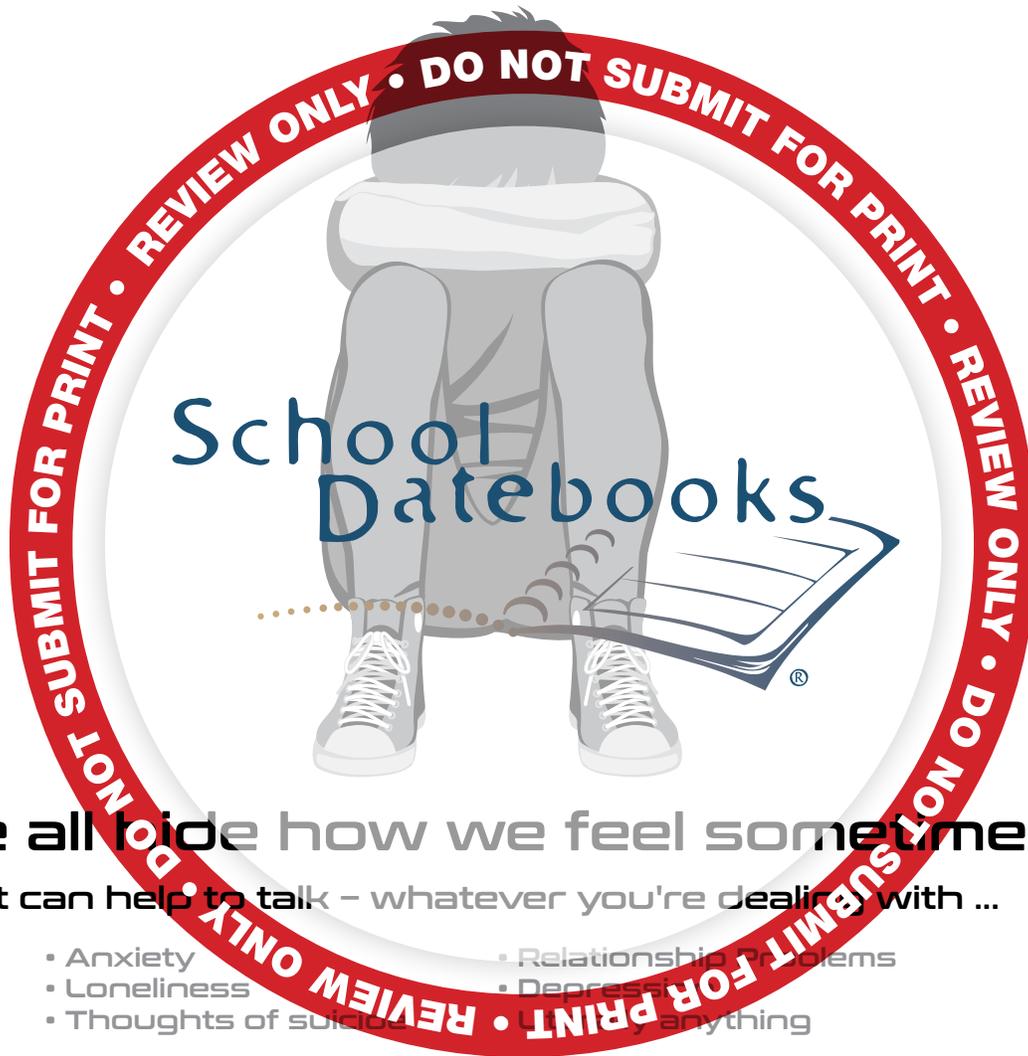
- Call the number above or text "LOVEIS" to 22522 to talk with someone about dating violence and healthy relationships.





I'm hanging in there.

*If I ask for help, people will think I'm weak.



We all hide how we feel sometimes.

It can help to talk - whatever you're dealing with ...

- Anxiety
- Loneliness
- Thoughts of suicide
- Relationship Problems
- Depression
- Anything



Call, text or chat ...

988

SUICIDE & CRISIS LIFELINE

For free, confidential support-anytime.



SUCCESS SKILLS *tips for improving your memory & taking standardized tests*

TIPS FOR IMPROVING YOUR MEMORY

- {1} Keep notes, lists, and journals to jog your memory.
- {2} Decide what is most important to remember by looking for main ideas.
- {3} Classify information into categories. Some categories may be:
 - a. Time – summer, sun, swimming, hot
 - b. Place – shopping center, stores, restaurants
 - c. Similarities – shoes, sandals, boots
 - d. Differences – mountain, lake
 - e. Wholes to parts – bedroom, bed, pillow
 - f. Scientific groups – Flower, carnation, rose
- {4} Look for patterns. Try to make a word out of the first letters of a list of things you are trying to remember. You also could make a sentence out of the first letters of the words you need to remember.
- {5} Associate new things you learn with what you already know.
- {6} Use rhythm or music to help you remember. Make up a rhyme.
- {7} Visualize the information in your mind.
 - a. See the picture clearly and vividly.
 - b. Exaggerate and enlarge things.
 - c. See it in three dimensions.
 - d. Put yourself into the picture.
 - e. Imagine an action taking place.
- {8} Link the information together to give it meaning.
- {9} Use the information whenever you can. Repetition is the key to memory.

TIPS FOR TAKING STANDARDIZED TESTS

- {1} *Concentrate.* Do not talk or distract others.
- {2} *Listen carefully to the directions.* Ask questions if they are not clear.
- {3} *Pace yourself.* Keep your eye on the time, but do not worry too much about not finishing.
- {4} *Work through all of the questions in order.* If you do not think you know an answer to a problem, skip it and come back to it when you have finished the test.
- {5} *Read all of the possible answers* for each question before choosing an answer.
- {6} *Eliminate any answers that are clearly wrong,* and choose from the others. Words like *always* and *never* often signal that an answer is false.
- {7} *If questions are based on a reading passage,* read the questions first and then the passage. Then go back and try to answer the questions. Scan through the passage one last time to make sure the answers are correct.
- {8} *When you finish the test, go back through and check your answers for careless mistakes.* Change answers only if you are sure they are wrong or you have a very strong feeling they are wrong.
- {9} *Do not be afraid to guess at a question.* If you have a hunch you know the answer, you probably do!
- {10} *Use all of the time allotted* to check and recheck your test.



SUCCESS SKILLS *listening & homework skills*

LISTENING SKILLS

Listening (unlike hearing, which is a physical process that does not require thinking) gives meaning to the sounds you hear. It helps you understand. Listening is an active process that requires concentration and practice. In learning, the teacher's responsibility is to present information; the student's responsibility is to be "available" for learning. Not listening means you will be unable to learn the material.

To help develop listening skills:

- *Approach the classroom ready to learn; leave personal problems at the classroom.*
Try to avoid distractions.
- *Even if you do not sit close to the teacher,* focus your attention directly on them.
- *Pay attention to the teacher's style* and how the lecture is organized.
- *Participate;* ask for clarification when you do not understand.
- *Take notes.*
- *Listen for key words, names, events, and dates.*
- *Don't make hasty judgments;* separate fact from opinion.
- *Connect what you hear* with what you already know.

HOMEWORK SKILLS

- *Keep track of your daily assignments* in this datebook so you will always know what you have to do.
- *Homework is an essential part of learning.* Even though you may not have written work to do, you can always review or reread assignments. The more you review information, the easier it is to remember and the longer you are able to retain it. Not doing your homework because you do not believe in homework is self-defeating behavior.
- *It is your responsibility to find out what you have missed when you are absent.* Take the initiative to ask a classmate or teacher what you need to make up. You also need to know when it must be turned in. If you are absent for several days, make arrangements to receive assignments while you are out.
- *Have a place to study that works for you* – one that is free from distractions. Be honest with yourself about using the TV or listening to music during study time. Make sure you have everything you need before you begin to work.
- *Develop a schedule that you can follow.* Do not read when you study. It is okay to study in short blocks of time. Marathon study sessions may be seen as a sign of poor planning.
- *Prioritize your homework* so that you begin with the most important assignment first: study for a test, then do the daily assignment, etc.
- *Study for 30-40 minutes at a time,* then take a 5-10 minute break. Estimate the amount of time it will take to do an assignment and plan your break time accordingly.

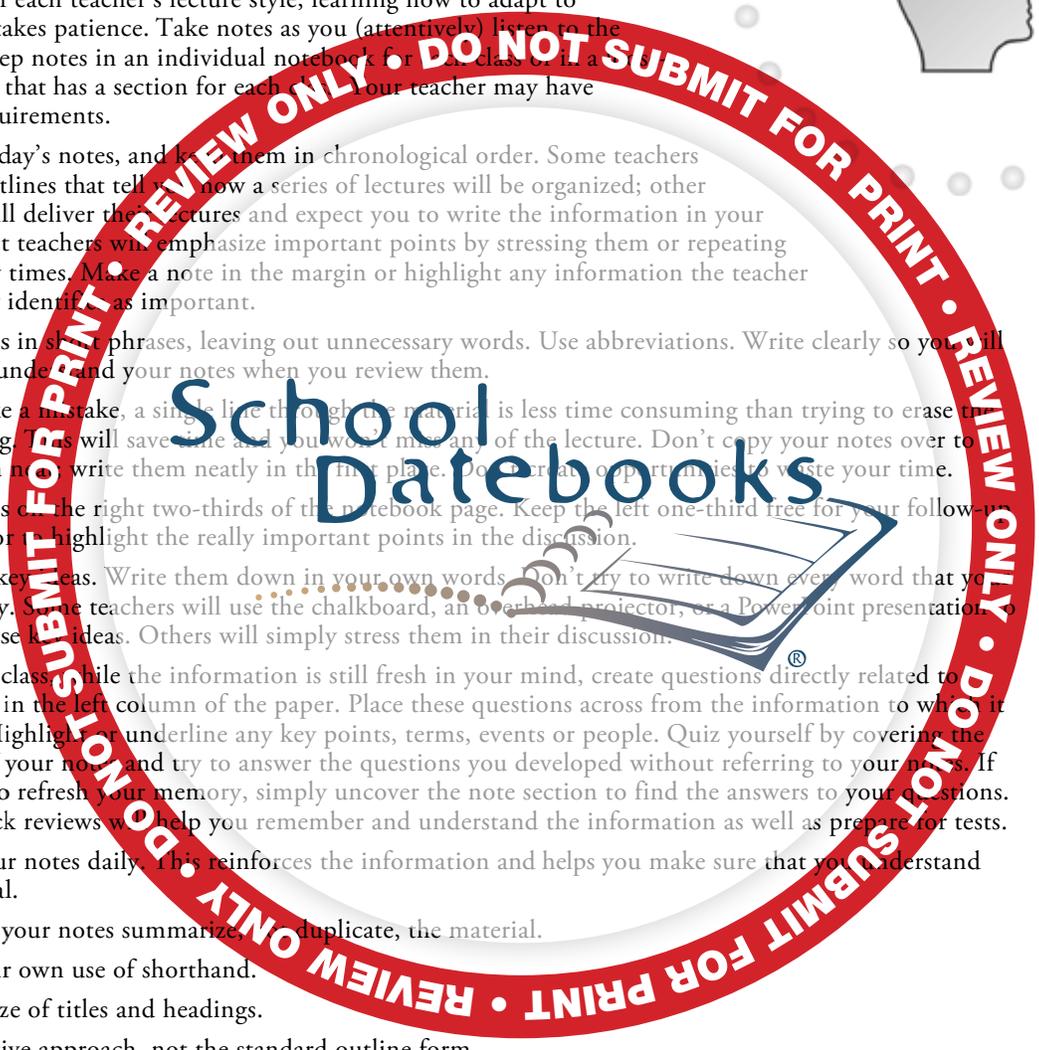
School Datebooks



SUCCESS SKILLS *successful notetaking*

SUCCESSFUL NOTETAKING

- Taking notes reinforces what we hear in the classroom and requires active listening. Having accurate information makes your outside study and review time that much easier. Good notetaking requires practice.
- Be aware of each teacher's lecture style; learning how to adapt to each style takes patience. Take notes as you (attentively) listen to the lecture. Keep notes in an individual notebook for each class or in a leaf binder that has a section for each class. Your teacher may have certain requirements.
- Date each day's notes, and keep them in chronological order. Some teachers provide outlines that tell you how a series of lectures will be organized; other teachers will deliver the lectures and expect you to write the information in your notes. Most teachers will emphasize important points by stressing them or repeating them a few times. Make a note in the margin or highlight any information the teacher specifically identifies as important.
- Write notes in short phrases, leaving out unnecessary words. Use abbreviations. Write clearly so you will be able to understand your notes when you review them.
- If you make a mistake, a single line through the material is less time consuming than trying to erase the whole thing. This will save time and you won't miss any of the lecture. Don't copy your notes over to make them neat; write them neatly in the first place. Don't create opportunities to waste your time.
- Write notes on the right two-thirds of the notebook page. Keep the left one-third free for your follow-up questions or to highlight the really important points in the discussion.
- Listen for key ideas. Write them down in your own words. Don't try to write down every word that your teachers say. Some teachers will use the chalkboard, an overhead projector, or a Powerpoint presentation to outline these key ideas. Others will simply stress them in their discussion.
- Soon after class, while the information is still fresh in your mind, create questions directly related to your notes in the left column of the paper. Place these questions across from the information to which it pertains. Highlight or underline any key points, terms, events or people. Quiz yourself by covering the 2/3 side of your notes and try to answer the questions you developed without referring to your notes. If you need to refresh your memory, simply uncover the note section to find the answers to your questions. Short, quick reviews will help you remember and understand the information as well as prepare for tests.
- Review your notes daily. This reinforces the information and helps you make sure that you understand the material.
- Make sure your notes summarize, not duplicate, the material.
- Devise your own use of shorthand.
- Vary the size of titles and headings.
- Use a creative approach, not the standard outline form.
- Keep class lecture notes and study notes together.





SUCCESS SKILLS *helpful hints*

THE SUCCESSFUL STUDENT'S

(BAG OF SKILLS)

LAUDABLE LISTENING

- Concentrate on what the instructor says.
- Avoid distractions.
- Pay attention to the lecture, and take good notes.
- Participate! Ask questions if you don't understand.
- Listen for key words, names, events, and dates.
- Don't assume or judge. Separate fact from opinion.
- Connect what you hear to what you already know.

HEALTHY HOMEWORK SKILLS

- Use a datebook to track your daily assignments.
- If you're absent, have a friend or parent get your assignments.
- Develop a routine for completing your homework: Set aside a time; choose a place; have your supplies at hand; and turn off the TV or music.
- Study in blocks of time (if that works best for you).
- Begin with your most important assignments first.
- Take breaks periodically to refresh yourself and review what you've learned.

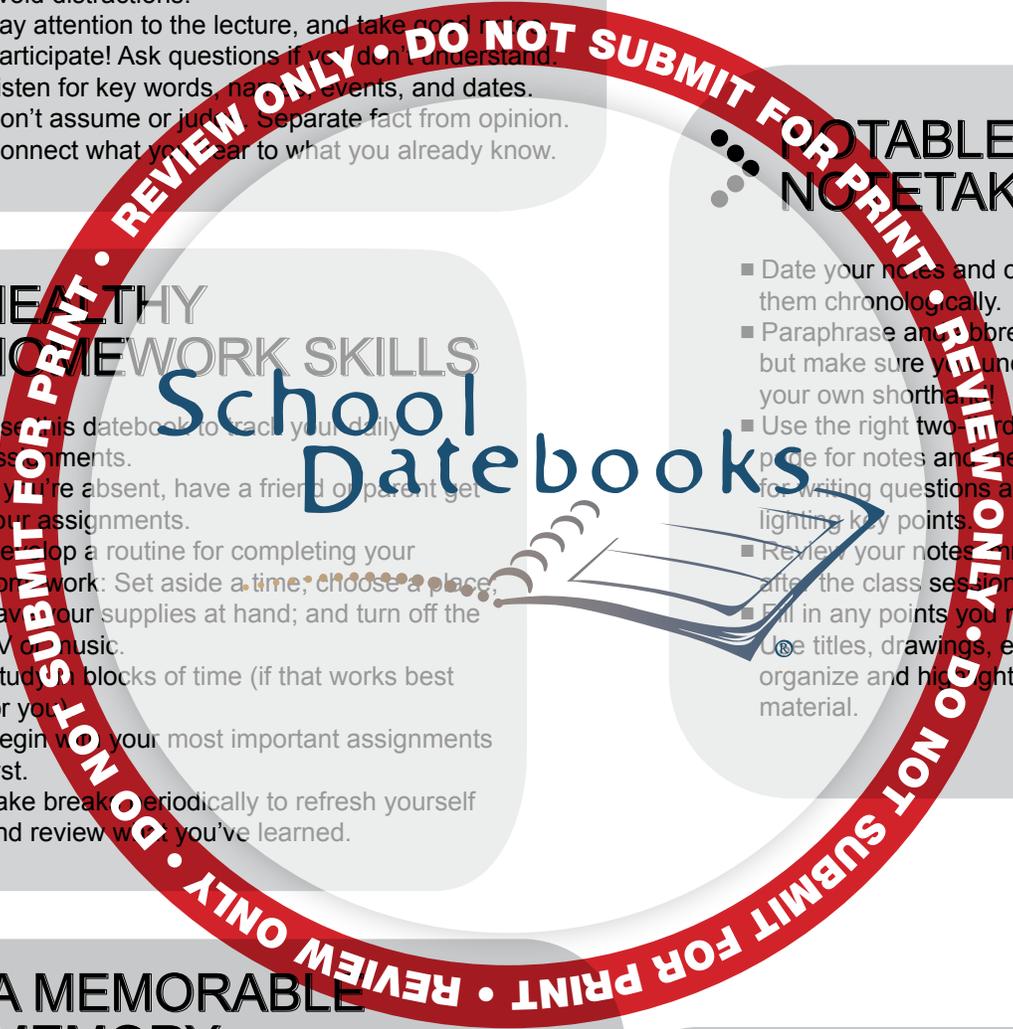
NOTABLE NOTETAKING

- Date your notes and organize them chronologically.
- Paraphrase and abbreviate – but make sure you understand your own shorthand.
- Use the right two-thirds of the page for notes and the left third for writing questions and highlighting key points.
- Review your notes immediately after the class session.
- Fill in any points you missed. Use titles, drawings, etc., to organize and highlight the material.

A MEMORABLE MEMORY

- Use a variety of avenues (listening, notetaking, reading, online resources, etc.) to improve your chances of retaining the material.
- Look for the main ideas, then find out how they all relate.
- Use mnemonic devices. For example, make a word out of the first letters of the items you are trying to remember. To remember the five Great Lakes, think of HOMES: Huron, Ontario, Michigan, Erie, and Superior.

- Make up rhymes using the information you want to remember.
- Visualize the information or make up a story using the different facts you must recall.
- Use and review the information as often as you can because repetition is the key to a good memory.

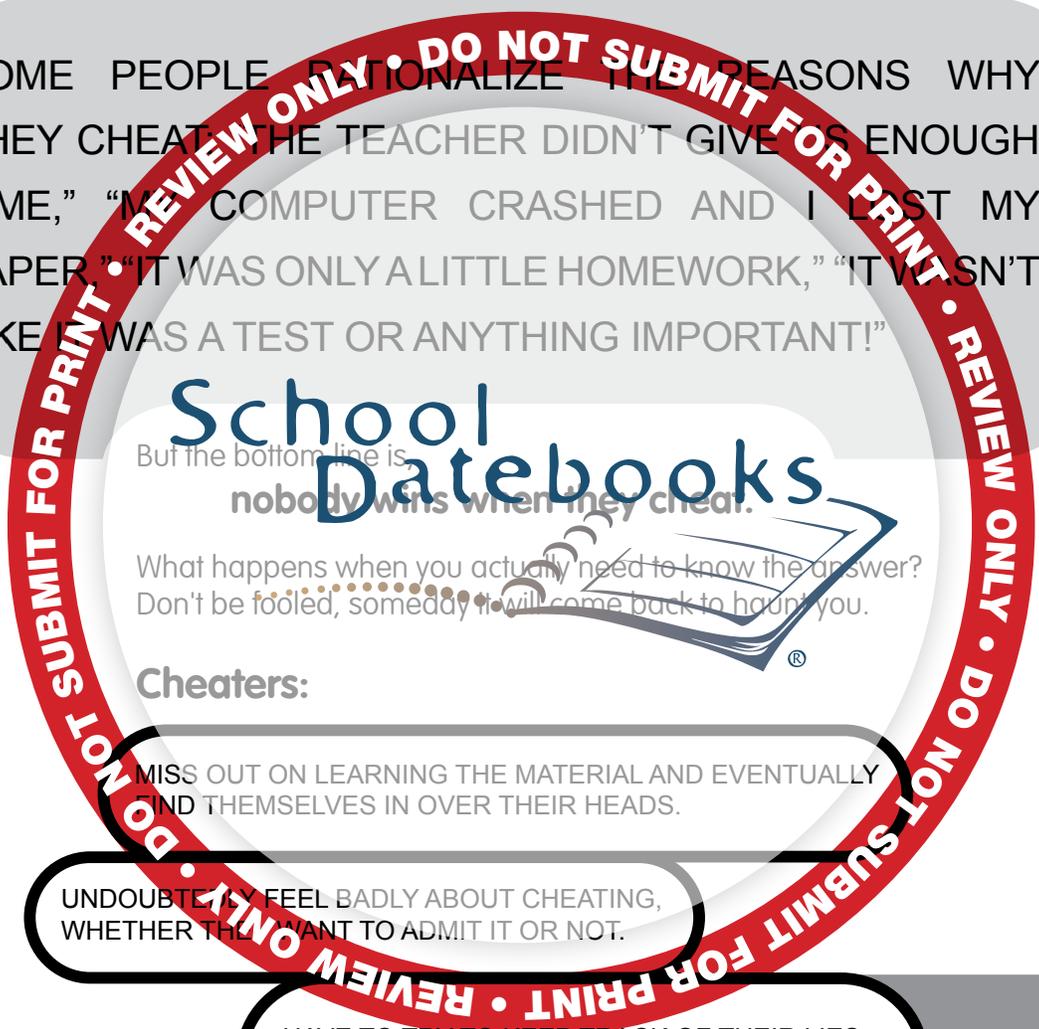




SUCCESS SKILLS *about cheating*

WINNERS NEVER CHEAT.
CHEATERS NEVER WIN.

SOME PEOPLE RATIONALIZE THE REASONS WHY THEY CHEAT. "THE TEACHER DIDN'T GIVE US ENOUGH TIME," "MY COMPUTER CRASHED AND I LOST MY PAPER," "IT WAS ONLY A LITTLE HOMEWORK," "IT WASN'T LIKE IT WAS A TEST OR ANYTHING IMPORTANT!"



But the bottom line is
nobody wins when they cheat.

What happens when you actually need to know the answer?
Don't be fooled, someday it will come back to haunt you.



Cheaters:

MISS OUT ON LEARNING THE MATERIAL AND EVENTUALLY FIND THEMSELVES IN OVER THEIR HEADS.

UNDOUBTEDLY FEEL BADLY ABOUT CHEATING, WHETHER THEY WANT TO ADMIT IT OR NOT.

HAVE TO TRY TO KEEP TRACK OF THEIR LIES, WHICH IS IMPOSSIBLE AND A WASTE OF PRECIOUS TIME AND ENERGY.

ARE USUALLY CAUGHT. WEB-BASED ANTI-PLAGIARISM SERVICES AND CHEAT-PROOF SOFTWARE MAKE IT EASY FOR TEACHERS TO ROOT OUT CHEATERS. YOU CAN'T CHEAT FOR LONG WITHOUT SOMEONE EVENTUALLY UNMASKING YOU.



SUCCESS SKILLS *plan to get ahead*

PLAN TO GET AHEAD!

People don't succeed because they're lucky. They succeed because they set goals and work toward those goals.

They plan for success, and they follow these four strategies to succeed:

1 Organization Use this datebook to write down all the homework, projects, and events for which you're responsible. Also, ensure you have all the information and tools to complete your school work correctly and on time.

2 Time Management Managing your time wisely ensures you have the time to do both what you need to do and what you want to do.

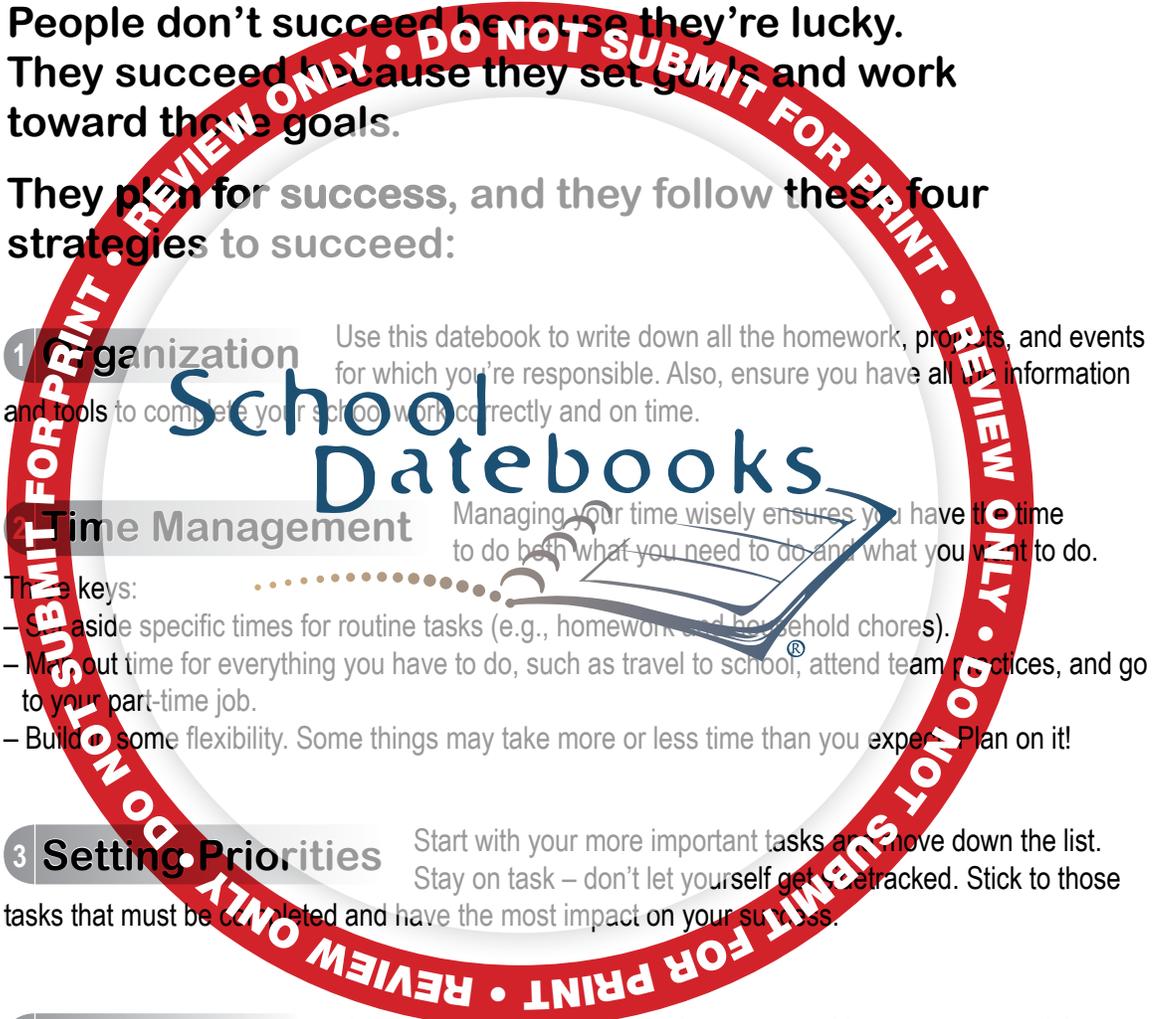
The keys:

- Set aside specific times for routine tasks (e.g., homework and household chores).
- Map out time for everything you have to do, such as travel to school, attend team practices, and go to your part-time job.
- Build in some flexibility. Some things may take more or less time than you expect. Plan on it!

3 Setting Priorities Start with your more important tasks and move down the list. Stay on task – don't let yourself get distracted. Stick to those tasks that must be completed and have the most impact on your success.

4 Setting Goals Just wishing to get better grades or to excel in sports accomplishes nothing. You need an action plan with clear, attainable goals. Goal-setting also lessens your stress by making you feel more in control of your life. When setting goals:

- Write them down.
- Be specific.
- Set specific time limits, whether they're for 6 weeks, a semester, or a year.
- Be realistic. If you're a "C" student in math, set up steps for attaining a "B," then set steps for getting that "A."
- Develop a plan for reaching each goal. Make a list of the tasks or steps you need to complete.
- Share your goals with others to gain their support.
- Visualize your success.
- Build in rewards for yourself when you reach each goal.

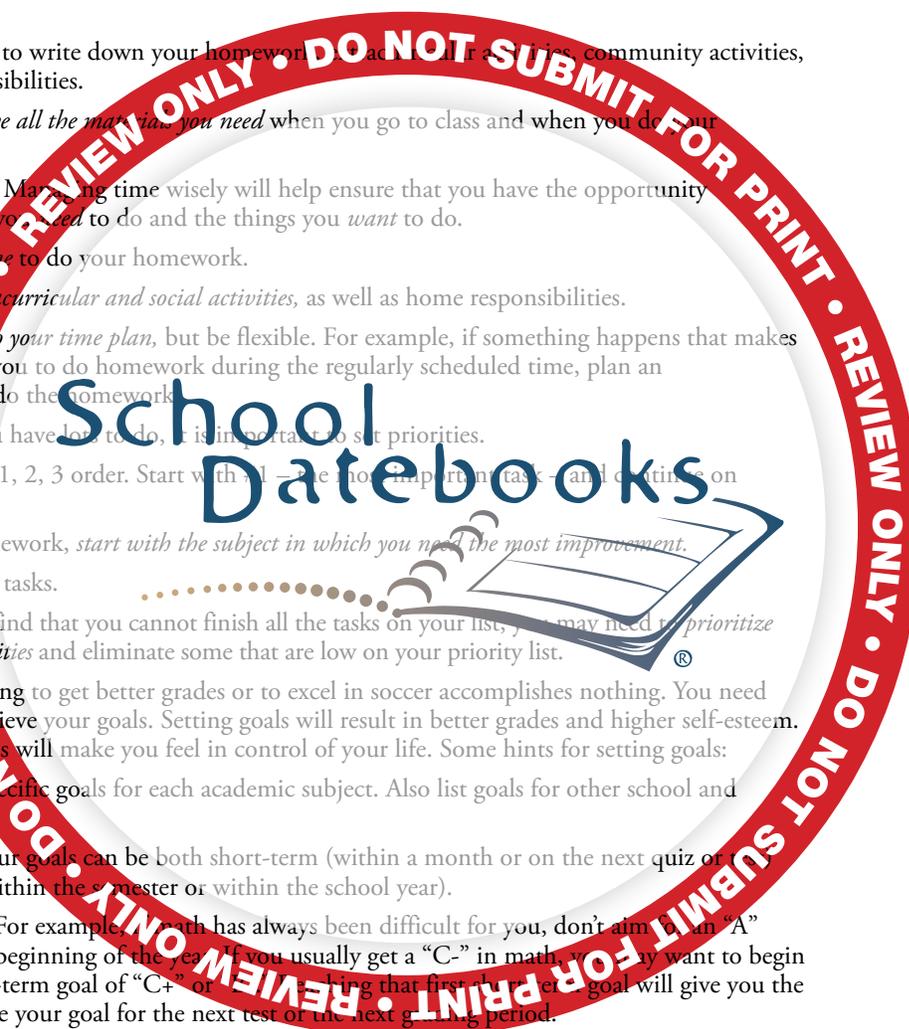




SUCCESS SKILLS *plan for success*

PLAN FOR SUCCESS	SUCCESSFUL PEOPLE DON'T BECOME SUCCESSFUL BY LUCK. THEIR SUCCESS IS THE RESULT OF SETTING GOALS AND WORKING TO ACHIEVE THOSE GOALS. IN OTHER WORDS, SUCCESSFUL PEOPLE PLAN TO SUCCEED. YOU, TOO, CAN PLAN TO SUCCEED. DON'T PROCRASTINATE. GOOD INTENTIONS WILL NOT HELP YOU SUCCEED. START PLANNING FOR SUCCESS TODAY!
-------------------------	---

- {1} **Organization** – Getting organized is the first step to success.
 - Remember that you are responsible for knowing about and completing your assignments and special projects.
 - Use your datebook to write down your homework, academic assignments, community activities, and home responsibilities.
 - Make sure you have all the materials you need when you go to class and when you do your homework.
- {2} **Time Management** – Managing time wisely will help ensure that you have the opportunity to do both the things you need to do and the things you want to do.
 - Plan a definite time to do your homework.
 - Plan time for extracurricular and social activities, as well as home responsibilities.
 - Commit yourself to your time plan, but be flexible. For example, if something happens that makes it impossible for you to do homework during the regularly scheduled time, plan an alternate time to do the homework.
- {3} **Set Priorities** – If you have a lot to do, it is important to set priorities.
 - Rank each task in 1, 2, 3 order. Start with #1 – the most important task – and continue on down the list.
 - When doing homework, start with the subject in which you need the most improvement.
 - Check off finished tasks.
 - If you frequently find that you cannot finish all the tasks on your list, you may need to prioritize your optional activities and eliminate some that are low on your priority list.
- {4} **Set Goals** – Just wishing to get better grades or to excel in soccer accomplishes nothing. You need a plan of action to achieve your goals. Setting goals will result in better grades and higher self-esteem. Best of all, setting goals will make you feel in control of your life. Some hints for setting goals:
 - Be specific. List specific goals for each academic subject. Also list goals for other school and home activities.
 - Set time limits. Your goals can be both short-term (within a month or on the next quiz or test) and long-term (within the semester or within the school year).
 - Set realistic goals. For example, if math has always been difficult for you, don't aim to get an "A" in Algebra at the beginning of the year. If you usually get a "C-" in math, you may want to begin by setting a short-term goal of "C+" or "B-" and knowing that first, higher-level goal will give you the confidence to raise your goal for the next test or the next grading period.
 - Draw up a step-by-step plan of action for reaching each goal; then go for it!
 - Write your goals down, and put them in several places (your locker, your datebook, your bulletin board) so you will see them several times a day.
 - Share your goals with others – your parents, teachers, good friends, etc. They can give you encouragement.
 - Keep at it! Be determined, and keep a positive attitude. Visualize yourself achieving your goals.
 - Reward yourself when you reach a goal.





SUCCESS SKILLS *basic résumé writing*

BASIC RÉSUMÉ WRITING

The Functional Résumé Format

The functional format is useful for graduating high school or college students who do not have extensive job experience. This type of résumé emphasizes skills and accomplishments achieved in school, activities, internships, and in life.

These are the 5 basic parts →

- {1} **Header:** your name, address, phone number, email address.
- {2} **Job objective:** a short statement describing how you can be of help to the employer and what you intend to do (e.g., sell, design, operate, manage).
- {3} **Background:** a brief list or statement highlighting your background, your strengths, and what you want your employer to know about you. This can be optional.
- {4} **Skills/Achievements:** a description of your abilities, accomplishments, and areas of competence. These can also be grouped under headings, such as *Office Skills*, *Technical Experience*, or *Planning/Organization*.
- {5} **Education:** a list of all formal education, workshops, seminars, internships, school-related activities, and on-the-job training (if any). The most recent should come first.

Remember:

- Use only one or two typefaces in the design of your résumé.
- Use short phrases instead of long sentences and paragraphs.
- Line up all headings to keep your résumé looking clean and professional.
- Use good quality paper; a neutral color, such as white or ivory, is recommended.
- Do not include salary requirements.
- Do not include personal information such as date of birth, height, weight, marital status, health, religion, or hobbies.
- Do not use the word *résumé* at the top of the page.
- Keep your résumé to one page.
- Have a list of references (names, company names, phone numbers) ready to give if requested.

School Datebooks



Use Action Words to Describe Skills

accomplished	classified	quoted	issued
activated	communicated	executed	launched
administered	completed	facilitated	led
advanced	computed	formulated	lectured
advised	coordinated	gathered	managed
analyzed	created	generated	organized
applied	critiqued	guided	outlined
arranged	delegated	implemented	refined
assembled	designed	improved	reorganized
attained	determined	initiated	streamlined
automated	developed	instituted	trained
budgeted	devised	instructed	updated
calculated	engineered	introduced	utilized
charted	established	invented	wrote





SUCCESS SKILLS *basic résumé writing*

SAMPLE RÉSUMÉ

~~Joe Anybody~~

1234 Oak Street
Anytown, IN 49503
555-555-1212
j.anybody@e-mail.com

OBJECTIVE A position using my computer graphic and illustration skills to design websites.

QUALIFICATIONS

- Very strong interest in web design and computers
- Well-organized and very reliable
- Natural creative abilities
- Self-starter

TECHNICAL SKILLS

- Self-taught in computer graphics and illustration programs
- Illustrated school newspaper with my own clip art
- Assisted in design of school website for 1.5 years
- Experience with Microsoft Office
- Knowledgeable in both Windows and Apple computer systems

EDUCATION

- West Central High School
(Graduating in May 2019)

MEMBERSHIPS

- Computer Club
- Student Fair Student Decisions (SADD)
- Honor Roll

REFERENCES - Available upon request



SUCCESS SKILLS *preparing for college*



PREPARING FOR COLLEGE

The College Application Process

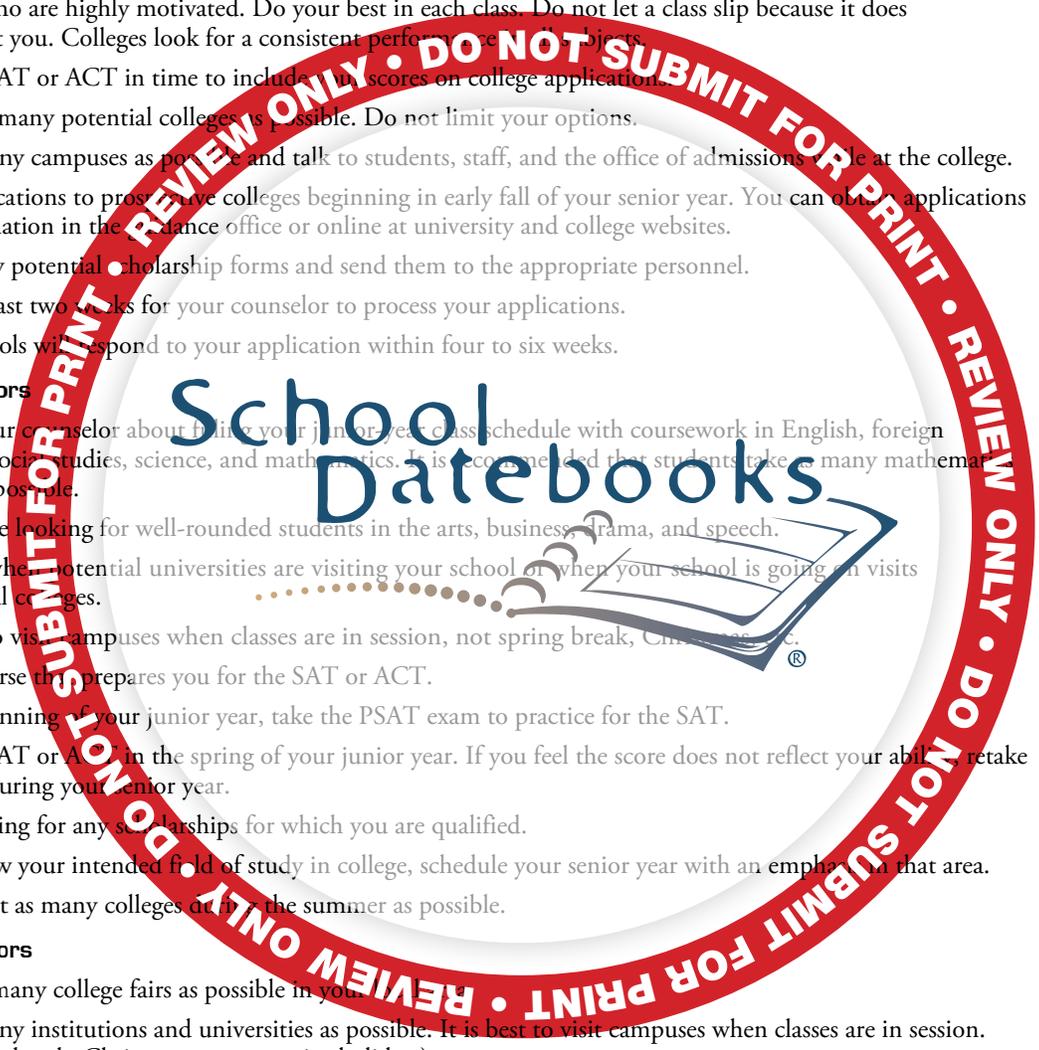
- {1} The application process begins in NINTH grade. Your grades and coursework will directly impact your admittance to college.
- {2} Fill your schedule with a variety of subjects and difficulty. Colleges are looking for well-rounded students who are highly motivated. Do your best in each class. Do not let a class slip because it does not interest you. Colleges look for a consistent performance in all subjects.
- {3} Take the SAT or ACT in time to include your scores on college application.
- {4} Look at as many potential colleges as possible. Do not limit your options.
- {5} Visit as many campuses as possible and talk to students, staff, and the office of admissions at the college.
- {6} Send applications to prospective colleges beginning in early fall of your senior year. You can obtain applications and information in the guidance office or online at university and college websites.
- {7} Fill out any potential scholarship forms and send them to the appropriate personnel.
- {8} Allow at least two weeks for your counselor to process your applications.
- {9} Many schools will respond to your application within four to six weeks.

Steps for Juniors

- {1} Talk to your counselor about filling your junior year class schedule with coursework in English, foreign language, social studies, science, and mathematics. It is recommended that students take many mathematics courses as possible.
- {2} Colleges are looking for well-rounded students in the arts, business, drama, and speech.
- {3} Find out when potential universities are visiting your school or when your school is going on visits to potential colleges.
- {4} It is best to visit campuses when classes are in session, not spring break, Christmas, etc.
- {5} Take a course that prepares you for the SAT or ACT.
- {6} At the beginning of your junior year, take the PSAT exam to practice for the SAT.
- {7} Take the SAT or ACT in the spring of your junior year. If you feel the score does not reflect your ability, retake the exam during your senior year.
- {8} Start applying for any scholarships for which you are qualified.
- {9} If you know your intended field of study in college, schedule your senior year with an emphasis in that area.
- {10} Plan to visit as many colleges during the summer as possible.

Steps for Seniors

- {1} Attend as many college fairs as possible in your area.
- {2} Visit as many institutions and universities as possible. It is best to visit campuses when classes are in session. (Not spring break, Christmas, or any major holiday.)
- {3} When visiting colleges, meet with the admissions office and financial aid office, and with professors in your intended field of study.
- {4} Talk to older friends and students about that particular college or university.
- {5} Ensure that your SAT or ACT scores meet the requirements of the colleges and universities that interest you. If necessary, retake the entrance exams.
- {6} Make a list of admission deadlines at the colleges you are interested in attending.
- {7} Submit completed college applications to your guidance counselor, and be sure to include any application fees.
- {8} File a financial aid form.
- {9} Inquire about any available scholarships, and be sure to meet the appropriate requirements and deadlines.
- {10} Keep a file of any correspondence from potential colleges for future reference.





SUCCESS SKILLS *manual alphabet*

AMERICAN SIGN LANGUAGE

The image displays a grid of 26 hand signs for the manual alphabet, arranged in six rows. A large red circular watermark is centered over the grid, containing the text "School Datebooks" and "DO NOT SUBMIT FOR PRINT • REVIEW ONLY". The watermark also features an illustration of a spiral notebook and a pen. The letters are as follows:

A	B	C	D	E	F
G	H	I	J	K	L
M	N	O	P	Q	R
S	T	U	V	W	X
Y	Z				



SUCCESS SKILLS *leadership — tap your leadership experience*

LESSONS IN LEADERSHIP

Tap Your Leadership Experience

You've got more experience building consensus than you might think. Create a list of times when you:

- ▶ Negotiated with your family on what to do on vacation:

- ▶ Helped friends agree on a movie:

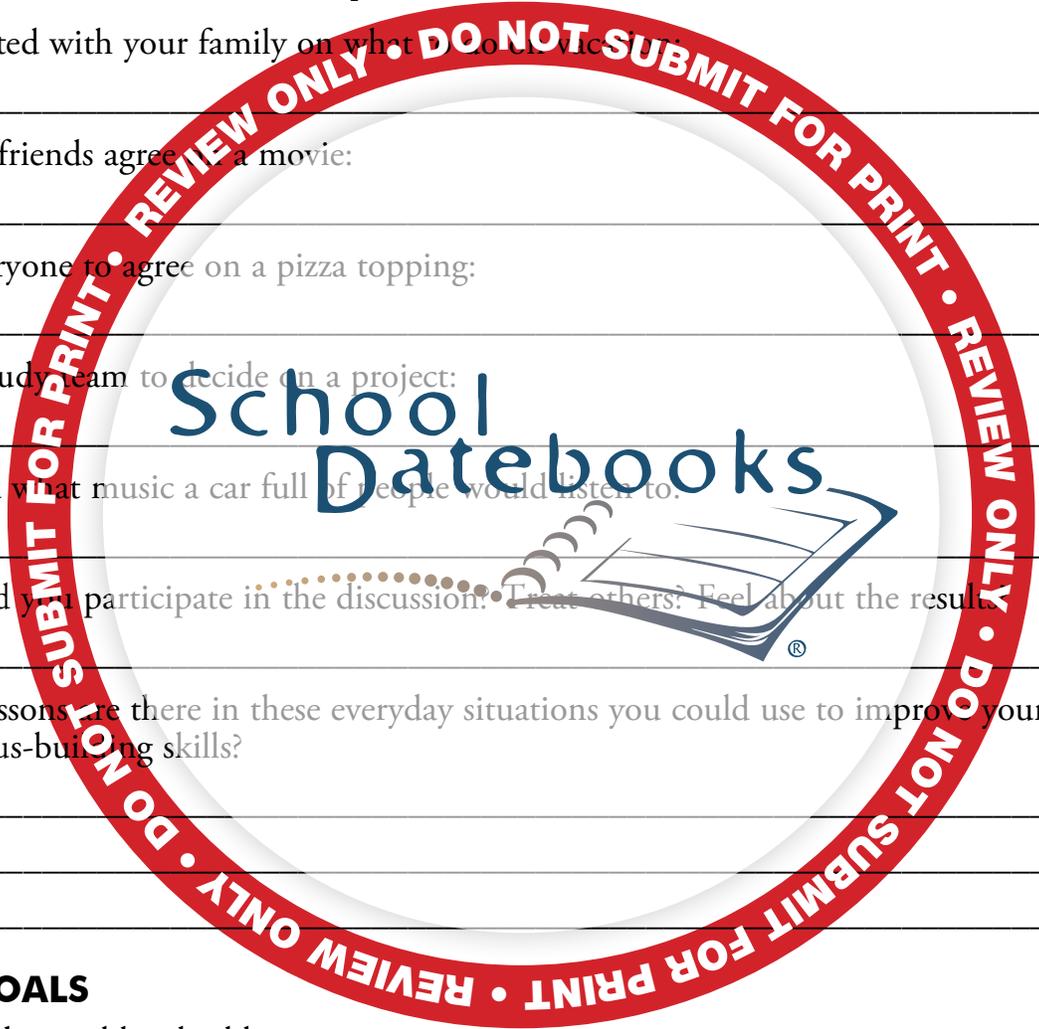
- ▶ Got everyone to agree on a pizza topping:

- ▶ Got a study team to decide on a project:

- ▶ Decided what music a car full of people would listen to:

- ▶ How did you participate in the discussion? Treat others? Feel about the results?

- ▶ What lessons are there in these everyday situations you could use to improve your consensus-building skills?



SOME GOALS

- ▶ I'd like the world to build consensus on:

- ▶ At school, we might work to build consensus on:

“THE BEST POLICY IS MADE WHEN YOU ARE LISTENING TO PEOPLE WHO ARE GOING TO BE IMPACTED. THEN, ONCE POLICY IS DETERMINED, YOU CALL ON THEM TO HELP YOU SELL IT.”
— Elizabeth Dole



LESSONS IN LEADERSHIP

Diversity

Involve All People

Look around the world. The U.S. Your community. Your school. You'll see people of many backgrounds, cultures, ethnicities, and abilities. Now take a look at your friends, teams, and organizations. Do they represent the world at large? Or are the people in your group all the same gender, ethnicity, or socioeconomic class?



School Datebooks

Reach Out!

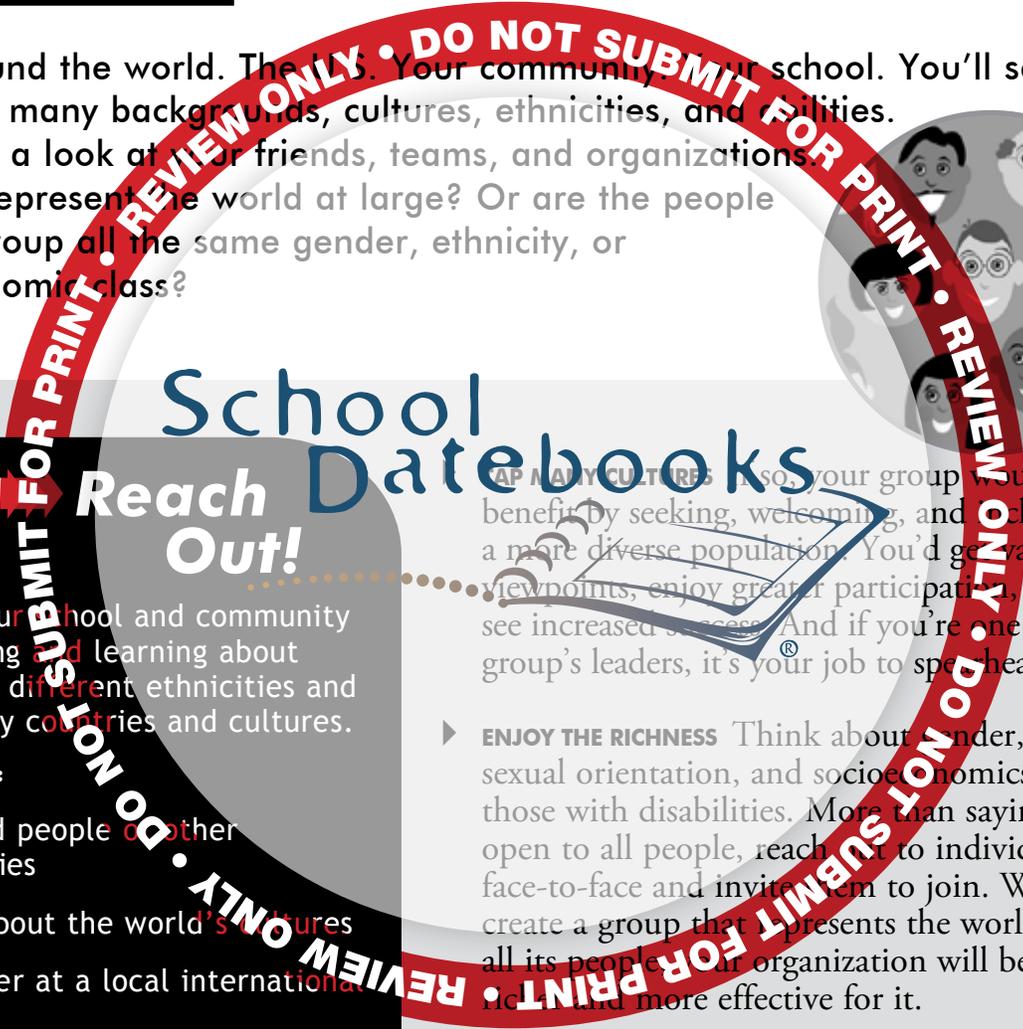
Enrich your school and community by meeting and learning about people of different ethnicities and from many countries and cultures.

SOME WAYS:

- ▶ Befriend people of other ethnicities
- ▶ Learn about the world's cultures
- ▶ Volunteer at a local international center
- ▶ Welcome international students to school
- ▶ Speak up when others make inappropriate remarks
- ▶ Learn a new language
- ▶ Watch the world news

TAP MANY CULTURES Also, your group would benefit by seeking, welcoming, and including a more diverse population. You'd get varied viewpoints, enjoy greater participation, and see increased success. And if you're one of the group's leaders, it's your job to speak up about this.

- ▶ **ENJOY THE RICHNESS** Think about gender, culture, sexual orientation, and socioeconomic status, and those with disabilities. More than saying you're open to all people, reach out to individuals face-to-face and invite them to join. When you create a group that represents the world and all its people, your organization will be all the better and more effective for it.





SUCCESS SKILLS *leadership — make a commitment*

LESSONS IN LEADERSHIP

Make a Commitment

Leaders have a particular responsibility to bring diversity to a group and to see that it's nurtured and valued. It's not only the right thing to do, your group will be better for it.

Some ways you can bring new, diverse people to your group:

- ▶ Hold a callout; in your announcements, say you're seeking diverse membership
- ▶ Personally invite individuals whose ethnicities may be underrepresented in your group
- ▶ Create an advisory group of diverse adults in your community and ask them for suggestions.

Once you've broadened your group's membership, be sure to:

- ▶ Create a welcoming, respectful and inclusive environment
- ▶ When you appoint committee leaders, be sure to include a mix of races, backgrounds and females and males in these posts
- ▶ Make sure everyone is heard and their opinions valued at your events
- ▶ Consider speakers or workshops that will help your group value diversity

School Datebooks



Everyone Benefits

WHEN YOUR GROUP IS DIVERSE, IT HELPS MAKE SCHOOLS AND COMMUNITIES BETTER BY:

- ▶ Increasing understanding of others
- ▶ Enhancing respect for others
- ▶ Reducing conflicts at school and in your community
- ▶ Improving listening and communication skills
- ▶ Expanding understanding among people
- ▶ Curbing discrimination and bias
- ▶ Creating opportunities for new learning and experiences

**"YOU DON'T GET HARMONY WHEN EVERYONE SINGS THE SAME NOTE."
— Doug Floyd**

**"WE ARE OF COURSE A NATION OF DIFFERENCES. THOSE DIFFERENCES DON'T MAKE US WEAK. THEY'RE THE SOURCE OF OUR STRENGTH."
— Jimmy Carter**



LESSONS IN LEADERSHIP

Empower, Inspire

Lead Rather Than Dictate

“Do this.” “Do that.” Who needs it? Not those you’re trying to lead!

It’s not your bossiness.

It’s guiding, empowering, inspiring, and motivating others.

It’s valuing what they have to say and what they do and providing opportunities for them, too, to become leaders.

And leadership is about keeping everyone excited about your organization and committed to your goals.

How to Empower Others

GOOD LEADERS KNOW:

- ▶ Don’t hand someone a bunch of envelopes to stuff. Instead, ask for help planning what points to cover in a meeting with the principal, and invite a couple of members to go with you.
- ▶ Don’t tell them to bring refreshments. Instead, ask them to contact the mayor for that special proclamation you’re after.
- ▶ Don’t tell someone to set up the podium. Instead, invite that club member to say a few words about a particular project.

Yes, stuffing envelopes, bringing refreshments, and setting up the meeting room has to get done. Make sure everyone rotates through those tasks, including club leaders.

When you want members to feel like they count, give them meaningful opportunities to participate in your group.

How to Inspire Members

Leaders who can get others to be involved know.

- ▶ You must be upbeat and positive yourself
- ▶ It’s good to offer little prizes and incentives – for arriving first, bringing in the most new members, making the most sign
- ▶ Everyone should clap for every achievement
- ▶ Emails and text messages can cheer everyone on
- ▶ A pizza party to celebrate a milestone keeps everyone coming back

“TELL ME AND I WILL FORGET. SHOW ME AND I MAY REMEMBER. INVOLVE ME AND I WILL REMEMBER.”

– Chinese Proverb

“ACTION SPRINGS NOT FROM THOUGHT, BUT FROM A READINESS FOR RESPONSIBILITY.”

– Dietrich Bonhoeffer



SUCCESS SKILLS *leadership — follow through*

LESSONS IN LEADERSHIP

Follow Through

Swing Through for Success

Like an athlete swinging a golf club, tennis racket, or baseball bat, good follow through is a skill every leader should master.

▶ **TRACK THE DETAILS**

Follow through means touching base throughout the project, doing what you say you will do, making sure that what was supposed to happen did, and checking in on every detail. And when a project is complete, good follow through includes wrapping it up with one final checklist and thank-you to everyone involved.

Instead of that mythical “Someday Isle,” leaders who follow through make it “Today I Will.” Their punch list includes a look at details large and small.

School Datebooks

Like good sports swings, follow through has its rewards.

When you follow through, you’ll feel good about yourself and more confident in your abilities. You’ll earn respect for paying attention to the details. Your project will likely be a great success! And you’ll master a skill that will serve you well throughout your life.

Head for ‘Someday Isle’ Today

- ▶ Ever told your little brother, “Someday I’ll teach you to skateboard”? Your parents, “I’m going to empty the dishwasher soon”? A teacher, “Yeah, I’d like to look at that book sometime”? Or a group you’re in, “One day I’m going to gather all that stuff up and turn it in”?

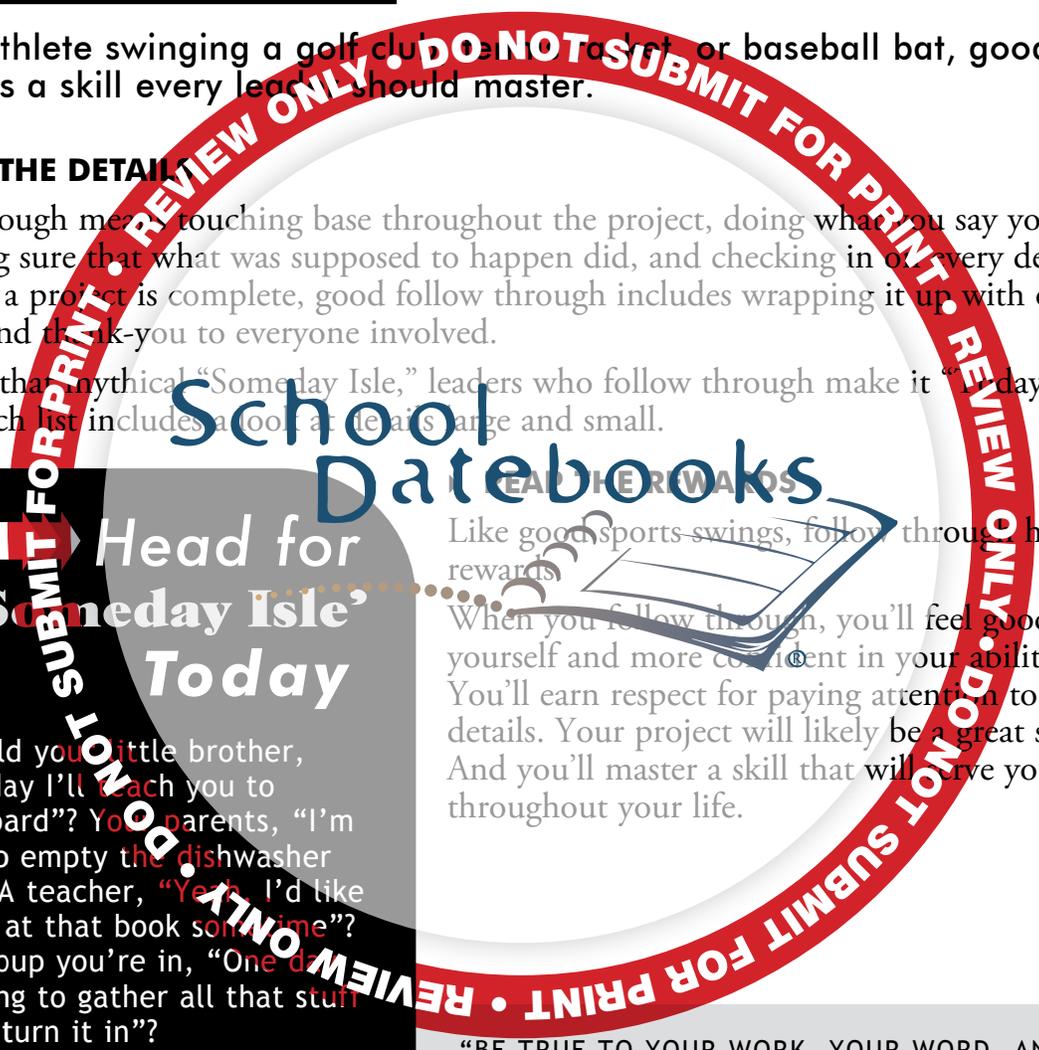
Doing those things, keeping those promises is following through. Making that a habit makes you a person of your word, someone who can be counted on and a good leader.

“BE TRUE TO YOUR WORK, YOUR WORD, AND YOUR FRIEND.”

— Henry David Thoreau

“YOU HAVE TO HAVE CONFIDENCE IN YOUR ABILITY, AND THEN BE TOUGH ENOUGH TO FOLLOW THROUGH.”

— Rosalynn Carter





SUCCESS SKILLS *leadership — organization*

LESSONS IN LEADERSHIP

Organization

Get Organized for Success

Ever sit in a meeting while the leader sits around trying to find something? Ever spent time waiting in the car while the driver looks for the keys? Or wasted time yourself looking for a notebook or packet you saw somewhere just yesterday?

“OUT OF CLUTTER,
FIND SIMPLICITY.”
— Albert Einstein

▶ **KEEP A CALENDAR**

Organizations sure can make life simpler – putting stuff where you can find it quickly, keeping a calendar, tracking your assignments

It’s also key to good leadership. When others look to you for direction, do you want to be caught poking around stacks of paper, wondering where you put something or showing up late? Or would you rather come off as efficient, respectful of others’ time, and someone who’s in charge?

Getting and staying organized saves time. It makes it easier to get things done. And it gives you and others confidence in you as a leader.

School Datebooks

▶ **A PLACE FOR EVERYTHING**

Find a place for everything and put it there when you’re not using it. Write down assignments, tasks, meetings, and fun activities. Train yourself to think about the day and week ahead and to gather what you’ll need in advance.

It will save you hassle and lectures – and free your mind for things you’d rather be thinking about!

Ask Others How They Do It

▶ Got a friend, family member, or teacher who always seems to have their stuff when and where they need it? Ask them how they got so organized. People who are organized love to talk about it, and you’ll likely pick up a couple of ideas you can use.

“ORGANIZING IS WHAT YOU DO BEFORE YOU DO SOMETHING; SO THAT WHEN YOU DO IT, IT IS NOT ALL MIXED UP.”

— A.A. Milne



LESSONS IN **LEADERSHIP**

Leadership Qualities

Load Up on What Leaders Need

Heard the phrase, “born leader?” Don’t believe it. Good leaders learn and then practice their skills, just like everyone else.

True, there’s a boatload of skills that go into spelling “Leadership.”

They include:

LISTENING ▶ Everyone deserves their say. Good leaders share the floor and carefully consider what others suggest.

EXAMPLE ▶ Showing is always more powerful than telling, so your actions speak louder than words. Watch it and model what you want others to do.

ATTITUDE ▶ Believing you and your group can accomplish something is the biggest part of the equation. Be positive, encouraging, and optimistic. It’s contagious!

DIALOGUE ▶ Anyone can talk at someone. It’s a special skill to make it a true give-and-take dialogue, a discussion that includes everyone® and all points of view. Good leaders know the value of dialogue.

ENERGY ▶ Effective leaders are often described as tireless. Although you can get some rest, the energy you bring to your group will be a motivator and component in your success.

RESPONSIBILITY ▶ The buck stops here, good leaders know meaning they’ve got to do what’s expected, keep their word, and follow through every step of the way.

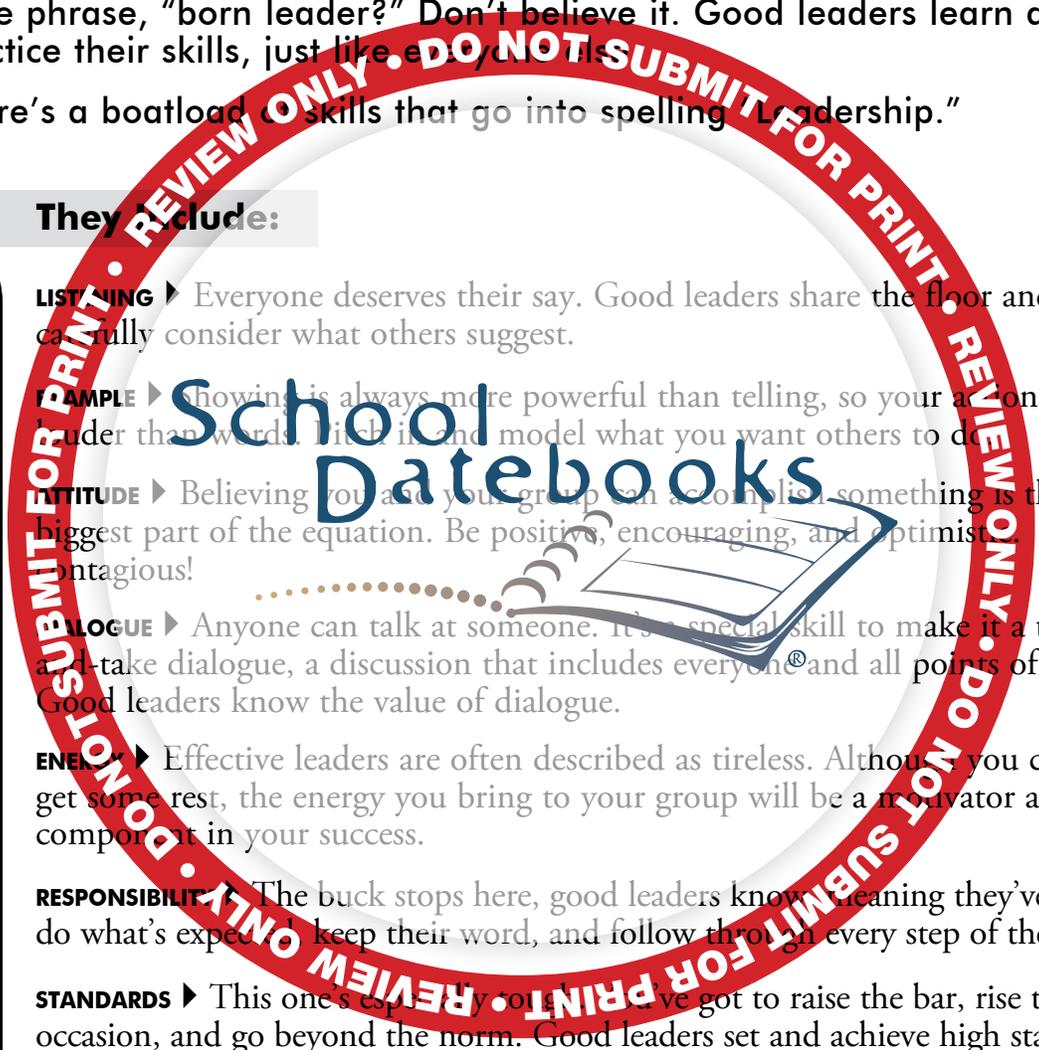
STANDARDS ▶ This one’s especially tough. We’ve got to raise the bar, rise to the occasion, and go beyond the norm. Good leaders set and achieve high standards.

HUMILITY ▶ With all your success as a leader, shouldn’t you get to brag a bit? No. Good leaders give credit to the workers, volunteers, the whole team. Humble pie, you’ll find, is pretty tasty!

INTEGRITY ▶ With so many looking up to leaders, expectations are high. That’s where integrity comes in. Be true to yourself, your group, your cause. The highest ethics and truthfulness will serve you well.

PASSION ▶ Good leaders do more than care. They passionately care. They go the extra mile. And passion inspires other to act and stay committed.

L
E
A
D
E
R
S
H
I
P





SUCCESS SKILLS *leadership — how do you rate as a leader?*

LESSONS IN LEADERSHIP

How Do You Rate?

Becoming a good leader is a process.

Rate yourself from 1 to 10 (10 being the best) in each of these areas so you'll know the qualities you want to work on.

My Score today
From 1 to 10 (10 is tops)

10

School Datebooks



▶ I listen well to others.	1	2	3	4	5	6	7	8	9	10
▶ I'm a good role model.	1	2	3	4	5	6	7	8	9	10
▶ My attitude is positive and can-do.	1	2	3	4	5	6	7	8	9	10
▶ I engage in healthy discussions.	1	2	3	4	5	6	7	8	9	10
▶ I bring lots of energy to the task.	1	2	3	4	5	6	7	8	9	10
▶ I'm responsible in my actions and keep promises.	1	2	3	4	5	6	7	8	9	10
▶ I hold myself to high standards.	1	2	3	4	5	6	7	8	9	10
▶ I'm humble about my accomplishments.	1	2	3	4	5	6	7	8	9	10
▶ You can count on my integrity.	1	2	3	4	5	6	7	8	9	10
▶ I'm enthusiastic about the projects I commit to.	1	2	3	4	5	6	7	8	9	10

➔ Follow the Leader

LEADERS DEVELOP UNIQUE STYLES. CONSIDER THE DIFFERENT APPROACHES OF THESE LEADERS:

- ▶ Barack Obama ▶ Malcom X
- ▶ Hillary Clinton ▶ Winston Churchill



SUCCESS SKILLS *leadership — a good leader shares credit*

LESSONS IN LEADERSHIP

A Good Leader Shares Credit

Who 'Dun It'?

Everyone loves a mystery, but not when it involves one person getting all the credit for a whole team's effort. Good leaders know this and make sharing and giving credit a top priority.

TELL ALL Sometimes it's important for a group to have a face to put before a crowd, to help you achieve success and goals. But that face can't claim all the credit. And your acknowledgement must be sincere. So tell all – who did what and what that meant to your success.

GO PUBLIC What is the best way to share the credit?

- ▶ Say "we" instead of "I"
- ▶ Send emails and notes or speak face-to-face, telling others how important their role was in the group's success and give specific examples
- ▶ Publicly acknowledge individuals and their efforts

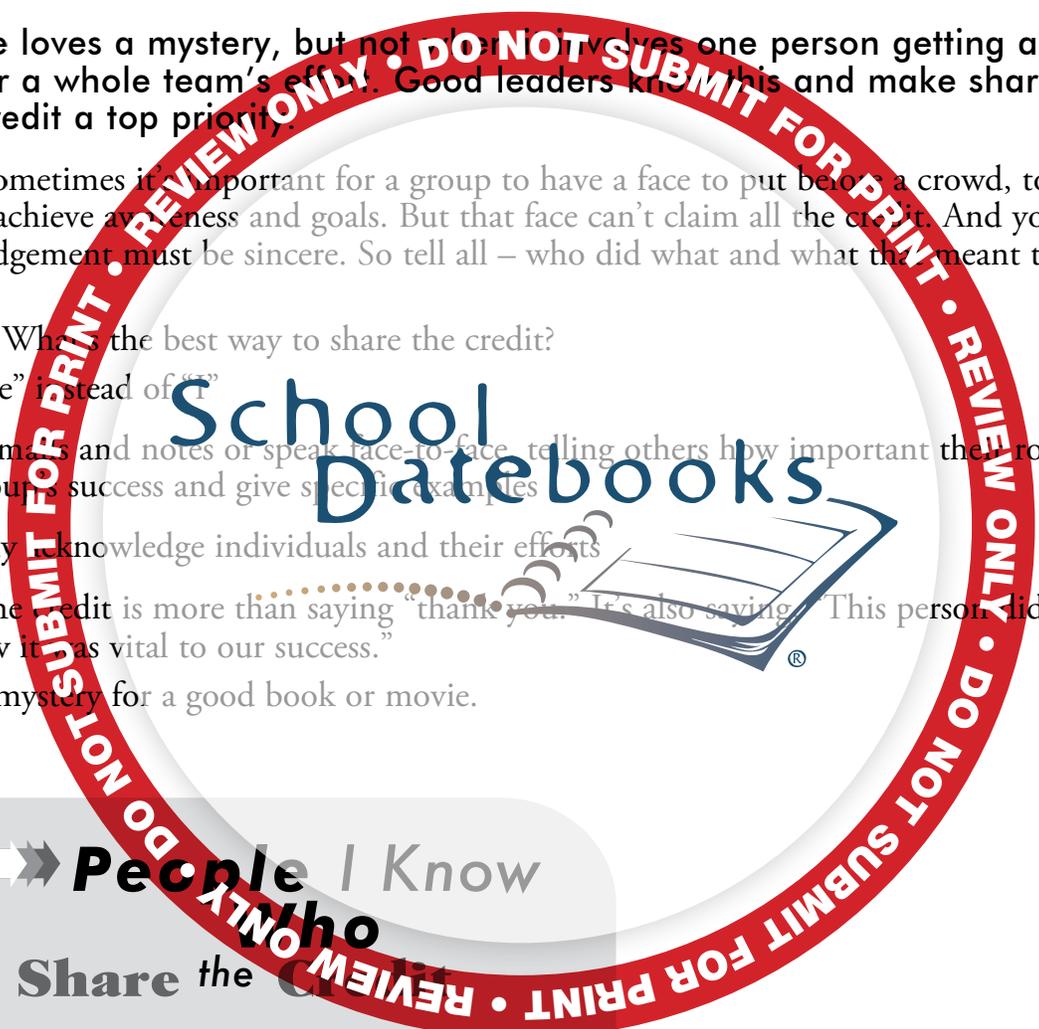
Sharing the credit is more than saying "thank you." It's also saying, "This person did this and here's how it was vital to our success."

Save any mystery for a good book or movie.

→ People I Know Who Share the Credit

- ▶ Look around, from the desk in the next row to the supper table at home to your community and nation. Who do you know who shares the credit generously, sincerely, and without a personal agenda?

"MY GRANDFATHER ONCE TOLD ME THAT THERE ARE TWO KINDS OF PEOPLE: THOSE WHO WORK AND THOSE WHO TAKE THE CREDIT. HE TOLD ME TO TRY TO BE IN THE FIRST GROUP; THERE WAS LESS COMPETITION THERE."
— Indira Gandhi





SUCCESS SKILLS *leadership — teamwork*

LESSONS IN LEADERSHIP

Teamwork

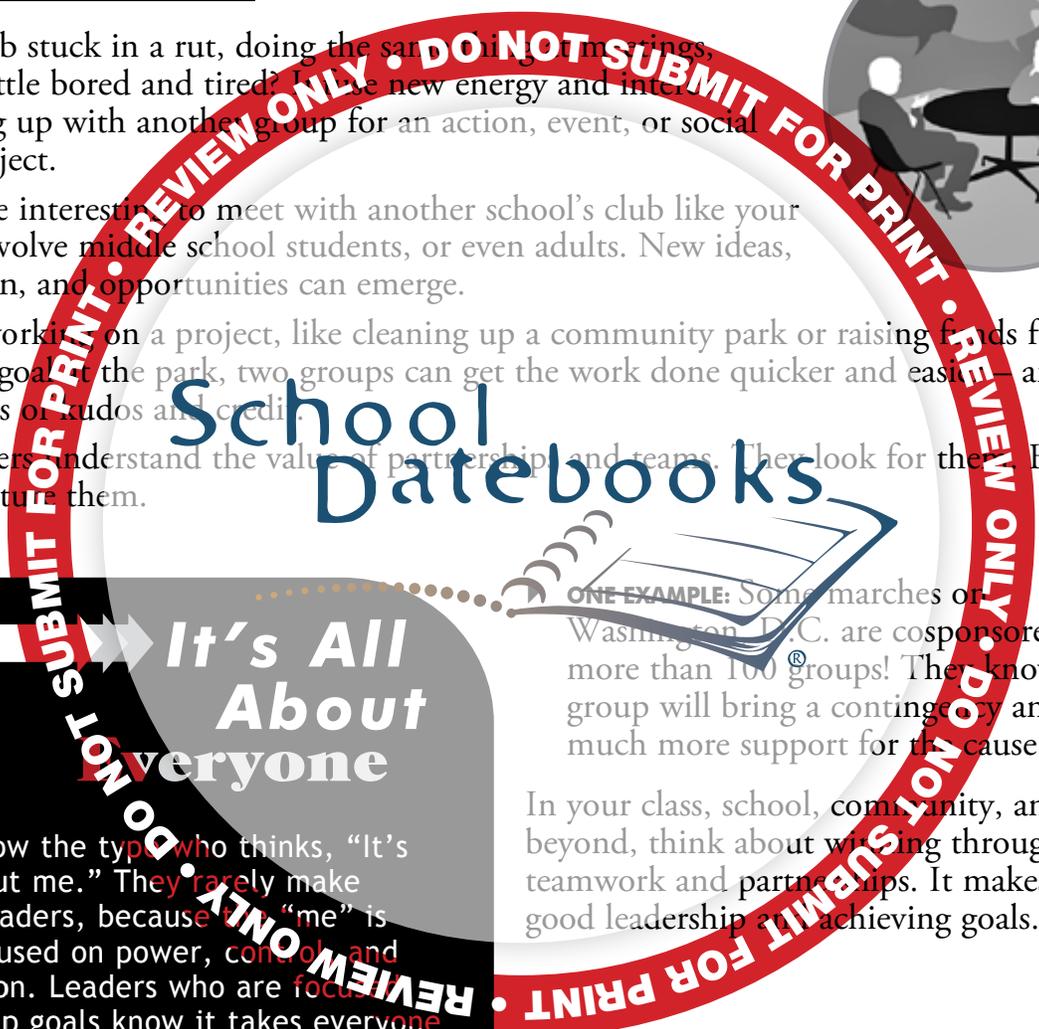
Collaborate to Win

Is your club stuck in a rut, doing the same old things, feeling a little bored and tired? Invite new energy and interest by teaming up with another group for an action, event, or social service project.

It might be interesting to meet with another school's club like your own, to involve middle school students, or even adults. New ideas, information, and opportunities can emerge.

If you're working on a project, like cleaning up a community park or raising funds for a basketball goal at the park, two groups can get the work done quicker and easier — and both will get lots of kudos and credit.

Good leaders understand the value of partnerships and teams. They look for them. Build them. Nurture them.



School Datebooks



ONE EXAMPLE: Some marches on Washington, D.C. are cosponsored by more than 100 groups! They know every group will bring a contingency and all that much more support for the cause.

In your class, school, community, and beyond, think about working through teamwork and partnerships. It makes for good leadership in achieving goals.

It's All About Everyone

- ▶ You know the type who thinks, "It's all about me." They rarely make good leaders, because the "me" is too focused on power, control, and attention. Leaders who are focused on group goals know it takes everyone to reach them, sometimes even partnerships outside the group.

"NONE OF US IS AS SMART AS ALL OF US."
— Ken Blanchard

"TALENT WINS GAMES, BUT TEAMWORK AND INTELLIGENCE WIN CHAMPIONSHIPS."
— Michael Jordan



CHARACTER *people of character*

C H A R A C T E R

The qualities of a great man are "vision, integrity, courage, understanding, the power of articulation, and profundity of character."

Good character comes from always doing the right thing even when it's costly or risky.

What a person

Character is like a tree and reputation like its shadow. The shadow is what we think of it, the tree is the real thing.

~ PRESIDENT ABRAHAM LINCOLN

How do

"The function of education is to teach one to think intensively and to think critically ... Intelligence plus character - that is the goal of a true education."

~ MARTIN LUTHER KING, JR.

Every choice you make helps define the kind of person you are choosing to be.

"We learned about honesty and integrity - that the truth matters ... that you don't take shortcuts or play by your own set of rules ... and success doesn't count unless you earn it fair and square."

~ MICHELLE OBAMA

C H A R A C T E R



CHARACTER *volunteering*

Giving Back

DO NOT SUBMIT FOR PRINT • REVIEW ONLY • DO NOT SUBMIT FOR PRINT • REVIEW ONLY • DO NOT SUBMIT FOR PRINT

School Datebooks

→ Help those who need help.

→ Make new friends.

→ Develop new skills, such as teamwork, collaboration, problem solving, fundraising, and time management.

→ Experience and learn to appreciate more diverse groups of people.

→ Discover the power of people working together for a common cause.

→ Make connections in your community's social service and business networks.

→ Build your resume.

→ Promote the causes you consider important.

→ Feel good about yourself!

→ Stretch yourself while you explore something new and exciting.

VOLUNTEER
VOLUNTEER
VOLUNTEER



CHARACTER *anti-bullying*

Banish Bullies

Look around you. How many times a day do you witness someone

being a bully? Bullies are those bad apples who intentionally and repetitively abuse other people who are less powerful than they are.

The bad news is this: Bullies have a toxic effect on themselves and everyone around them, whether you happen to be the direct victim of their nastiness or not.

Even innocent bystanders are negatively affected. And, if you stand silently by, you're showing your approval, even if you don't approve.

There is no surefire way to banish bullies, but there are some things you can do. For starters:

Don't be a bully. If you feel angry and out of control, stop, breathe deeply, and relax. Don't take it out on someone else.

Work with student leaders and school officials to create safe, anonymous ways to report threats, drug use, weapons possession, etc. Remember, there's a fundamental difference between being a snitch and courageously taking a stand against aggressive and potentially dangerous behavior.

Let 'em know. Bullies pick on people they think are different. Let your friends and fellow students know you won't stand by while someone is teased or taunted for being a different size, sex, race, or religion.

It's not just **BIG** vs. **small**

Bullying involves intentional, repeated hurtful acts, words, or other behavior.

Bullies think they're stronger and better than others, and they use bullying to intimidate them.

Bullying can be:

Physical
Punching, kicking, hair-pulling, hitting, biting.

Verbal
Name-calling, teasing, gossip.

Emotional
Rejecting, humiliating, ostracizing, berating someone, characteristics such as perceived sexual orientation.

Sexual
Harassment and actual abuse.

As you go through your daily activities, in and out of school, stay aware of your personal safety. Don't be paranoid; just be aware. Awareness is the best strategy for avoiding or contending with situations in which you're at risk.

Be **SMART**
Stay **SAFE**

To reduce your chances of physical harm:

Stick with the group. Whenever possible, avoid being alone.

Walk away. If you see a bully or someone who looks suspicious, take another route.

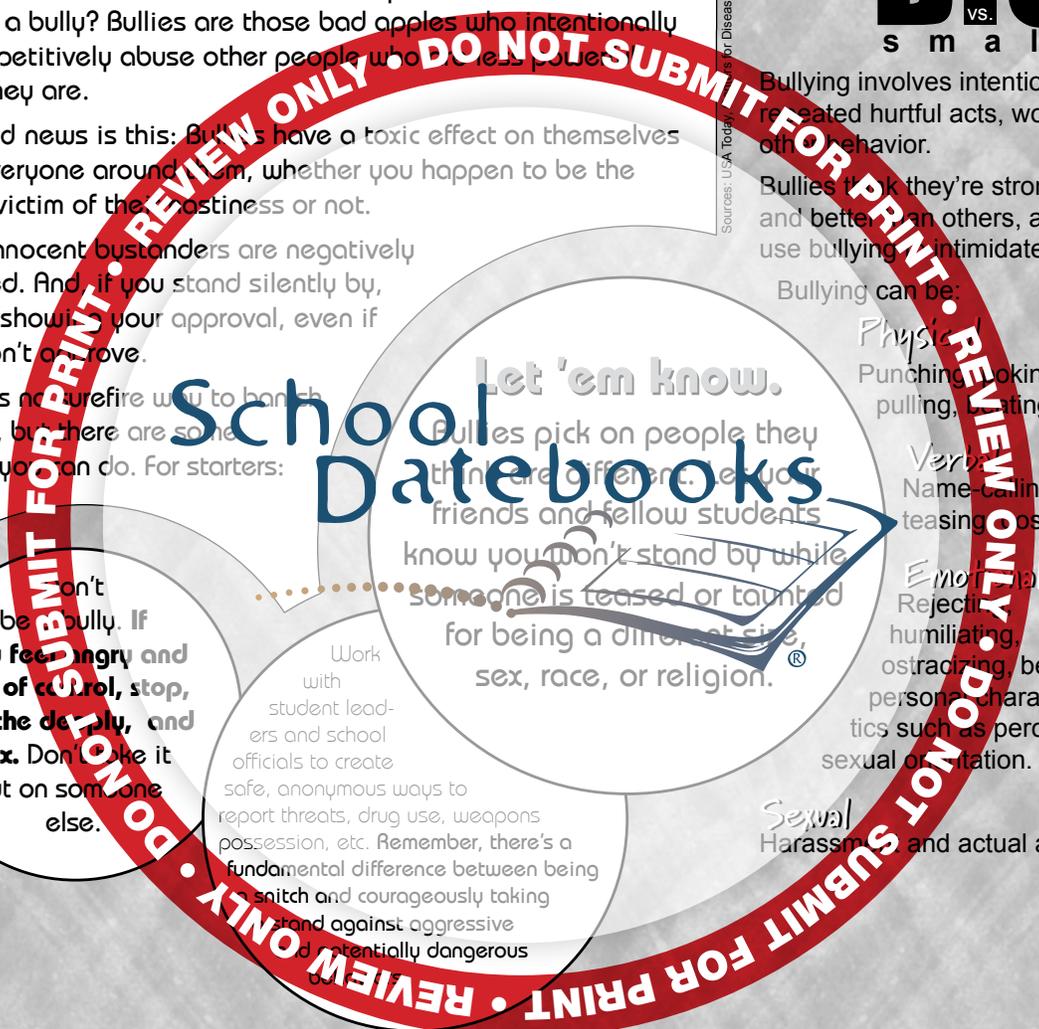
Exude confidence. You're less likely to be targeted by attackers if you appear poised and unafraid.

Follow your hunches. If a situation feels creepy, get out of it.

Keep your eyes open. When you're out in public, stay aware of the people around you. Also, key in on what they are doing and why that makes you feel uncomfortable.

Be in the know. The better you size up a person and a situation, the safer you'll be.

Sources: USA Today, Centers for Disease Control





CHARACTER *bullying: it's not ok*

STOP BULLYING

Bullying is a form of abuse.

It is an intentional act meant to hurt another person emotionally or physically, and it's not OK.

Have you ever been teased or taunted? Received a nasty email or text message? Been physically intimidated? Then you've most likely been the target of a bully. You're not alone; 3.2 million students are bullied at school every year.

Bullying hurts everyone involved. Even the bullies tend to have a difficult time

finishing school, and some even spend time in jail later in life. Teens who are bullied by older classmates sometimes become bullies themselves, perpetuating a cycle of abuse.

Some believe that bullying is part of growing up, and it's how we learn to stand up for ourselves. There are better ways to learn life lessons than being abused! There is simply no excuse for bullying. No one ever deserves to be bullied, and together we can stop bullying for good!

BULLYING VOCABULARY

- Cruelty:** The act of harming another, who has no means of defense, for pleasure.
- Goat:** To continuously torment another in order to get a reaction.
- Target:** A person whom a bully often seeks out as a victim.
- Teasing:** Tormenting another in an often clever but cruel way.
- Manipulation:** The act of dishonestly influencing others for personal advantage.
- Fear:** The emotion that holds bystanders away from helping a victim.
- Bully:** An individual who regularly menaces others for personal gain.

TEASING
RUMORS
GOSSIP



CHARACTER *bullying means more than you think*

STOP BULLYING

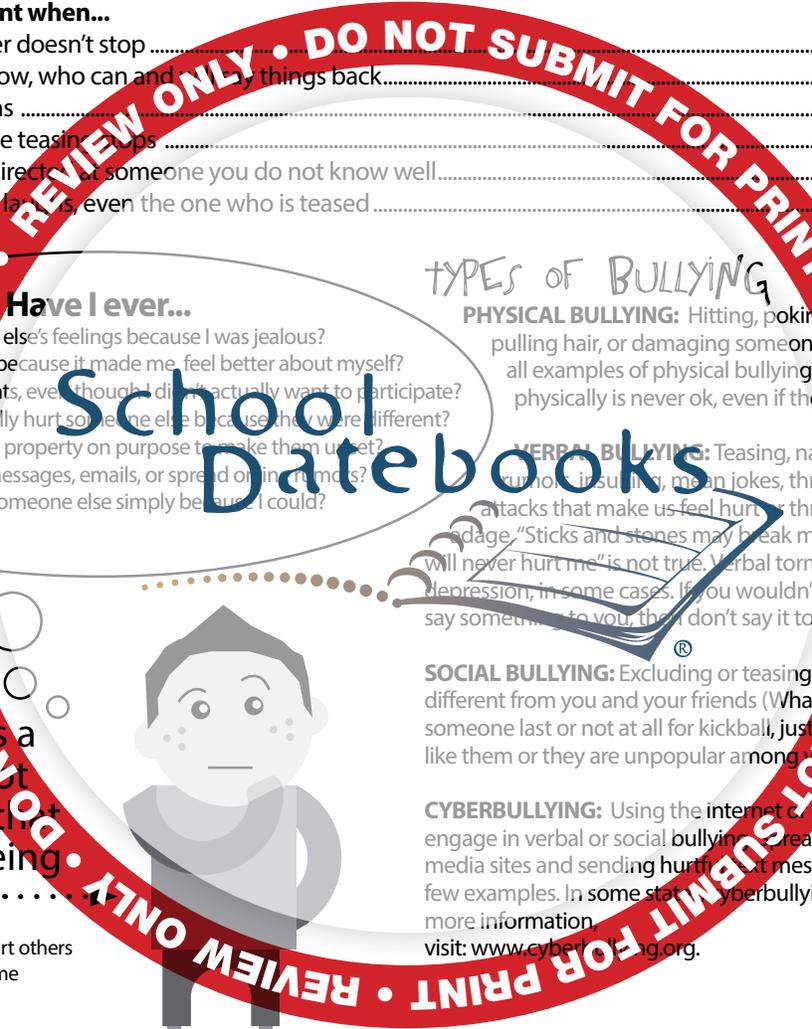
Sometimes we tease our friends playfully, but when does it go too far? When does playful teasing become taunting? Teasing and taunting both involve making fun of someone, but taunting is mean and one-sided.

TEASE VS. TAUNT

Is it a Tease or a Taunt when...

- if offended, the teaser doesn't stop **Tease / Taunt**
- I tease someone I know, who can and **Tease / Taunt**
- only the teaser laughs **Tease / Taunt**
- someone is upset, the teasing stops **Tease / Taunt**
- it is not playful and directed at someone you do not know well **Tease / Taunt**
- in a group, everyone laughs, even the one who is teased **Tease / Taunt**

(Circle One)



Have I ever...

- hurt someone else's feelings because I was jealous?
- made fun of someone because it made me feel better about myself?
- joined in with my friend's taunts, even though I didn't actually want to participate?
- pinched, slapped, or physically hurt someone else because they were different?
- damaged someone's property on purpose to make them upset?
- sent hurtful text messages, emails, or spread online rumors?
- made fun of someone else simply because I could?

TYPES OF BULLYING

PHYSICAL BULLYING: Hitting, poking, pinching, pulling hair, or damaging someone else's things are all examples of physical bullying. Hitting someone physically is never ok, even if they do it first.

VERBAL BULLYING: Teasing, name-calling, spreading rumors, insulting, mean jokes, threats, or other verbal attacks that make us feel hurt or threatened. The old adage "Sticks and stones may break my bones but words will never hurt me" is not true. Verbal torments can lead to depression, in some cases. If you wouldn't want someone to say something to you, then I don't say it to them.

SOCIAL BULLYING: Excluding or teasing others who are different from you and your friends (What a jerk!). Or, picking someone last or not at all for kickball, just because you don't like them or they are unpopular among your friends.

CYBERBULLYING: Using the internet or electronic devices to engage in verbal or social bullying. Reading rumors on social media sites and sending hurtful text messages or emails are a few examples. In some states, cyberbullying is now illegal. For more information, visit: www.cyberbullying.org.

Do I BULLY?
Sometimes a bully cannot recognize that they are being a bully.

When we routinely hurt others on purpose, we become bullies.



BULLYING VOCABULARY

- Jealousy:** A feeling of resentment towards someone because of that person's success or advantages. Bullies often bully other people because they are jealous of them.
- Victim:** A person who has been bullied.
- Ashamed:** The feeling we get when we wish we had done something differently.
- Indirect Bullying:** The spreading of rumors, gossip, or anonymous actions that are meant to hurt another person.
- Cyberbullying:** Using the internet to bully – text messages, unpleasant emails, Twitter and Facebook postings, etc. to damage someone's reputation.
- Anger:** An emotion we feel when bullied. Also an emotion that leads to bullying.

JUSTIN TIMBERLAKE..

comes out on top!
When he was a teenager, Justin had terrible acne and was picked on for trying to become a singer. Now, he is an international pop star. Justin says: "When you're a kid I think you try so hard to fit in and when you get older you realize that fitting in isn't really the thing that's more interesting... I would not be here if I would have listened to the kids who told me I was a terrible singer and I was a sissy... Be different!"



CHARACTER *i'm being bullied*

STOP BULLYING

What should I do?

TAKE A STAND!

Bullies often target those who they believe are not going to stand up for themselves. Be assertive and confident. If you are bullied.

If you are confronted by a bully ...

Don't:

- ✗ Engage the bully with similar behavior. If they taunt you, don't taunt back. If they shove you, don't shove back. It's exactly what they want.
- ✗ Show you're upset. Try to control your emotions and keep cool.
- ✗ Keep it a secret.

Do:

- ✚ Proudly walk away and ignore the bully. Don't show you are affected.
- ✚ Confidently tell the bully you don't like what they are doing and tell them to stop. Remember, you deserve respect and the bully is being disrespectful.
- ✚ Ask your friends for help and to accompany you in places the bully might confront you.
- ✚ Ask an adult you can trust for help. Even if you think you have solved the problem, let an adult know. The bully may move on to someone else.

DON'T STAND BY

If you see bullying occur ...

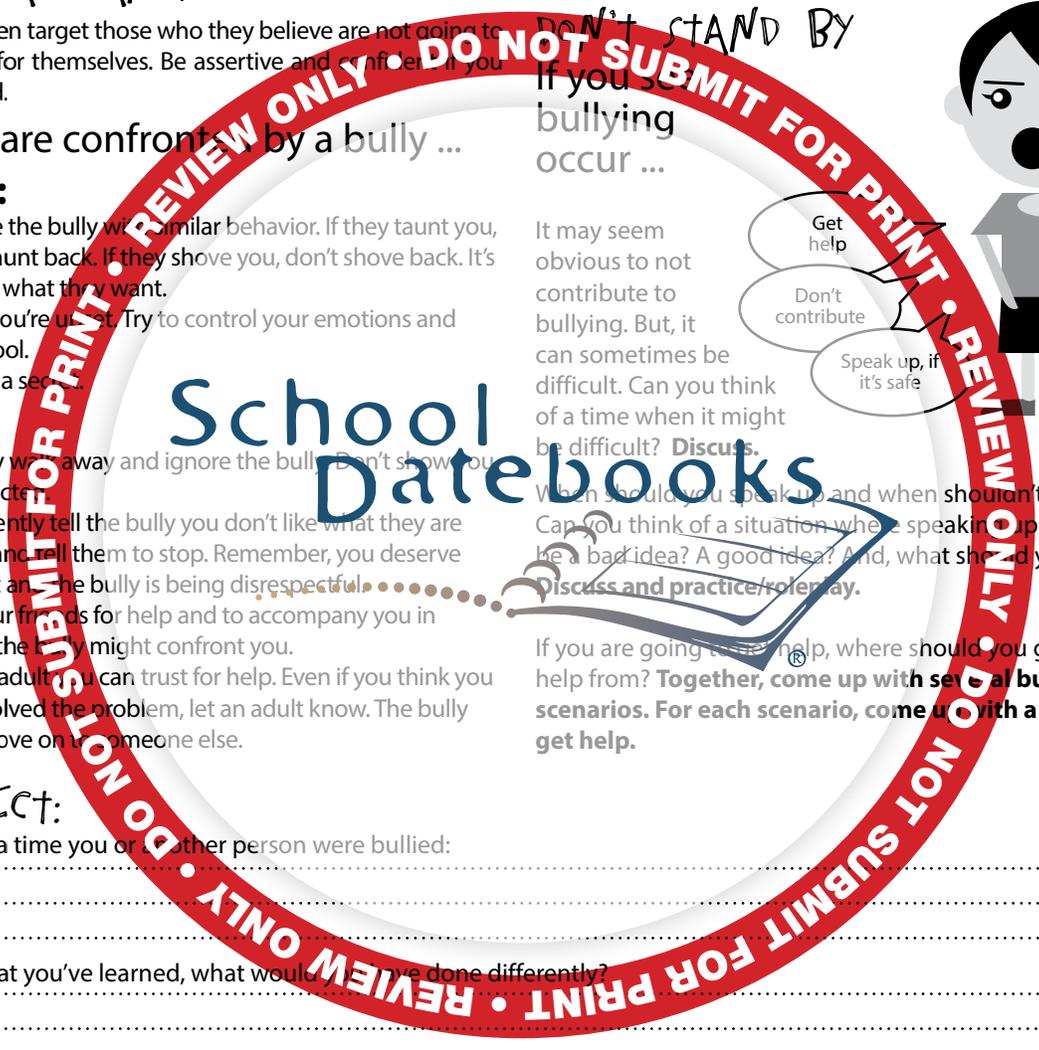
It may seem obvious to not contribute to bullying. But, it can sometimes be difficult. Can you think of a time when it might be difficult? Discuss.

When should you speak up and when shouldn't you? Can you think of a situation where speaking up would be a bad idea? A good idea? And, what should you say? Discuss and practice/roleplay.

If you are going to get help, where should you get help from? **Together, come up with several bullying scenarios. For each scenario, come up with a plan to get help.**



School Datebooks



REFLECT:

Describe a time you or another person were bullied:

.....
.....
.....

Given what you've learned, what would you have done differently?

.....
.....
.....

BULLYING VOCABULARY

- Judgment:** Bullies will sometimes judge another on their appearance or dress.
- Silence:** Not speaking out; what allows bullying to continue.
- Tormenting:** Intentionally causing excessive pain or worrying.
- Name-Calling:** Verbal bullying that involves "put-downs," insults, racial slurs, and other unpleasant names.
- Malicious:** Intentionally being vicious, causing suffering and harm to others, e.g., "That was a malicious thing to say."
- Worry:** The emotion we feel when we think we might be bullied again.
- Bystander:** A classmate or adult who witnesses bullying taking place.

REMEMBER:

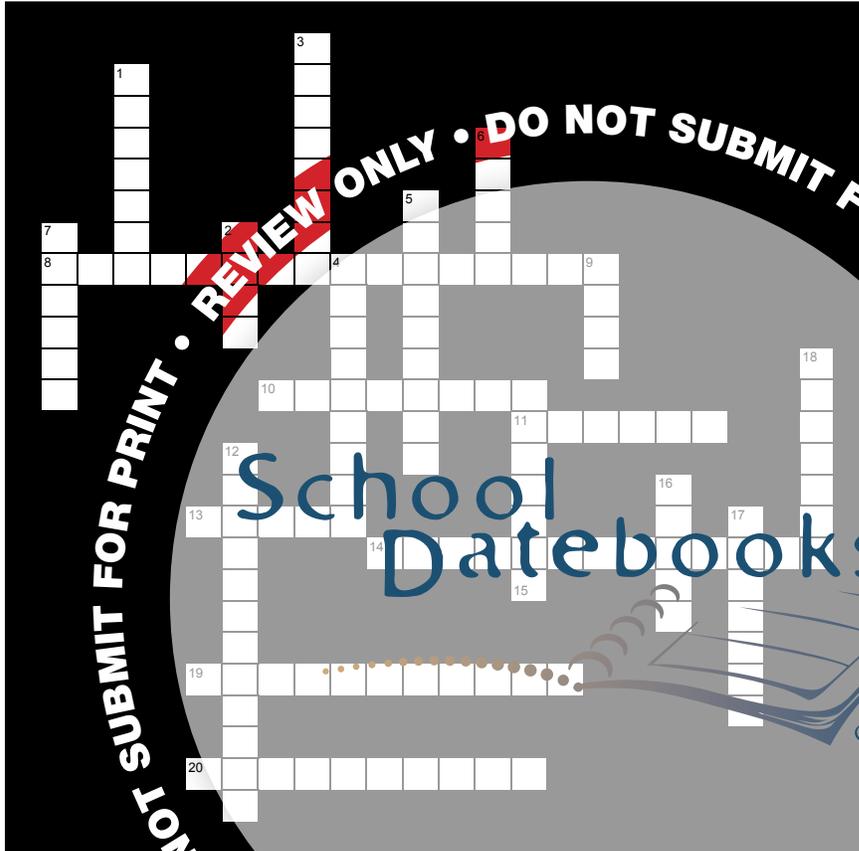
It's not your fault. It's the bullies that have the problem, not their targets. Speak out, get help. You deserve to be respected and not tormented.



CHARACTER *bullying: crossword puzzle*

STOP BULLYING

Use the Bullying vocab to complete the puzzle.



ACROSS

- 8. The spreading of rumors, gossip, or anonymous actions that are meant to hurt another person.
- 10. A feeling of resentment against someone because of that person's success or advantages.
- 11. The person a bully picks on.
- 13. An emotion we feel when bullied.
- 14. Using the internet in order to damage someone's reputation.
- 19. Verbal bullying that involves "put-downs," insults, racial slurs, and other unpleasant names.
- 20. Intentionally causing excessive pain or worrying.

DOWN

- 1. The feeling we get when we wish we had done something differently.
- 2. The emotion that holds bystanders away from helping a victim of bullying.
- 3. Bullies will sometimes make a _____ based on someone's appearance or dress.
- 4. A classmate or adult who witnesses bullying taking place.
- 5. Someone intentionally causing suffering and harm to others is _____.
- 6. The emotion we feel when we think we might be bullied again.
- 7. A person who has been bullied.
- 9. To continuously annoy another person in order to get a reaction.
- 12. Dishonestly influencing or controlling other people to get an advantage.
- 15. The act of harming another, who has no way to defend themselves, for pleasure. (This word goes up)
- 16. An individual who regularly intimidates others for personal gain.
- 17. Not speaking out; what allows bullying to continue.
- 18. Making fun of another person in an often clever but cruel way.





CHARACTER *traits of good character*

RESPECT

Everyday Occurrences

Early on we learn when to say “please” and “thank you,” and how to address adults as “Mr. and Mrs. Smith.”

But showing respect isn’t always clear cut. What kinds of words and actions convey respect when:

- Some of your classmates are teasing the new kid at school and giving him a hard time?
- You disagree with the grade you received on a book report?
- You attend your younger sibling’s school talent show?
- A friend invites you over for dinner for the first time?
- A classmate you don’t know very well calls you names in the cafeteria?

Me First

You’ve probably heard the saying that you have to be a friend to yourself before anyone else will be a friend to you. It’s true!

Name some of the reasons why you deserve to be treated with respect:

I excel at _____

I’m a good _____

I’m proud of my ability to _____

I can teach others now to _____

My favorite thing about me is _____

Next time you’re feeling down, turn to this page to be reminded of why it’s great to be you!

How Respectful Am I?

Answer these statements to find out.

“If you want to be respected by others the great thing is to respect yourself.”

— Fyodor Dostoyevsky

I treat other people the way I want to be treated. **T F**

I am accepting of people who are different than me. **T F**

I obey school rules and community laws. **T F**

I don’t litter and leave nature sites as I found them. **T F**

I solve disagreements without violence. **T F**

I allow others their chance to speak. **T F**

I am a respectful person because: _____





CHARACTER *traits of good character*

INTEGRITY

Character in Action

You're alone in a classroom and you see the answers to an upcoming test on the teacher's desk. There is no way you will get caught if you look at them. You could "ace" the test without studying, but you would be cheating. What do you do?

Think carefully; your answer to this question indicates whether or not you have integrity.

If you do the right thing and don't look at the test, you are of high integrity.

If you look at the answers so you can do well on the test, you are of low integrity.

- What does your answer say about your character?
- What would you do if you walked in on another student who was snooping for the answers?
- Is it more important to win the game or ace the test? Or is it more important to play fairly and not cheat?

Looking for Inspiration

- A person with integrity is honest, truthful, and considerate of others.
- People with no integrity will lie, cheat, and steal to take advantage of others.
- Who do you know with integrity?

1. _____

2. _____

3. _____

4. _____

5. _____

School Datebooks



If you have integrity, nothing else matters. If you don't have integrity, nothing else matters.

— ALAN K. SIMPSON

If you have integrity you are:

- Truthful
- Honest
- Virtuous
- Conscientious

If you don't have integrity, you:

- Lie
- Cheat
- Steal
- Take advantage
- Pass blame





CHARACTER *traits of good character*

COURAGE

Courage is ...

- Standing up for the things you think are right.
- Going into unfamiliar circumstances with confidence.
- Taking on new challenges.

Where Do I Stand?

Would I stand up for a friend in front of a group of people?

Y N

Would I help a friend who's being bullied?

Y N

Would I tell my teacher if I saw someone cheating?

Y N

Would I tell someone if I suspected a friend was experimenting with drugs?

Y N

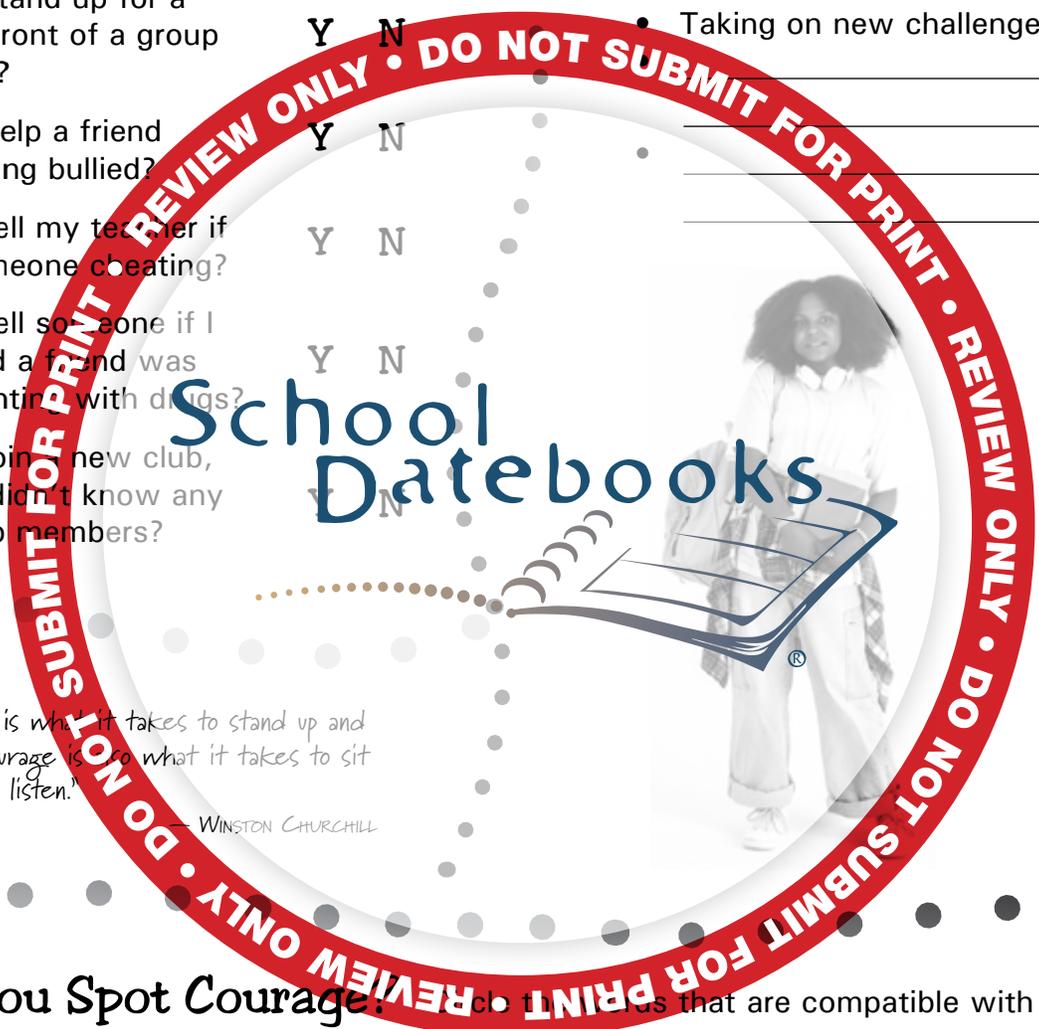
Would I join a new club, even if I didn't know any other club members?

Y N

"Courage is what it takes to stand up and speak; courage is also what it takes to sit down and listen."

— WINSTON CHURCHILL

School Datebooks



Can You Spot Courage?

Circle the words that are compatible with courage.

- | | | | |
|--------------|-----------|-----------|-------------|
| | Heroism | Panic | Meekness |
| Fearlessness | | | |
| | Timidity | Bravery | |
| Character | | Boldness | Confidence |
| Fear | Gallantry | Gumption | |
| | Fortitude | | Trepidation |
| Daring | | Valor | |
| | Shyness | | Resolution |
| | | Cowardice | |



CHARACTER *traits of good character*

DETERMINATION

Make a plan. Make it happen!

Whether it's raising your grade or making the team, you have to work hard and have determination to reach your goal.

My goal: _____

What I will do: _____

How I can motivate myself: _____

How I will reward myself: _____

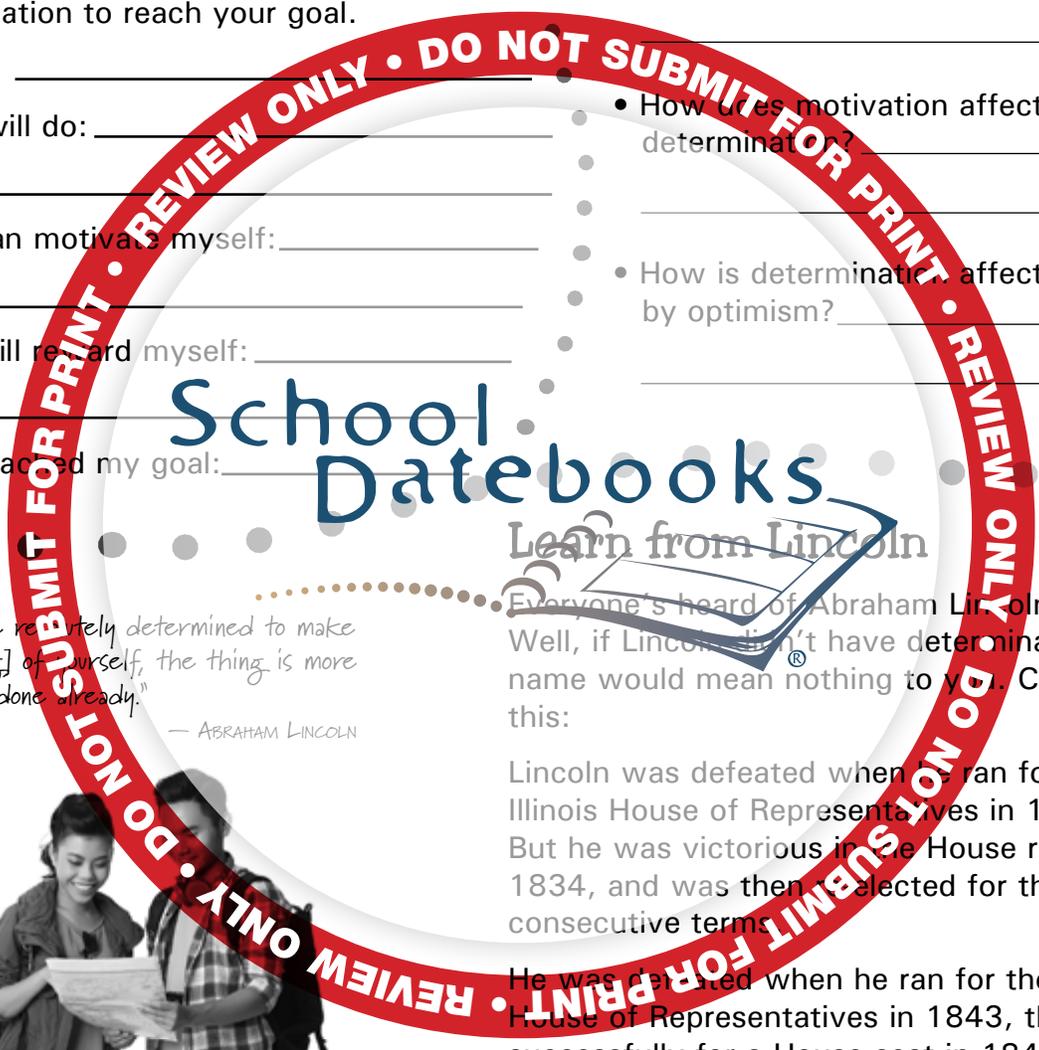
Date I reached my goal: _____

Traits in Common

• How are determination and perseverance alike? _____

• How does motivation affect determination? _____

• How is determination affected by optimism? _____



School Datebooks

Learn from Lincoln

Everyone's heard of Abraham Lincoln, right? Well, if Lincoln didn't have determination, his name would mean nothing to you. Consider this:

"If you are resolutely determined to make [something] of yourself, the thing is more than half done already."

— ABRAHAM LINCOLN

Lincoln was defeated when he ran for the Illinois House of Representatives in 1832. But he was victorious in the House race in 1834, and was then elected for three consecutive terms.

He was defeated when he ran for the U.S. House of Representatives in 1843, then ran successfully for a House seat in 1846.

He was defeated for the Senate in 1855.

He was defeated for Vice President in 1856.

He was defeated for the Senate again in 1858.

Finally, in 1860, Lincoln was elected President of the United States.

• Who else do you know who has shown determination?





CHARACTER *traits of good character*

AMBITION

In My Life

What do I hope to be doing in 20 years? Where will I be?

What am I doing today to get there?

School Datebooks



What's the Word?

P E A P I R A T I O N
 R G B H D H F L E O R O
 E O W X R A Y R A W G Y
 P A M B I T I O N R A V
 A L I L V S T X J P N X
 R S X K E R K B A I M
 E E N D G L N M L C Z P
 D R E A M S B P A V E M

"Intelligence without ambition is a bird without wings."

— C. ARCHIE DANIELSON

You Decide

The ambitious person will:

- a. Work hard to achieve a goal
- b. Wait for something to happen
- a. Plan for the future, then work according to that plan
- b. Play it by ear, acting on every whim
- a. Set goals and make plans to reach them
- b. Have ideas about things and hope they all work out

Find the words listed in the word search. Words can be hidden vertically, horizontally or diagonally. How does each of these words relate to ambition?

- | | |
|------------|----------|
| Ambition | Goals |
| Desire | Dreams |
| Plan | Drive |
| Aspiration | Organize |
| Aim | Prepared |



CHARACTER *traits of good character*

CITIZENSHIP

Citizenship = Participation

Citizenship is having pride in your school, in your city, community, and country. But it's more than having pride. Citizenship is also doing all you can to help keep your school, city, community, and country something to be proud of.

"Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it's the only thing that ever has."

— MARGARET MEAD

Unscramble the words to figure out things you can do to be a good citizen.

• _____ in elections.
OTVE

• Pick up _____ at a local park.
SAHTR

• _____ cans, glass, and plastic bottles.
CEELCRY

• Obey all _____ of the country.
WASL

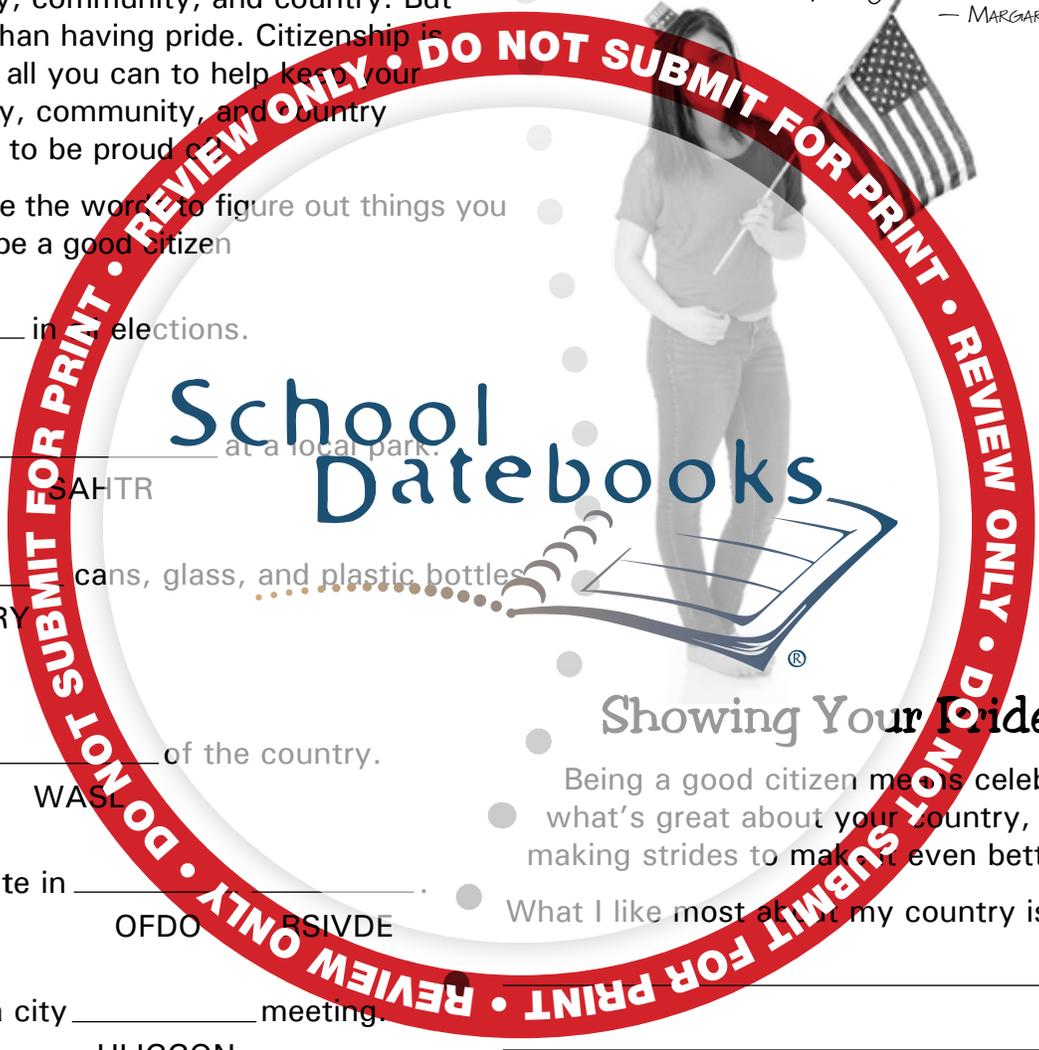
• Participate in _____.
OFDO PSIVDE

• Attend a city _____ meeting.
ULICCON

• Respect _____.
HUIYTATOR

• Raise money for _____.
THICARY

• _____ for a community service.
LOUNREVTE



Showing Your Pride

Being a good citizen means celebrating what's great about your country, but also making strides to make it even better.

What I like most about my country is:

● If I could change one thing about my country, I would:

● _____

● _____

● _____



CHARACTER *traits of good character*

CARING

Choosing to Care

Are you concerned for other people's feelings? Do you make sure your pets have food and water? Do you help people when they are in need? If you do, then you are a caring person.

What are some professions that require caring people?

1. _____
2. _____
3. _____
4. _____
5. _____



School Datebooks

Caring in Action

"Without a sense of caring, there can be no sense of community."

— ANTHONY J. D'ANGELO

What does it mean to care for the environment?

How do you care for yourself?

Could You Be More Caring?

Match the verbs with the correct sentences to figure out how you could be more caring by

- | | |
|------------|-----------------------------|
| Sharing | to my friend's troubles. |
| Speaking | out around the house. |
| Including | friends when they are sad. |
| Listening | nicely about others. |
| Comforting | my things with my siblings. |
| Helping | everyone in the game. |

• How else could I be more caring? _____

What does it feel like when someone is caring for you?

What does it feel like when someone is uncaring toward you?



CHARACTER *traits of good character*

TRUSTWORTHINESS

Traits in Common

How are friendship and loyalty related to trust? _____

The Truth About Trust

Trustworthy people know the importance of trust and make sure they embody it in everything they do.

Whom do you trust? _____

Can others trust you? Why or why not? _____

School Datebooks

Why is it important to trust one another? _____

When might you need to betray a friend's trust? _____

"You may be deceived if you trust too much, but you will live in torment if you don't trust enough."
— FRANK

In Practice

For each example of nontrustworthy behavior, come up with a trustworthy solution.

You lie to your parents. _____

You fail to return your library books. _____

You break a promise to a friend. _____

You're caught gossiping behind someone's back. _____

You let a friend copy your homework. _____

Someone else is blamed for your mistake. _____



CHARACTER *traits of good character*

FAIRNESS

Are You Fair?

Do you let everyone have a turn before you go again?

Do you follow the rules?

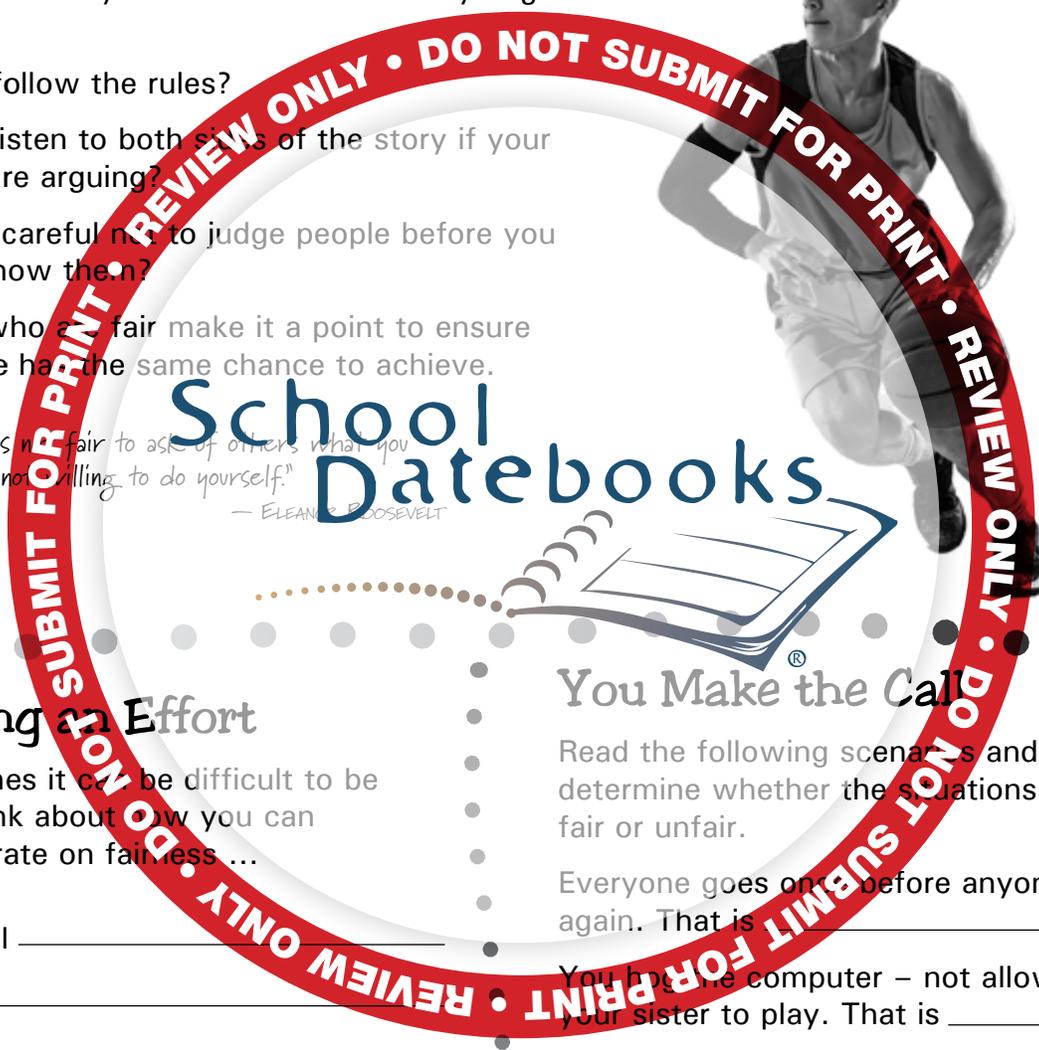
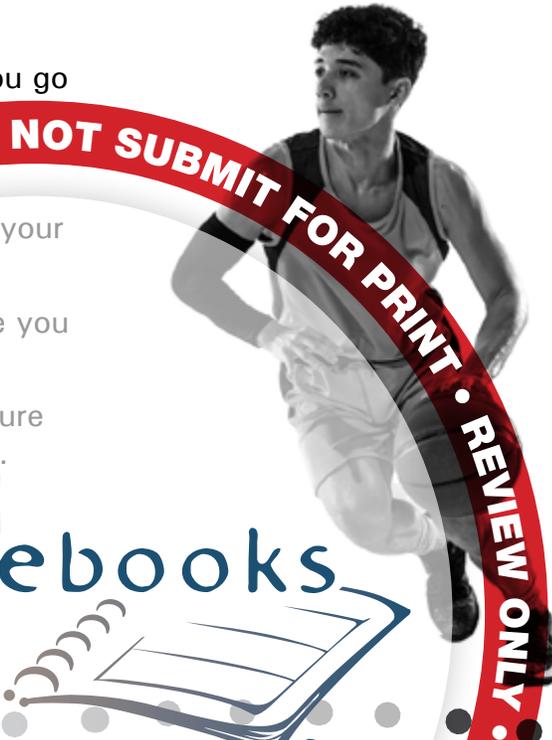
Do you listen to both sides of the story if your friends are arguing?

Are you careful not to judge people before you get to know them?

People who are fair make it a point to ensure everyone has the same chance to achieve.

*"It is not fair to ask of others what you are not willing to do yourself."
— ELEANOR ROOSEVELT*

School Datebooks



Making an Effort

Sometimes it can be difficult to be fair. Think about how you can concentrate on fairness ...

at school _____

at home _____

in sports _____

You Make the Call

Read the following scenarios and determine whether the situations are fair or unfair.

Everyone goes on _____ before anyone goes again. That is _____.

You hog the computer – not allowing your sister to play. That is _____.

You see your classmate cheating on a test. That is _____.

You give something to one of your friends, but not to another. That is _____.

You and your friends don't let anyone else sit at your table. That is _____.

You clean up the mess you made. That is _____.



CHARACTER *traits of good character*

HONESTY

Honest or Dishonest?

Think about these situations and decide what you think is honesty or dishonesty:

Turning in a paper from an internet source that you created by changing some words, paragraph order, and a couple of examples.

Telling your aunt you like the poster she gave you for your birthday even though you no longer like the band.

Telling your parents you're an hour late because your friend had car trouble when the problem was needing to stop for gas, which only took a few minutes.

Letting the umpire call you safe when you know the shortstop tagged you.

Assuring your little sister that the noise she just heard was really the cat when you have no idea what it was.

Keeping the extra dollar you got in change rather than telling the clerk about his mistake.

Is honesty always best?

What do I do if the truth might hurt someone's feelings?

Background Info

What it means to be honest:

Training Scenario

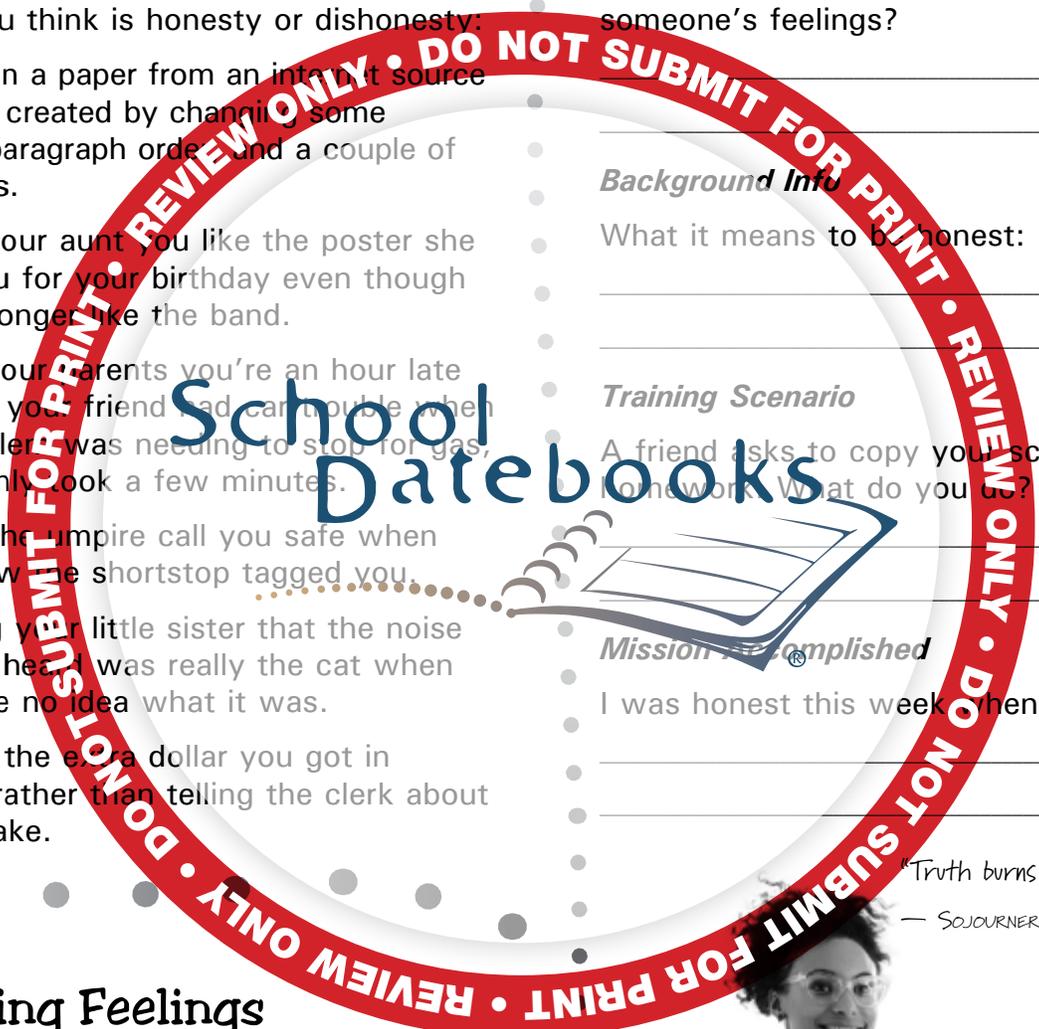
A friend asks to copy your science homework. What do you do?

Mission Accomplished

I was honest this week when:

"Truth burns up error."

— SOJOURNER TRUTH



Nagging Feelings

How does it feel when someone isn't honest with you?

How do you feel after you haven't been honest with someone?





CHARACTER *traits of good character*

PERSISTENCE

Winners Despite Rejections

If you're brainy enough to write a book – and persevere through that long process – surely you can count on getting it published, can't you? Not necessarily. It's after the writing is done that you need perseverance the most, many authors who've faced rejection letters will tell you.

Dr. Seuss Persevered

If Dr. Seuss quit after his first or even his 11th rejection, you'd never have read *Green Eggs and Ham* or *Good Dog Go*. His first book, *To Think That I Saw It on Mulberry Street*, was rejected more than two dozen times. He went on to write nearly 50 children's books, many loved by adults, too.

If he hadn't persevered, you wouldn't have the promise of his tale, *Oh the Places You'll Go*.

So Did Emily Dickinson

Emily Dickinson, a 19th century U.S. poet, saw just seven of her poems published in her lifetime. But she kept on writing – more than 1,700 poems in all. Today, her work is studied and revered by many.

Without her perseverance, you wouldn't be inspired by her words, "Hope is the thing with feathers/ That perches in the soul" or "As imperceptibly as Grief/The summer lapsed away."

They Kept At It

Those who quit don't make history. Those who stick to it, like these folks, are remembered:

- Charles Schulz
- Elizabeth Cady Stanton
- Shirley Chisholm
- Lewis and Clark

School Datebooks

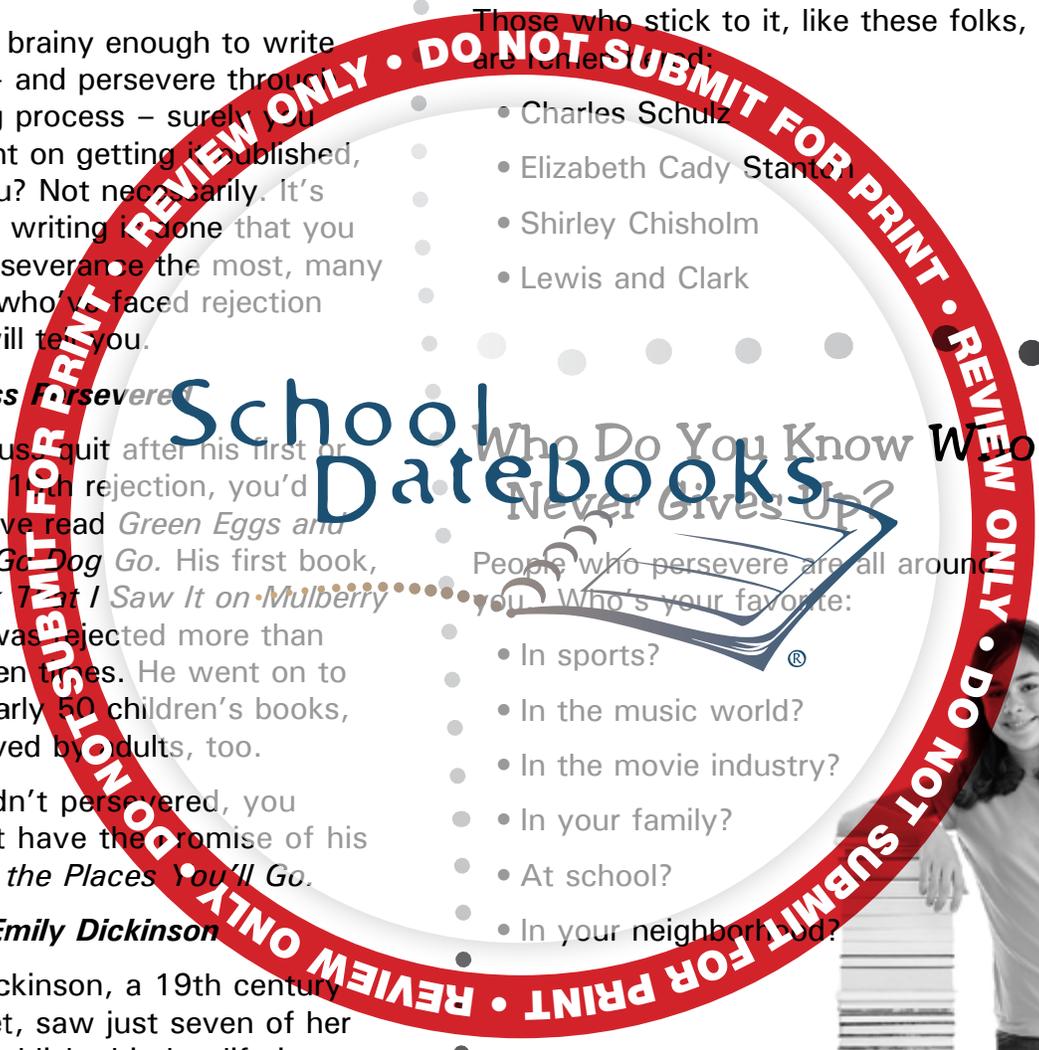
Who Do You Know Who Never Gives Up?

People who persevere are all around you. Who's your favorite:

- In sports?
- In the music world?
- In the movie industry?
- In your family?
- At school?
- In your neighborhood?

"If you can somehow think and dream of success in small steps, every time you accomplish a small goal, it gives you confidence to go on from there."

— JOHN H. JOHNSON





CATHOLIC EDUCATION *Advent*

A SEASON OF HOPE



The first Sunday of Advent is New Year's Day in the Catholic Church, when we begin a new cycle of the liturgical year. The Advent season begins four Sundays before Christmas.

A TIME FOR JOY – The word "Advent" comes from the Latin word for "adventus," which means "arrival" or "coming," signaling the coming of the birth of Jesus Christ on Christmas Day.

Joy is abundant during Advent as we anticipate Christmas. To prepare, we focus on readying ourselves for this wonderful gift.

A NEW BEGINNING – It's a time for contemplation and renewal, a time to anticipate a new beginning. A time of hope.

"It is the beautiful task of Advent to awaken in all of us memories of goodness and thus to open doors of hope."

– Pope Benedict XVI

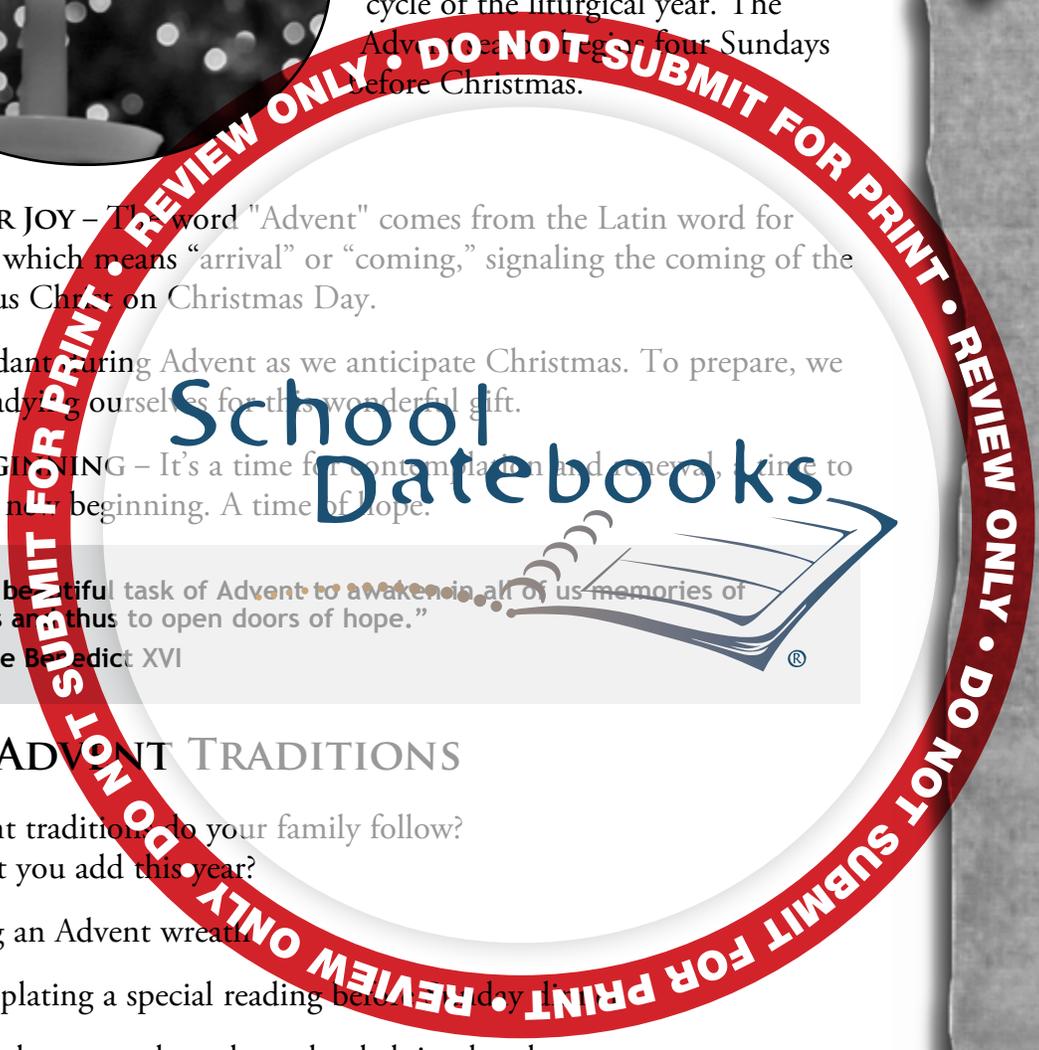
School Datebooks



YOUR ADVENT TRADITIONS

What advent traditions do your family follow?
What might you add this year?

- Lighting an Advent wreath
- Contemplating a special reading before bed every day
- Bringing hope to others through a helping hand
- Inviting relatives to join you for a meal during this season
- Others:





Living in faith

A CATHOLIC STUDENT'S GUIDE TO LIFE-LONG LEARNING

THE ADVENT WREATH

A symbol of the coming of the light, the Advent wreath contains four candles, one for each Sunday of the season.

EVERGREEN FOR ETERNITY

- Traditionally, three of the candles are purple and one is rose. The candles are placed in an evergreen circle, which represents eternal life.
- The ritual of lighting the candles signals the coming of the light, the birth of Christ on Christmas Day.



REPRESENTING EXPECTATION, HOPE, JOY, PURITY

- On the first Sunday, a purple candle is lit. It represents expectation.
- The next Sunday, the first candle and a new purple candle, this one representing hope, are lit.
- On the third Sunday, the rose candle, representing joy, is lit, along with the candles from the first two weeks.
- On the last Sunday, the fourth candle, representing purity, is lit, along with the other three.
- On Christmas Day, the purple and rose candles are replaced with white candles, signaling the new beginning.

School Datebooks

"We light a candle today, a small dim light against a world that often seems forbidding and dark. But we light it because we are a people of hope."
 – Sacred Heart League

YOUR PERSONAL PREPARATION

What hopes do you have during this time?

What are you doing during the Season of Advent to prepare for Christmas?



CATHOLIC EDUCATION *All Saints' Day & All Souls' Day*

SAINTS INSPIRE US

Stories of effort, struggle, leadership, compassion, and good works mark the lives of those who have been ordained Catholic saints. Their stories provide great examples for our own lives.

St. Martin de Porres, for example, was a Dominican friar known for his love of animals. He even operated a pet hospital from his sister's home.

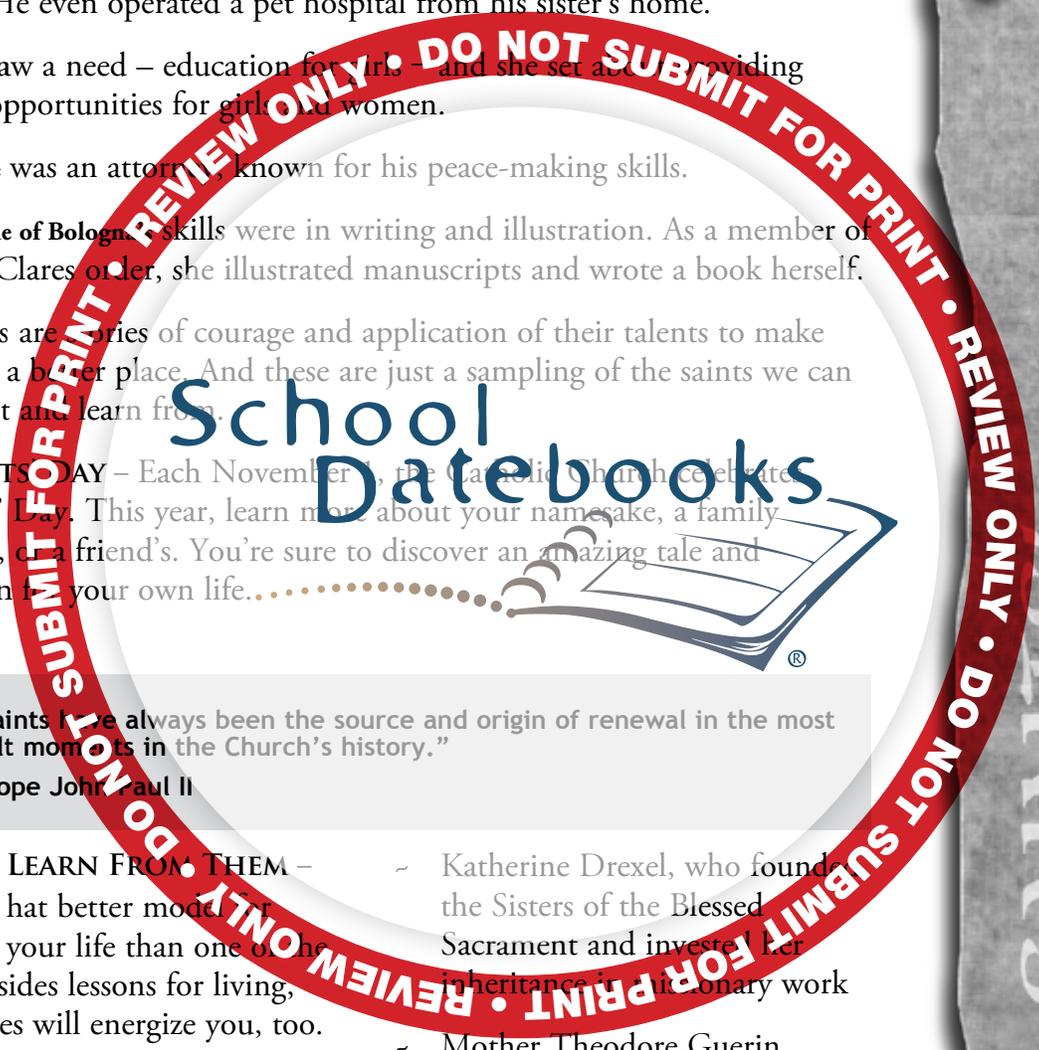
St. Angela saw a need – education for girls – and she set about providing learning opportunities for girls and women.

St. Ambrose was an attorney, known for his peace-making skills.

St. Catharine of Bologna's skills were in writing and illustration. As a member of the Poor Clares order, she illustrated manuscripts and wrote a book herself.

Their lives are stories of courage and application of their talents to make the world a better place. And these are just a sampling of the saints we can read about and learn from.

ALL SAINTS DAY – Each November 1, the Catholic Church celebrates All Saints' Day. This year, learn more about your namesake, a family member's, or a friend's. You're sure to discover an amazing tale and inspiration for your own life...



“The saints have always been the source and origin of renewal in the most difficult moments in the Church's history.”

– Pope John Paul II

WHAT BETTER MODEL OF your life than one of the saints? Besides lessons for living, their stories will energize you, too.

Some close-to-home saints you might want to explore more about:

- ~ Katherine Drexel, who founded the Sisters of the Blessed Sacrament and invested her inheritance in missionary work
- ~ Mother Theodore Guerin, who founded the Sisters of Providence of St. Mary-of-the-Woods in Indiana
- ~ Frances Xavier Cabrini, the first U.S. citizen to be canonized
- ~ Elizabeth Ann Seton, the first American-born saint





SEVEN SPECIAL GIFTS

The Holy Spirit bestows seven gifts at your Confirmation. They are found at Isaiah 11:2, in this verse:

“The spirit of the Lord shall rest upon him: a spirit of wisdom and of understanding, a spirit of counsel and of strength, a spirit of knowledge and of fear of the Lord ...”

Today, these gifts are generally referred to as:

Wisdom ~ Understanding ~ Right judgment ~ Strength ~ Knowledge ~ Reverence ~ Wonder and awe of God

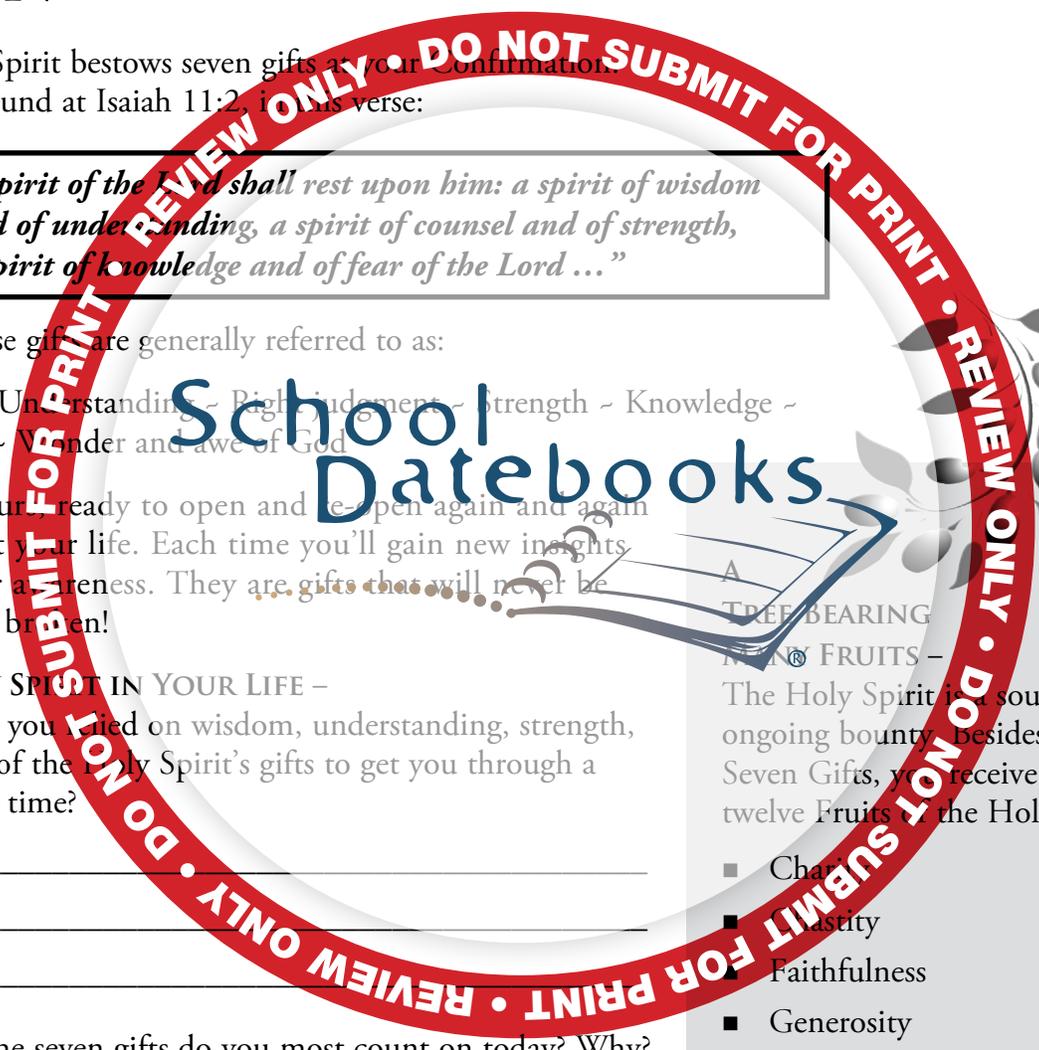
They're yours, ready to open and re-open again and again throughout your life. Each time you'll gain new insights and greater awareness. They are gifts that will never be used up or broken!

THE HOLY SPIRIT IN YOUR LIFE –

When have you relied on wisdom, understanding, strength, or another of the Holy Spirit's gifts to get you through a challenging time?

Which of the seven gifts do you most count on today? Why?

How might you use these gifts to help plan your future?



A TREE BEARING MANY FRUITS –

The Holy Spirit is a source of ongoing bounty. Besides the Seven Gifts, you receive these twelve Fruits of the Holy Spirit:

- Charity
- Castity
- Faithfulness
- Generosity
- Gentleness
- Goodness
- Joy
- Kindness
- Modesty
- Patience
- Peace
- Self-control



CATHOLIC EDUCATION *Lent*

A TIME TO ACT

During Lent, we focus on the ultimate sacrifice, Jesus dying on the cross to redeem us from our sins.

LIVE MODESTLY – Lent, then, is a time for reflection and self-denial, a time for mourning and repentance. A time when we indulge less and live more modestly.

It can also be a time for action, especially when it comes to doing good works, a time for working hard in anticipation of the redemption to come.

Giving up ice cream or candy may be one choice for Lent. It's a carryover from the days of strict fasting once observed by Catholics. Going without sweet treats is a sacrifice, and a worthy one.

GIVE OF YOURSELF – If something as simple as that is an appropriate Lenten observance, imagine, then, what the impact would be of you doing something productive during Lent. As you scale back on what you give yourself during Lent, consider how you might give to others.

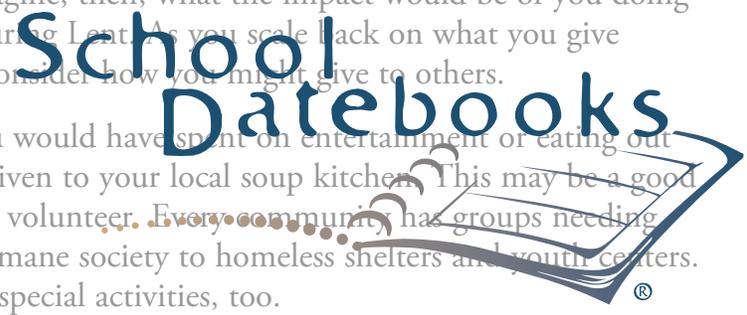
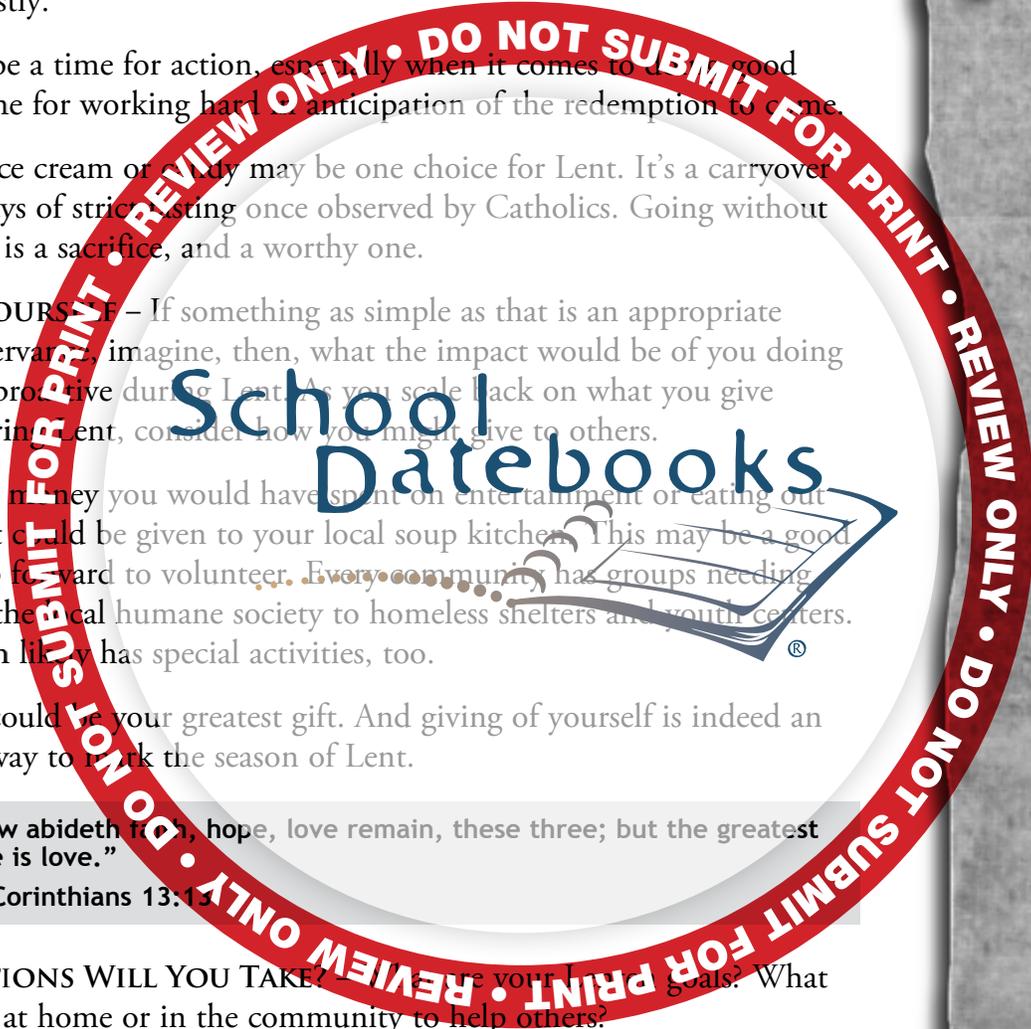
Perhaps the money you would have spent on entertainment or eating out during Lent could be given to your local soup kitchen. This may be a good time to step forward to volunteer. Every community has groups needing help, from the local humane society to homeless shelters and youth centers. Your church likely has special activities, too.

Your time could be your greatest gift. And giving of yourself is indeed an honorable way to mark the season of Lent.

“And now abideth faith, hope, love remain, these three; but the greatest of these is love.”

– 1 Corinthians 13:13

WHAT ACTIONS WILL YOU TAKE? – Are there Lenten goals? What will you do at home or in the community to help others?



WORD ORIGIN

While there seems to be some uncertainty about the precise origin of the word, “Lent,” it was perhaps derived from the Germanic root word for spring, “lencten.” And most agree that its meaning is “spring,” “new life” and “hope,” which we, of course, receive at Lent’s end.



Living in faith

A CATHOLIC STUDENT'S GUIDE TO LIFE-LONG LEARNING

THE SEASON

Lent begins on Ash Wednesday, which falls anywhere from February 4 to March 10, depending on the date of Easter.

Although we refer to Lent as a 40-day period, the time from Ash Wednesday until Easter is actually 46 days, because Sundays were not counted in the days of fast observed during Lent in earlier years.

LENTEN TRADITIONS – Lent is a season rich with tradition and practice for Catholics. Many families, churches, and communities repeat their traditions year after year. Others modify them to reflect changing times. Around the United States and the world, different Lenten practices have emerged.

Talk to your parents, grandparents, and teachers. Find out where they grew up and what their family and church traditions were when they were youngsters. Ask them how they felt about the time of Lent. Talk about how your family's traditions are similar and different.

Of your family traditions, what are you likely to keep for years to come?

“If you want God to hear your prayers, hear the voice of the poor. If you wish God to anticipate your wants, provide for the needy without waiting for them to ask you.”
— Thomas of Villanova

School Datebooks

WHAT NEW LENTEN ACTIVITIES MIGHT YOU CONSIDER ADDING?



CATHOLIC EDUCATION *liturgical year, colors*

CALENDAR MARKS SEASONS

A year is a year, except when you want to get more specific. There's the calendar year from January through December, the school year from fall to spring, the varied fiscal years for businesses, and, yes, a liturgical year for the Catholic Church. These markings of time give us a cycle with a beginning, middle, and end.

TRADITIONS CONNECT US – Beyond turning our calendar pages, tracking time helps Catholics learn more about our history, chronologically revisit events, celebrate specific holidays, and bring reverent meaning to our daily lives.

The liturgical year connects us to both our faith and to each other with meaningful traditions.

REPEATING SEASONS – In the Catholic Church, the liturgical year begins on the first Sunday of Advent and proceeds through the seasons, then repeats them, year after year.

The seasons of the Catholic Church are:

- Advent ■ Christmas ■ Ordinary Time ■ Lent ■ Easter ■ Pentecost
- Ordinary Time

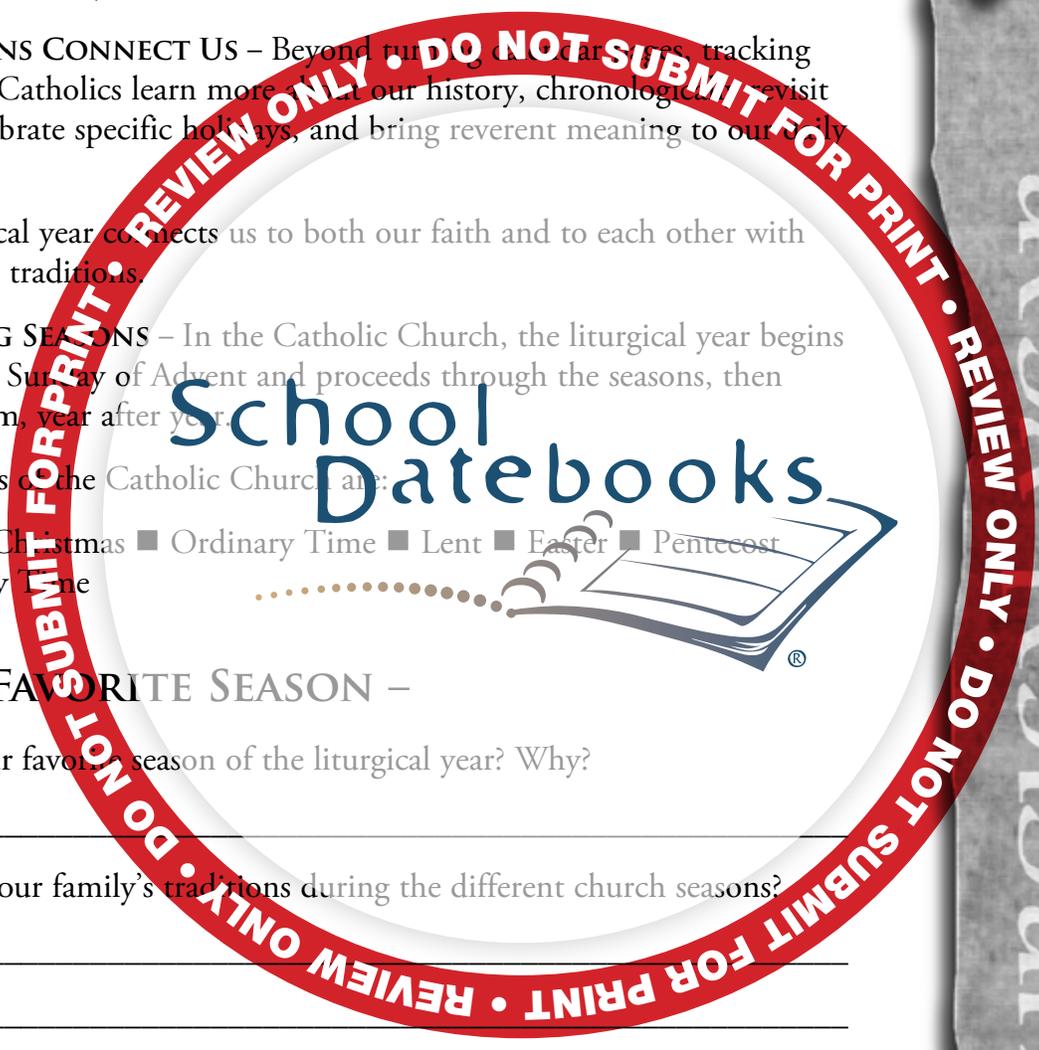


YOUR FAVORITE SEASON –

What's your favorite season of the liturgical year? Why?

What are your family's traditions during the different church seasons?

How do you think these traditions help connect you to your family and your faith?





CATHOLIC EDUCATION *liturgical year, colors*



COLORS BEAR MEANING

Liturgical colors are also used to mark certain seasons or church holidays. Each color symbolizes specific meanings, giving an added dimension to our services.

VIOLET: MELANCHOLY

Violet is worn during more somber times, such as Advent, Lent, and Good Friday. The color is a symbol for melancholy, penance, and humility.

ROSE: JOY

On the third Sunday of Advent and the fourth Sunday of Lent, rose replaces violet as a symbol of the coming joy.

RED: PASSION

Palm Sunday, Pentecost, martyrs' feasts, and feasts of Christ's passion are the times when red is used. It represents blood, fire, and martyrdom.

WHITE: GLORY

White is the liturgical color for Christmas, Easter, certain feast days, and weddings. It signifies joy, purity, light, innocence, triumph, and glory.

GREEN: HOPE

Green is the color chosen following the Epiphany and Pentecost. It represents hope and life eternal.

BLACK: SORROW

The color black is chosen for All Souls' Day and funeral Masses, as we mourn the loss of those preceded us.

YOUR THOUGHTS?

How do you feel about the meanings behind each of the colors?

What do you think the added symbolism of the chosen colors brings to each season?



CATHOLIC EDUCATION *our blessed mother*

MARY'S SIGNIFICANCE, AS MOTHER OF GOD

The older we get, the more interested we become in our mother's life. In our teens, as we experience some things for the first time, we realize that our mother did these before us. We begin a new level of conversation with her, and that grows in the coming years.

This same interest is true for Catholics, too, and our relationship with Mary, the mother of Jesus and beloved maternal figure. You may be beginning to develop an understanding of what Mary offers you. And as you do with your own mother, you'll likely develop a deeper connection in years to come.

So endeared is Mary that she's been bestowed with many names – the Blessed Virgin, Our Lady of Guadalupe, the Madonna, the Virgin Mary, the Queen of Heaven, and Our Lady of Mercy, among many others.

“Nature’s blossoming, the warm air of May evenings, human gladness in a world that is renewing itself—all these things enter the Veneration of Mary has its place in this very particular atmosphere, for she, the Virgin, shows us faith under its youthful aspect, as God’s new beginning in a world that has grown old.”

— Pope Benedict XVI

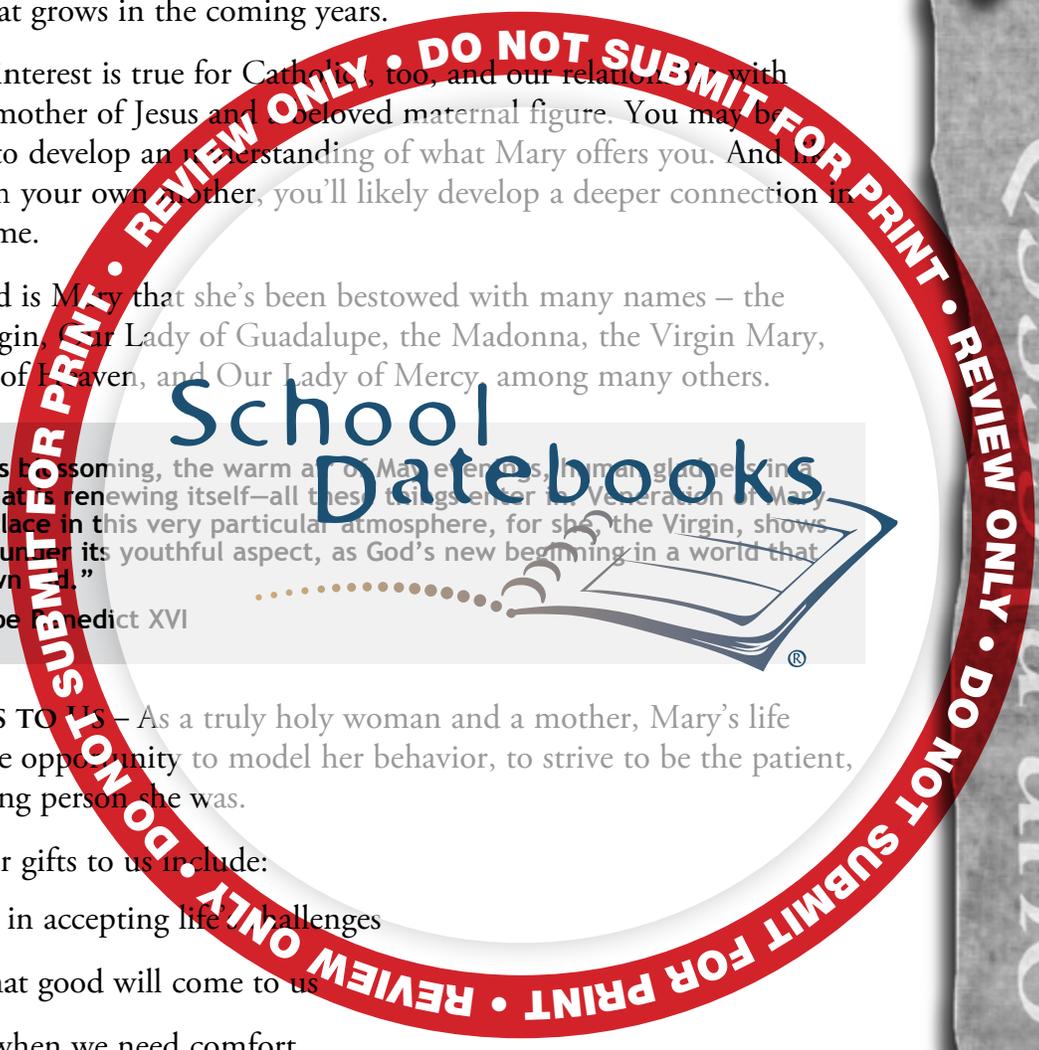


HER GIFTS TO US – As a truly holy woman and a mother, Mary’s life offers us the opportunity to model her behavior, to strive to be the patient, loving, caring person she was.

Some of her gifts to us include:

- Lessons in accepting life’s challenges
- Faith that good will come to us
- Solace when we need comfort

What gifts have you accepted from Mary?





FEASTS CELEBRATING MARY

Throughout the church year, we turn frequently to Mary and her life's stories. Some of the days we honor the Blessed Virgin:

EVENTS IN HER LIFE:

December 8 ■ Immaculate Conception

September 8 ■ Mary's Birth

March 25 ■ The Annunciation

May 31 ■ The Visitation

August 15 ■ The Assumption

FEAST DAYS:

December 12 ■ Our Lady of Guadalupe

February 11 ■ Our Lady of Lourdes

July 16 ■ Our Lady of Mount Carmel

September 15 ■ Our Lady of Sorrows

August 22 ■ Queenship of Mary

MAY: THE MONTH OF MARY – Catholics honor the Blessed Mother for a full month each year; May is the Month of Mary.

WHAT DOES MARY MEAN TO YOU?

How does the Blessed Mother influence your life? Help you in your faith?

“Be attentive of Divine Mercy under the maternal and loving guidance of Mary.”
— Pope John Paul II

School Datebooks





CATHOLIC EDUCATION *the rosary*

CONTEMPLATIVE PRAYER

Prayer beads, meditation time, and the ritual of repetitive prayers are common to many religions. For Catholics, one of the oldest traditions is praying the rosary, often done while holding rosary beads and moving from bead to bead after each prayer.

This structured prayer includes the Apostle’s Creed, Hail Mary, Glory Be, and Our Father, as well as contemplation of the four sets of mysteries of the rosary, which chronicle events in the New Testament.

TIME FOR MEDITATION, FOCUS – For those saying the rosary, the repetitive prayer offers an opportunity for meditation, focus, and devotion, whether prayed alone, with classmates or your family, at a funeral, or a celebration.

For individuals, saying the rosary can be a time to step outside the routine, a few minutes of reflection and an opportunity to focus on your faith.

CONNECTING FAMILIES, GROUPS – Some families begin a long car drive by saying the rosary. Others use this form of prayer during special times of the year, to bring the family together.

For groups, the rosary can formalize a gathering time, helping to create connections, unity, and peace.

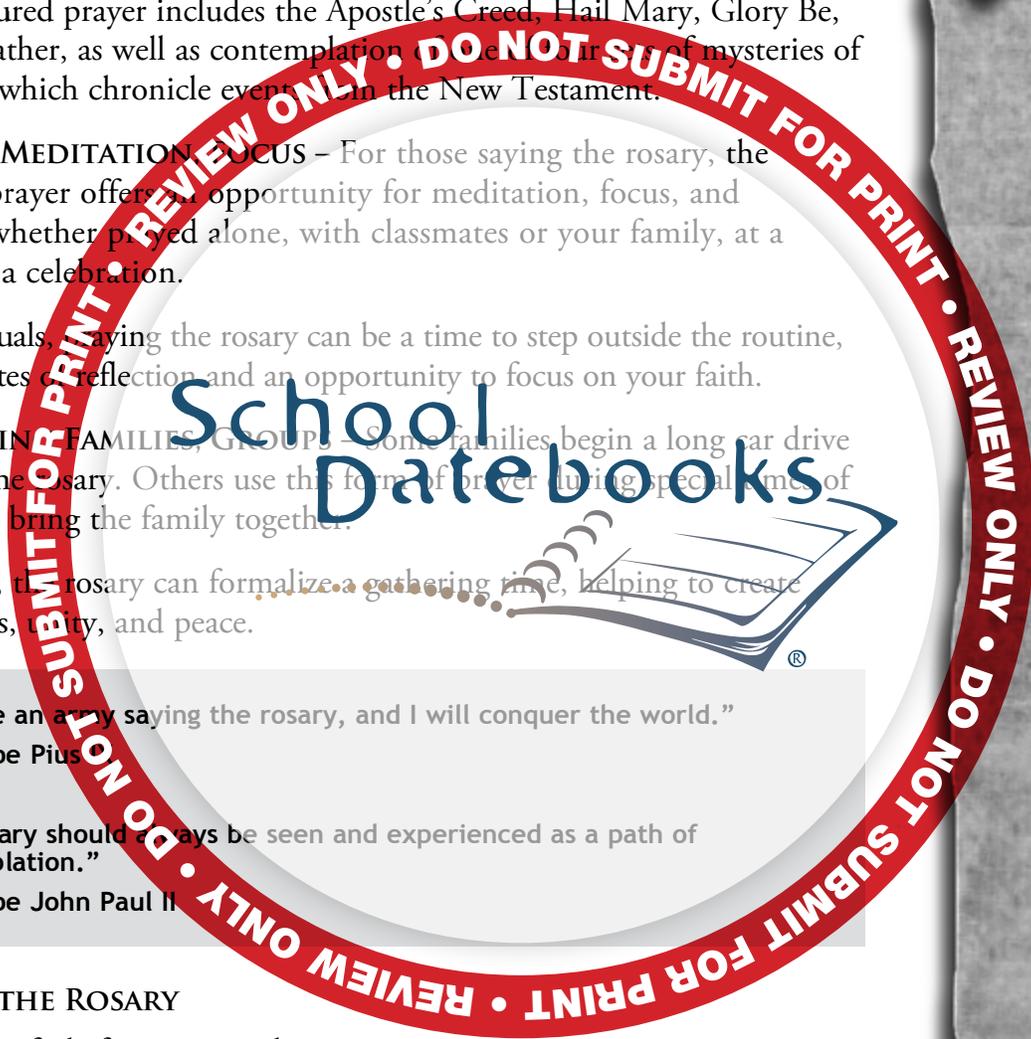
“Give me an army saying the rosary, and I will conquer the world.”
– Pope Pius

“The rosary should always be seen and experienced as a path of contemplation.”
– Pope John Paul II

YOU AND THE ROSARY

How do you feel after praying the rosary?

What does praying the rosary give you?





Living in faith

A CATHOLIC STUDENT'S GUIDE TO LIFE-LONG LEARNING

THE ROSARY'S ORIGINS

Catholic scholars believe that praying the rosary likely began during the High Middle Ages, the 11th to 13th centuries, when few people were able to read. Repeating the Our Father 150 times, which they had learned through oral tradition, provided a framework for contemplative prayer. The prayers were counted off on a ring of beads called a corona.

It's believed that sometime in the late 1300s, Dominican friar Henry Kalkar divided the 150 prayers into 15 decades and replaced the Our Father with the Hail Mary. Later, the rosary was shortened to 5 decades.

Under Pope Leo XIII, who served from 1878 to 1903, October was named the Month of the Holy Rosary. The feast of Our Lady of the Rosary is celebrated on October 7 each year.

NEWEST: LUMINOUS MYSTERIES – In 2002, Pope John Paul II introduced the Luminous Mysteries, the mysteries of light, to the church's traditional Glorious, Joyful, and Sorrowful Mysteries for contemplation while praying the rosary.

"I thought that I had no time for faith, nor time to pray, then I saw an armless man saying his rosary with his feet."

– Unknown

The Luminous Mysteries are:

- Baptism of Jesus in the Jordan
- The Transfiguration of Jesus
- The wedding at Cana
- The Last Supper, institution of the Eucharist
- The Proclamation of the Kingdom of God

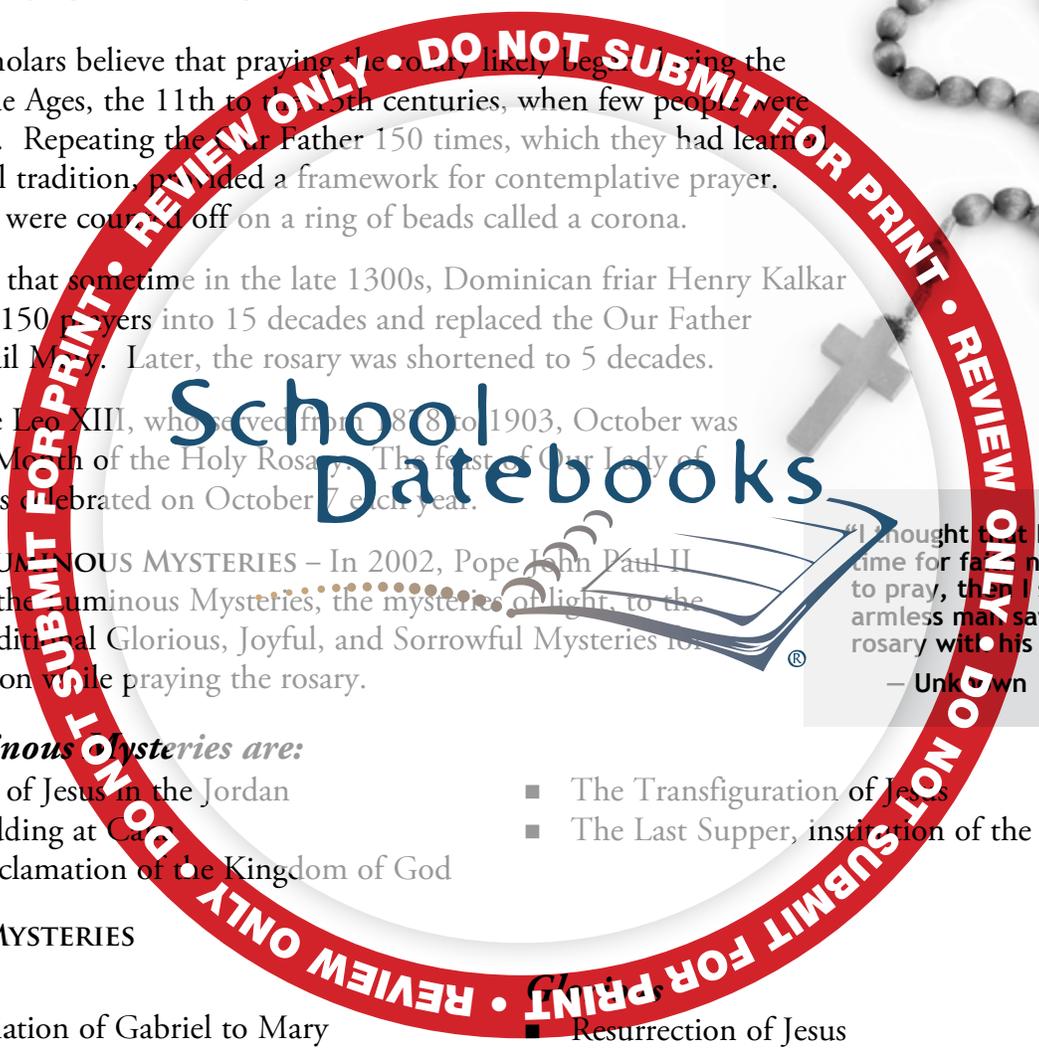
EARLIEST MYSTERIES

Joyful

- Annunciation of Gabriel to Mary
- Visitation of Mary to Elizabeth
- Birth of Jesus
- Presentation of Jesus in the temple
- Finding Jesus in the temple
- Resurrection of Jesus
- Ascension of Jesus
- Descent of the Holy Spirit at Pentecost
- Assumption of Mary into heaven
- Coronation of Mary as Queen of Heaven and Earth

Sorrowful

- Agony of Jesus in the garden
- Jesus scourged at the pillar
- Jesus crowned with thorns
- Jesus carries his cross
- Crucifixion of Jesus





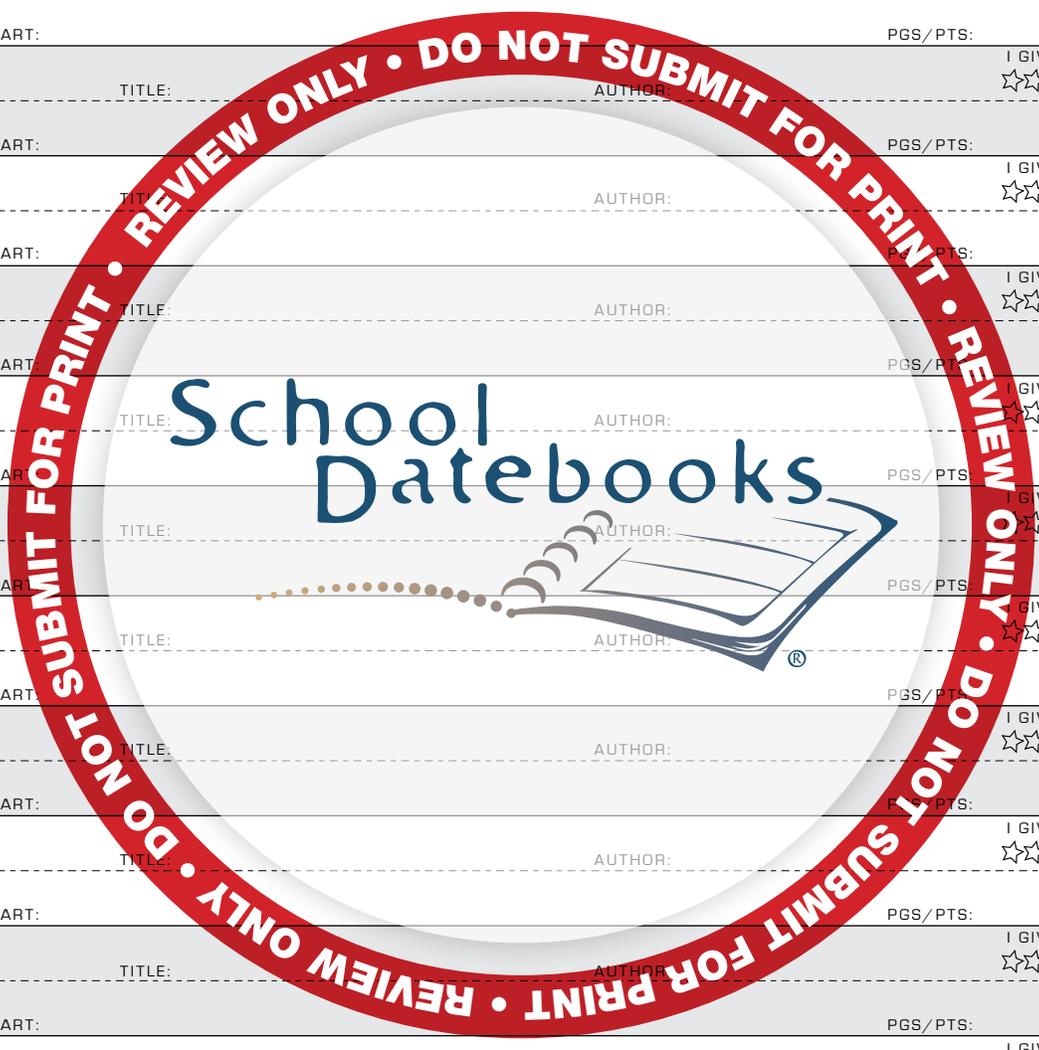
READING LOG



I Will Read: _____ Date Achieved: _____ Teacher/Parent Initials _____

Number of Books _____

1	DATE: _____ MY FAVORITE PART: _____	TITLE: _____	AUTHOR: _____	I GIVE IT: ☆☆☆☆ PGS/PTS: _____	P.I. _____ T.I. _____
2	DATE: _____ MY FAVORITE PART: _____	TITLE: _____	AUTHOR: _____	I GIVE IT: ☆☆☆☆ PGS/PTS: _____	P.I. _____ T.I. _____
3	DATE: _____ MY FAVORITE PART: _____	TITLE: _____	AUTHOR: _____	I GIVE IT: ☆☆☆☆ PGS/PTS: _____	P.I. _____ T.I. _____
4	DATE: _____ MY FAVORITE PART: _____	TITLE: _____	AUTHOR: _____	I GIVE IT: ☆☆☆☆ PGS/PTS: _____	P.I. _____ T.I. _____
5	DATE: _____ MY FAVORITE PART: _____	TITLE: _____	AUTHOR: _____	I GIVE IT: ☆☆☆☆ PGS/PTS: _____	P.I. _____ T.I. _____
6	DATE: _____ MY FAVORITE PART: _____	TITLE: _____	AUTHOR: _____	I GIVE IT: ☆☆☆☆ PGS/PTS: _____	P.I. _____ T.I. _____
7	DATE: _____ MY FAVORITE PART: _____	TITLE: _____	AUTHOR: _____	I GIVE IT: ☆☆☆☆ PGS/PTS: _____	P.I. _____ T.I. _____
8	DATE: _____ MY FAVORITE PART: _____	TITLE: _____	AUTHOR: _____	I GIVE IT: ☆☆☆☆ PGS/PTS: _____	P.I. _____ T.I. _____
9	DATE: _____ MY FAVORITE PART: _____	TITLE: _____	AUTHOR: _____	I GIVE IT: ☆☆☆☆ PGS/PTS: _____	P.I. _____ T.I. _____
10	DATE: _____ MY FAVORITE PART: _____	TITLE: _____	AUTHOR: _____	I GIVE IT: ☆☆☆☆ PGS/PTS: _____	P.I. _____ T.I. _____
11	DATE: _____ MY FAVORITE PART: _____	TITLE: _____	AUTHOR: _____	I GIVE IT: ☆☆☆☆ PGS/PTS: _____	P.I. _____ T.I. _____
12	DATE: _____ MY FAVORITE PART: _____	TITLE: _____	AUTHOR: _____	I GIVE IT: ☆☆☆☆ PGS/PTS: _____	P.I. _____ T.I. _____



My favorite book was: _____

Plot/setting: _____

I liked it because: _____



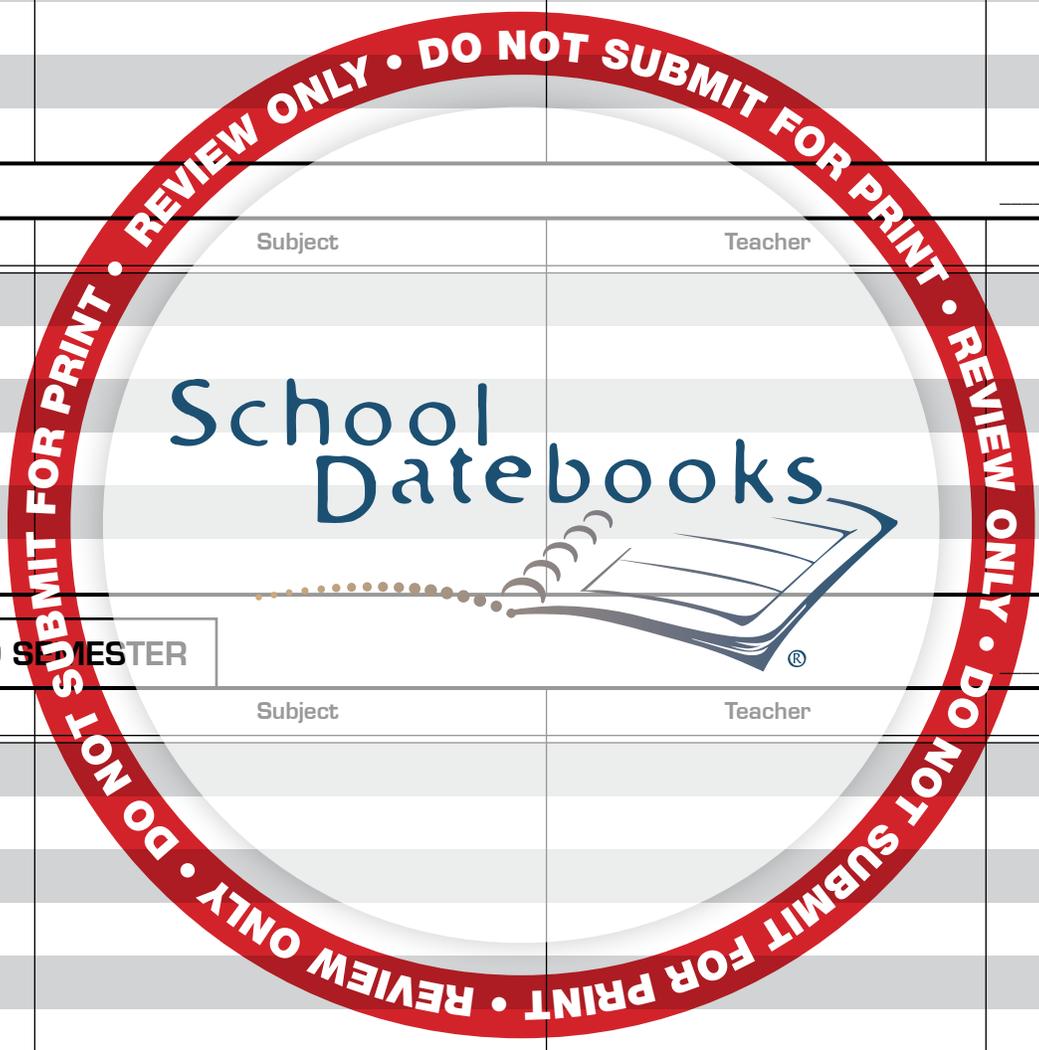
TIME-BLOCK SCHEDULE *first & second semester*

FIRST SEMESTER			
Period	Subject	Teacher	Room

Period	Subject	Teacher	Room

SECOND SEMESTER			
Period	Subject	Teacher	Room

Period	Subject	Teacher	Room





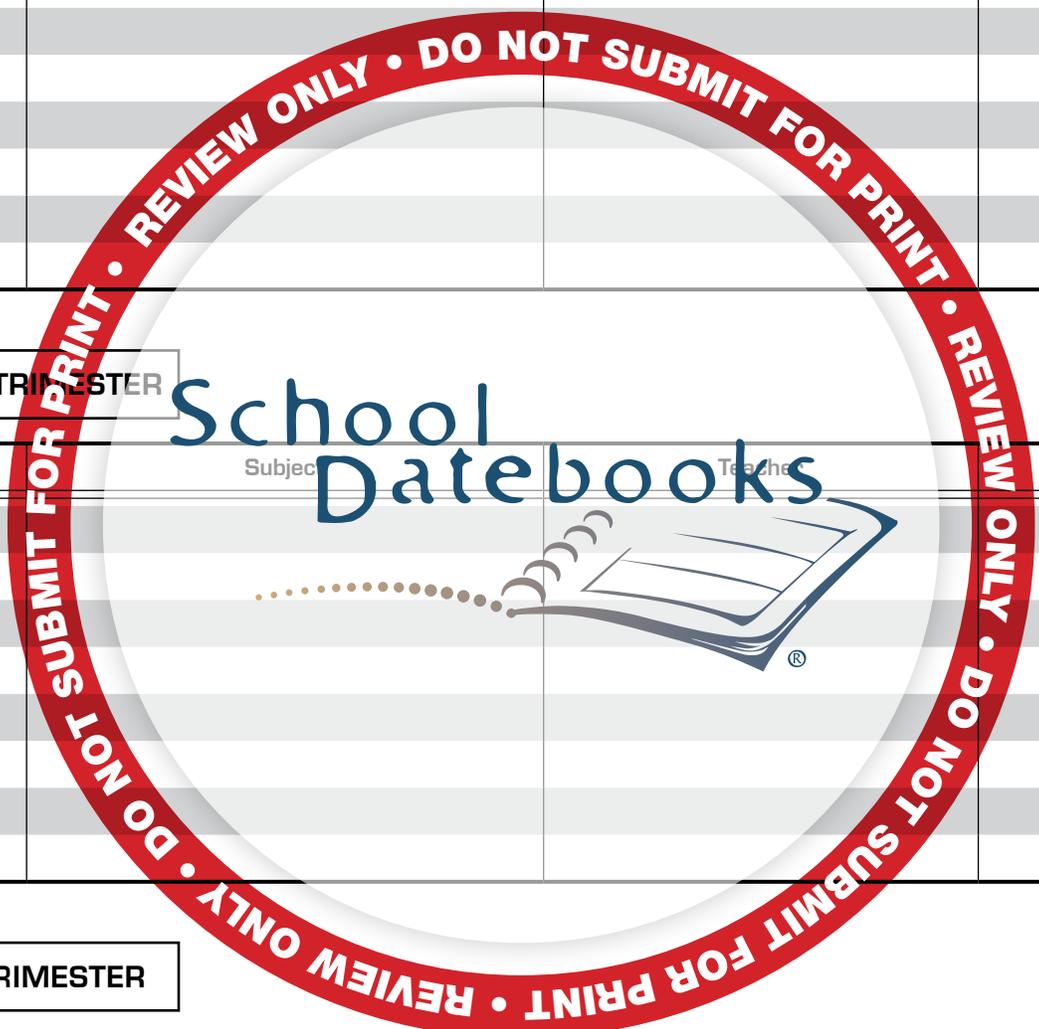
CLASS SCHEDULE *trimesters*

FIRST TRIMESTER

Period	Subject	Teacher	Room

SECOND TRIMESTER

Period	Subject	Teacher	Room



THIRD TRIMESTER

Period	Subject	Teacher	Room

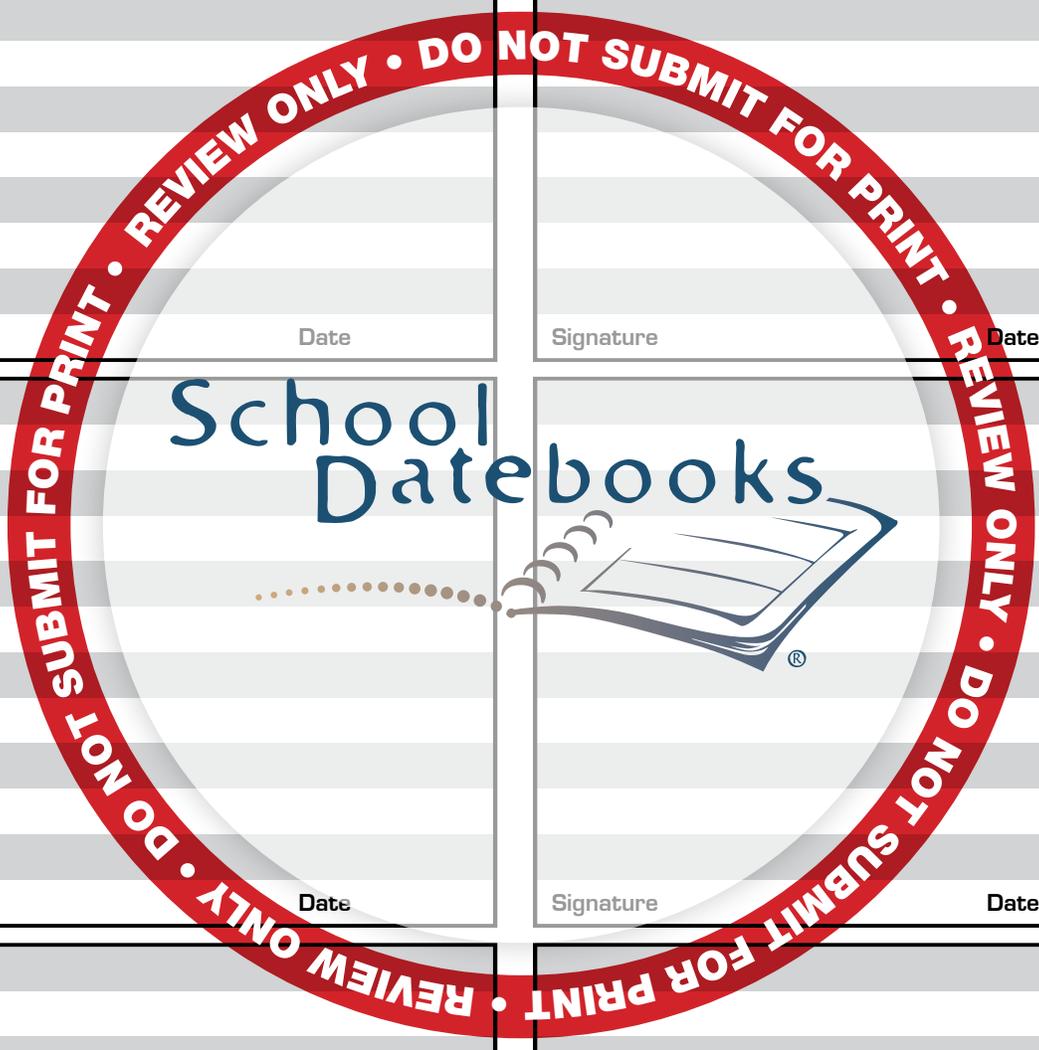


COMMUNICATION *between parent & teacher*

PARENT

TEACHER

Signature _____ Date _____





ADVANCE PLANNING

AUGUST 2027

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

SEPTEMBER 2027

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

OCTOBER 2027

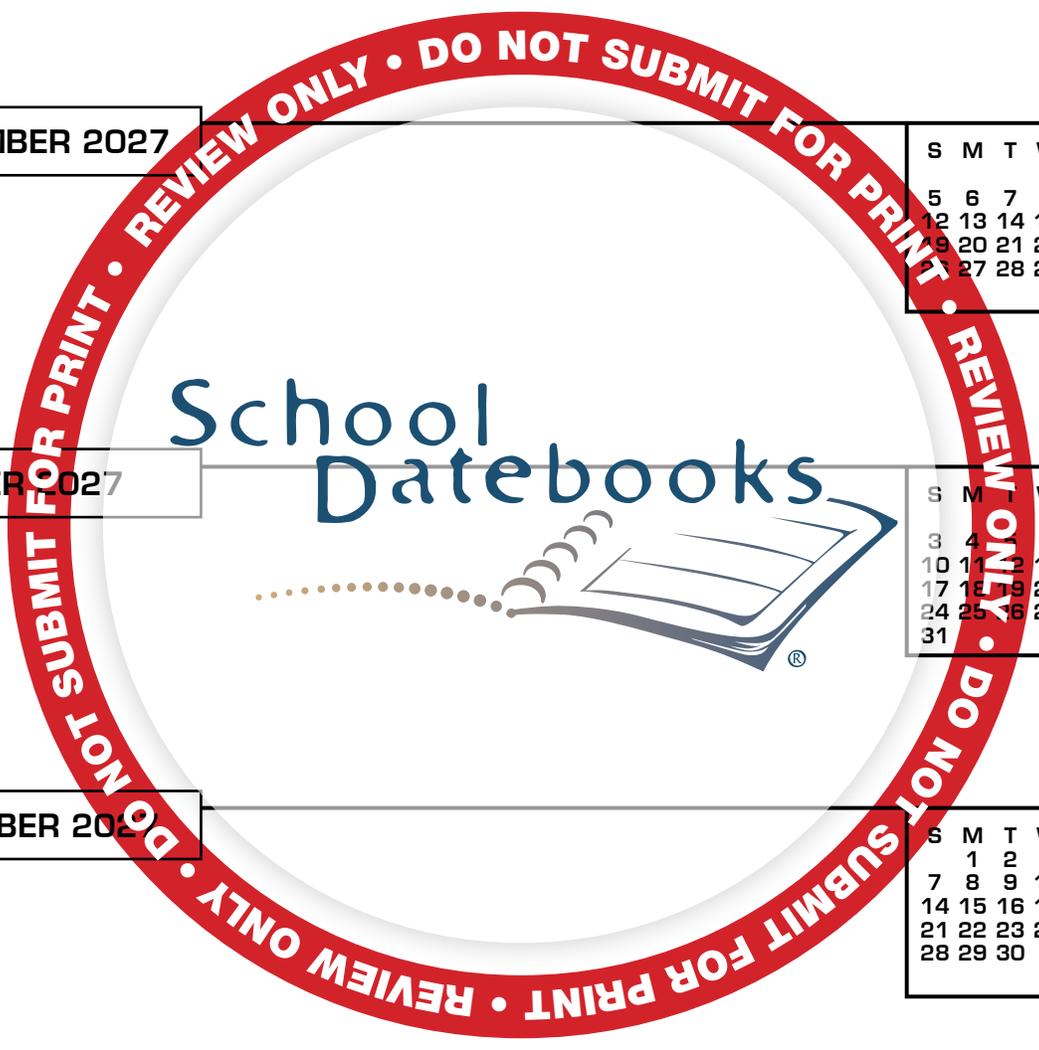
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

NOVEMBER 2027

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

DECEMBER 2027

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	





IMPORTANT DATES *United States*

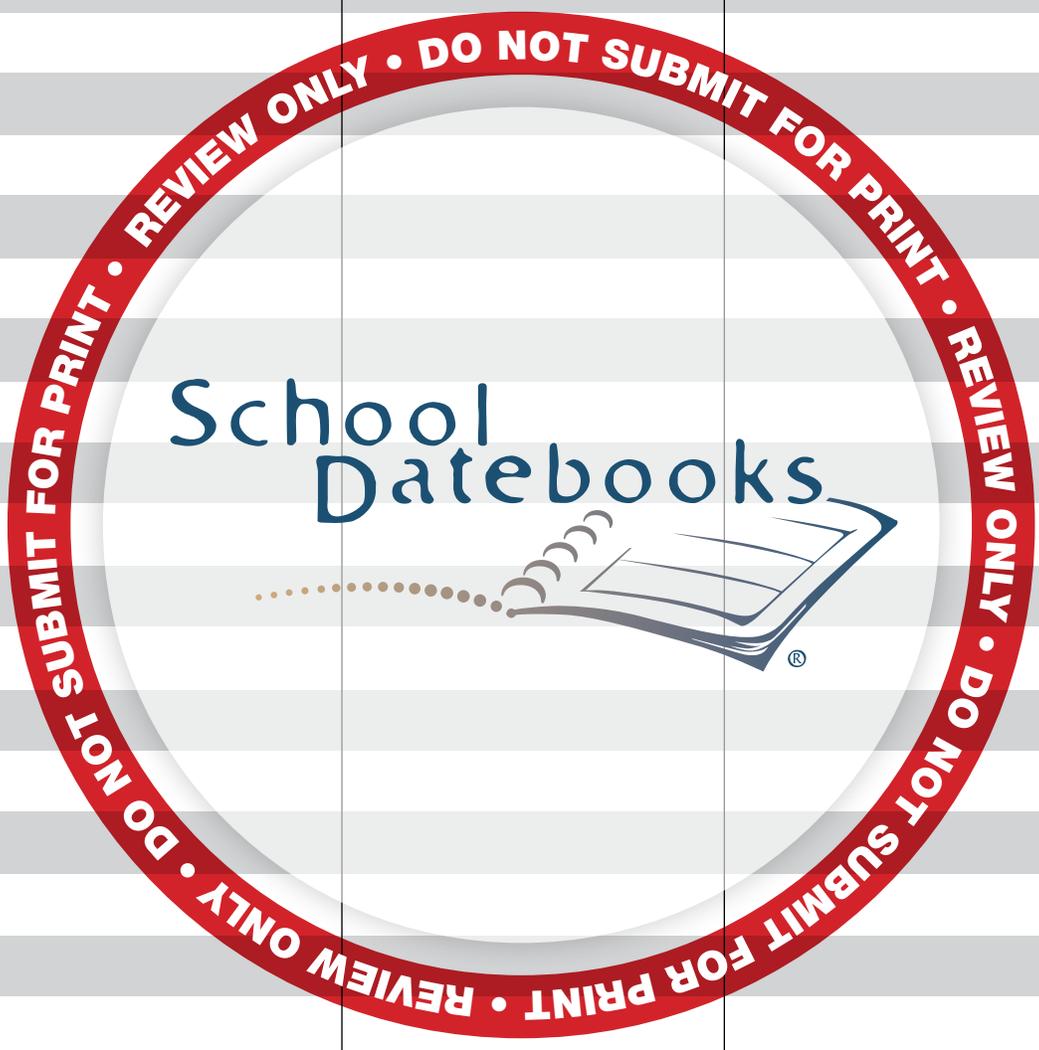
	2026	2027	2028
<i>New Year's Day*</i>	Thurs., Jan. 1	Fri., Jan. 1	Sat, Jan 1
<i>Martin Luther King Jr. Day*</i>	Mon., Jan. 19	Mon., Jan. 18	Mon, Jan 17
<i>Groundhog Day</i>	Mon., Feb. 2	Tues., Feb. 2	Wed, Feb 2
<i>Lunar New Year</i>	Tues., Feb. 17	Sat., Feb. 6	Wed, Jan 26
<i>Lincoln's Birthday</i>	Thurs., Feb. 12	Fri., Feb. 12	Sat, Feb 12
<i>Valentine's Day</i>	Sat., Feb. 14	Sun., Feb. 14	Mon, Feb 14
<i>Presidents' Day*</i>	Mon., Feb. 16	Mon., Feb. 15	Mon, Feb 21
<i>Washington's Birthday</i>	Sun., Feb. 22	Mon., Feb. 22	Tues, Feb 22
<i>Ash Wednesday</i>	Wed., Feb. 18	Wed., Feb. 10	Wed, Mar 1
<i>Daylight saving time begins</i>	Sun., Mar. 8	Sun., Mar. 14	Sun, Mar 12
<i>St. Patrick's Day</i>	Tues., Mar. 17	Wed., Mar. 1	Fri, Mar 17
<i>First day of spring</i>	Fri., Mar. 20	Sat., Mar. 20	Sun, Mar 19
<i>April Fool's Day</i>	Wed., Apr. 1	Thurs., Apr. 1	Sat, Apr 1
<i>Palm Sunday</i>	Sun., Mar. 29	Sun., Mar. 21	Sun, Apr 9
<i>Passover begins at sundown</i>	Wed., Apr. 1	Wed., Apr. 21	Mon, Apr 10
<i>Good Friday</i>	Fri., Apr. 3	Fri., Mar. 26	Fri, Apr 14
<i>Easter</i>	Sun., Apr. 5	Sun., Mar. 28	Sat, Apr 16
<i>Earth Day</i>	Wed., Apr. 22	Thurs., Apr. 22	Sun, Apr 22
<i>Cinco de Mayo</i>	Tues., May 5	Wed., May 5	Fri, May 5
<i>Mother's Day</i>	Sun., May 10	Sun., May 7	Sun, May 14
<i>Memorial Day*</i>	Mon., May 25	Mon., May 31	Mon, May 29
<i>Flag Day</i>	Sun., June 14	Mon., June 14	Wed, Jun 14
<i>Father's Day</i>	Sun., June 21	Sun., June 28	Sun, Jun 18
<i>Juneteenth*</i>	Fri., June 19	Sat., June 19	Mon, Jun 19
<i>First day of summer</i>	Sun., June 21	Mon., Jun 21	Tues, Jun 20
<i>Independence Day*</i>	Sat., July 4	Sun., July 4	Tues, Jul 4
<i>Labor Day*</i>	Mon., Sept. 7	Mon., Sept. 6	Mon, Sept 4
<i>Patriot Day</i>	Fri., Sept. 11	Sat., Sept. 11	Mon, Sept 11
<i>Rosh Hashanah begins at sundown</i>	Fri., Sept. 11	Fri., Oct. 1	Wed, Sept 20
<i>First day of autumn</i>	Tues., Sept. 22	Thurs., Sept. 23	Fri, Sept 22
<i>Yom Kippur begins at sundown</i>	Sun., Sept. 20	Sun., Oct. 10	Fri, Sept 29
<i>Columbus Day*</i>	Mon., Oct. 12	Mon., Oct. 11	Mon, Oct 9
<i>Indigenous Peoples Day</i>	Mon., Oct. 12	Mon., Oct. 11	Mon, Oct 9
<i>Halloween</i>	Fri., Oct. 31	Sun., Oct. 31	Tues, Oct 31
<i>Standard time begins</i>	Sun., Nov. 1	Sun., Nov. 7	Sun, Nov 5
<i>Election Day</i>	Tues., Nov. 3	Tues., Nov. 2	Tues, Nov 7
<i>Veterans Day*</i>	Wed., Nov. 11	Thurs., Nov. 11	Sat, Nov 11
<i>Thanksgiving*</i>	Thurs., Nov. 26	Thurs., Nov. 25	Thurs, Nov 23
<i>Hanukkah begins at sundown</i>	Fri., Dec. 4	Fri., Dec. 24	Tues, Dec 12
<i>First day of winter</i>	Mon., Dec. 21	Tues., Dec. 21	Thurs, Dec 21
<i>Christmas*</i>	Fri., Dec. 25	Sat., Dec. 25	Mon, Dec 25
<i>Kwanzaa begins</i>	Sat., Dec. 26	Sun., Dec. 26	Tues, Dec 26

* Federal Holiday in the United States



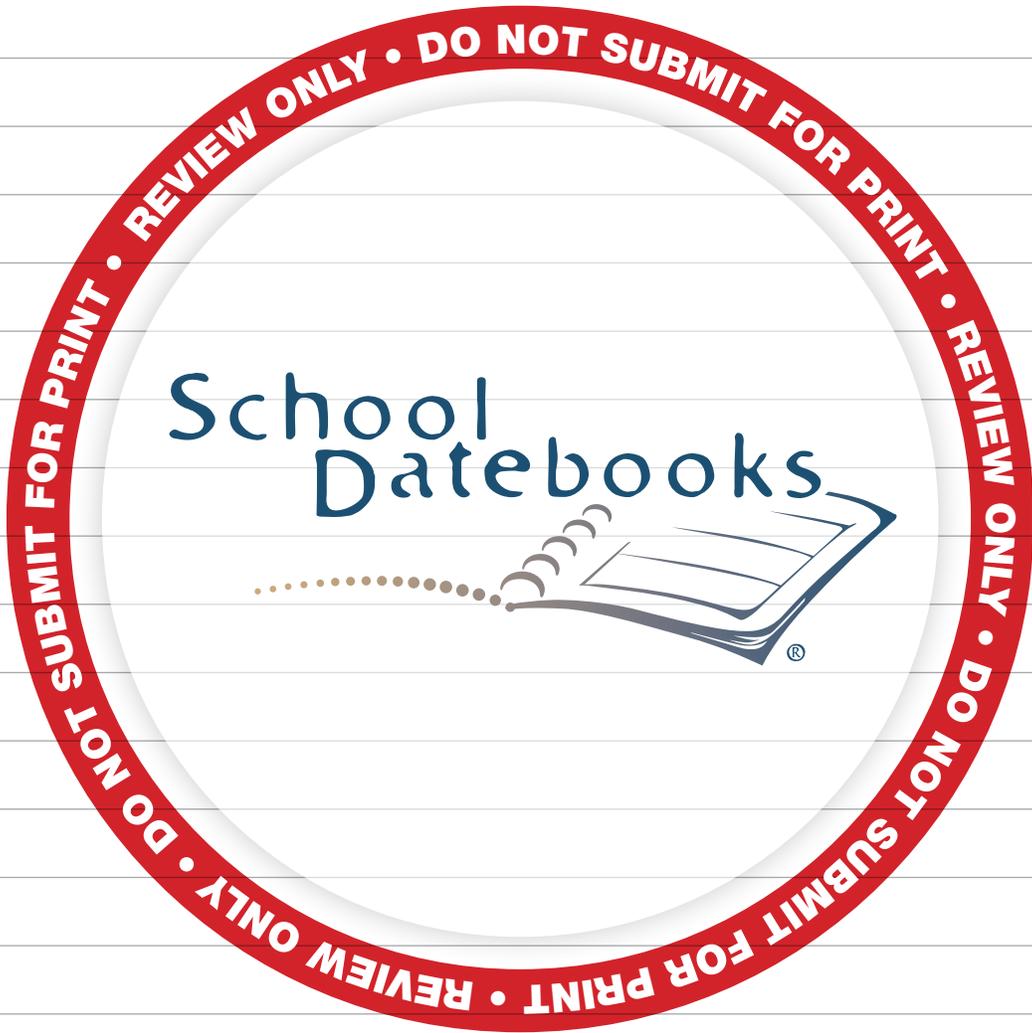
PHONE NUMBERS *important contacts*

NAME	TELEPHONE NO.	E-MAIL ADDRESS
Fire		
Police		
Rescue/Ambulance		
Doctor		
Hospital		





NOTES

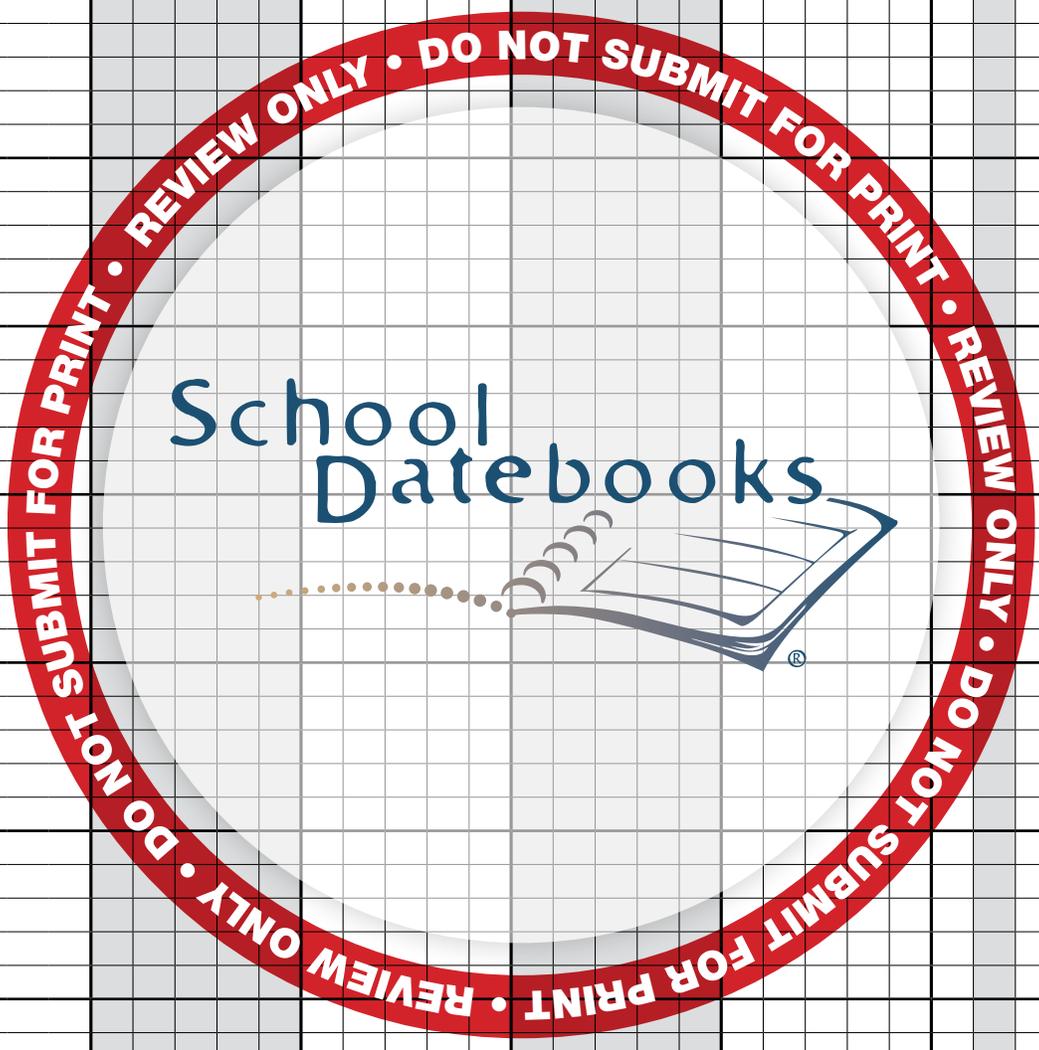




GRADE TRACKING

Projects / Assignments / Tests →

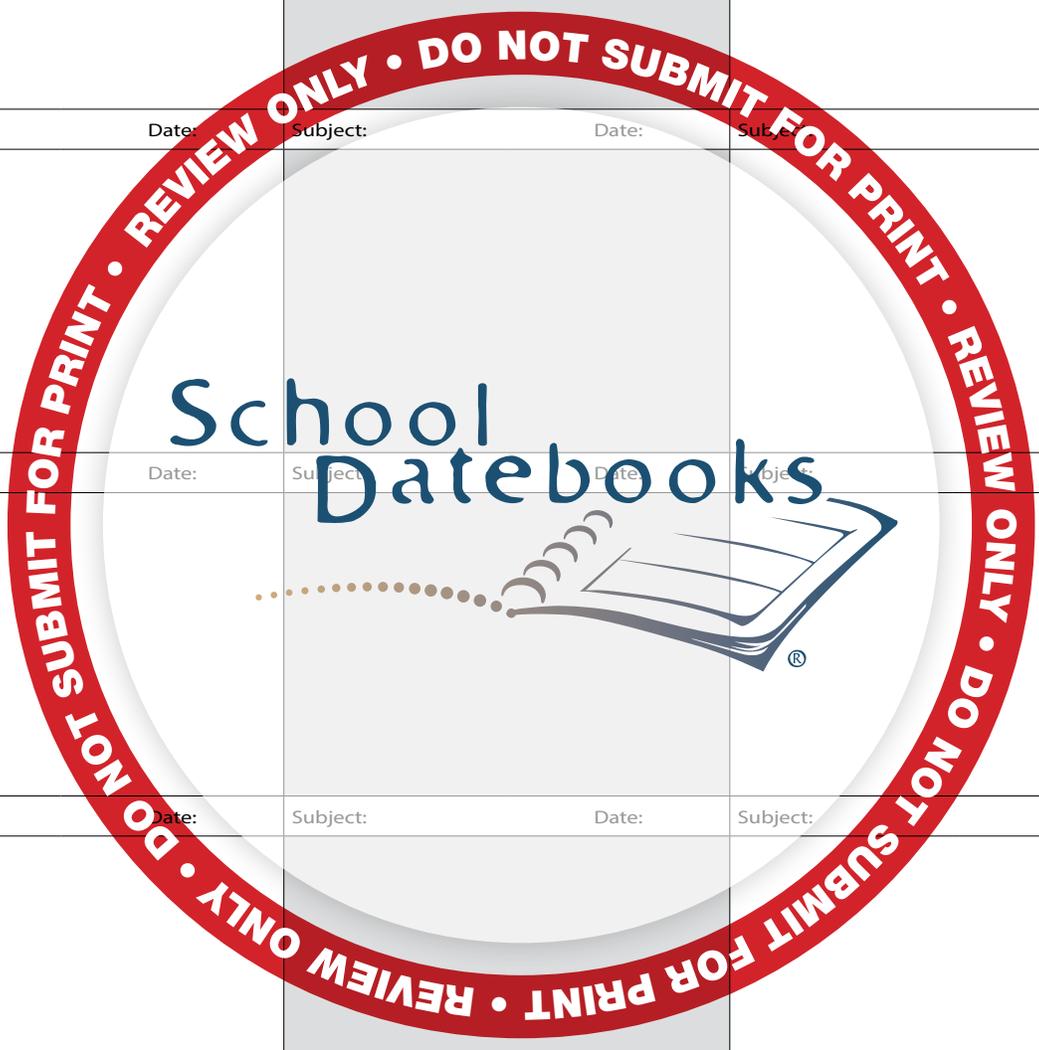
Students ↓	Projects / Assignments / Tests →										Description:		
											Average/Totals		
1													1
2													2
3													3
4													4
5													5
6													6
7													7
8													8
9													9
10													10
11													11
12													12
13													13
14													14
15													15
16													16
17													17
18													18
19													19
20													20
21													21
22													22
23													23
24													24
25													25
26													26
27													27
28													28
29													29
30													30
31													31
32													32
33													33
34													34
35													35
36													36
37													37
38													38
39													39
40													40
41													41
42													42
43													43
44													44
45													45





LESSON PLAN LOGS

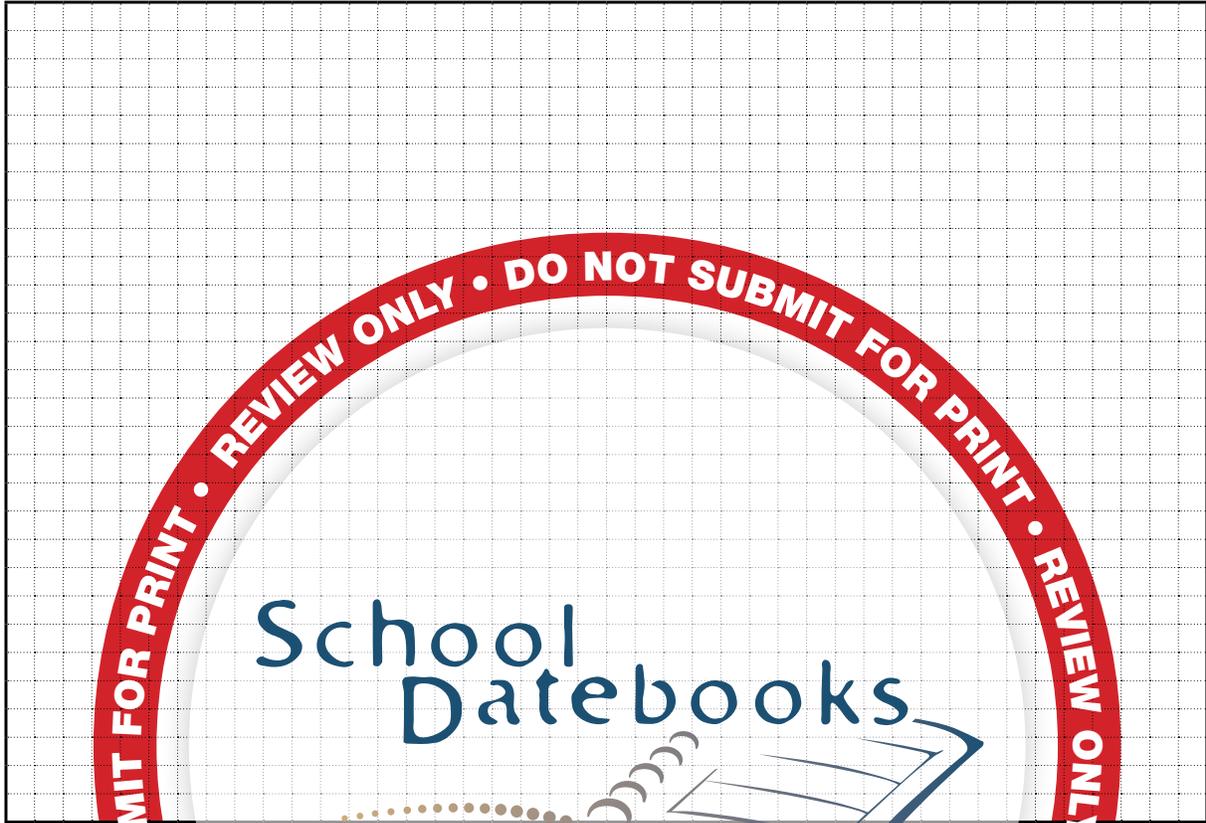
Subject:	Date:	Subject:	Date:	Subject:	Date:
Subject:	Date:	Subject:	Date:	Subject:	Date:
Subject:	Date:	Subject:	Date:	Subject:	Date:
Subject:	Date:	Subject:	Date:	Subject:	Date:
Subject:	Date:	Subject:	Date:	Subject:	Date:



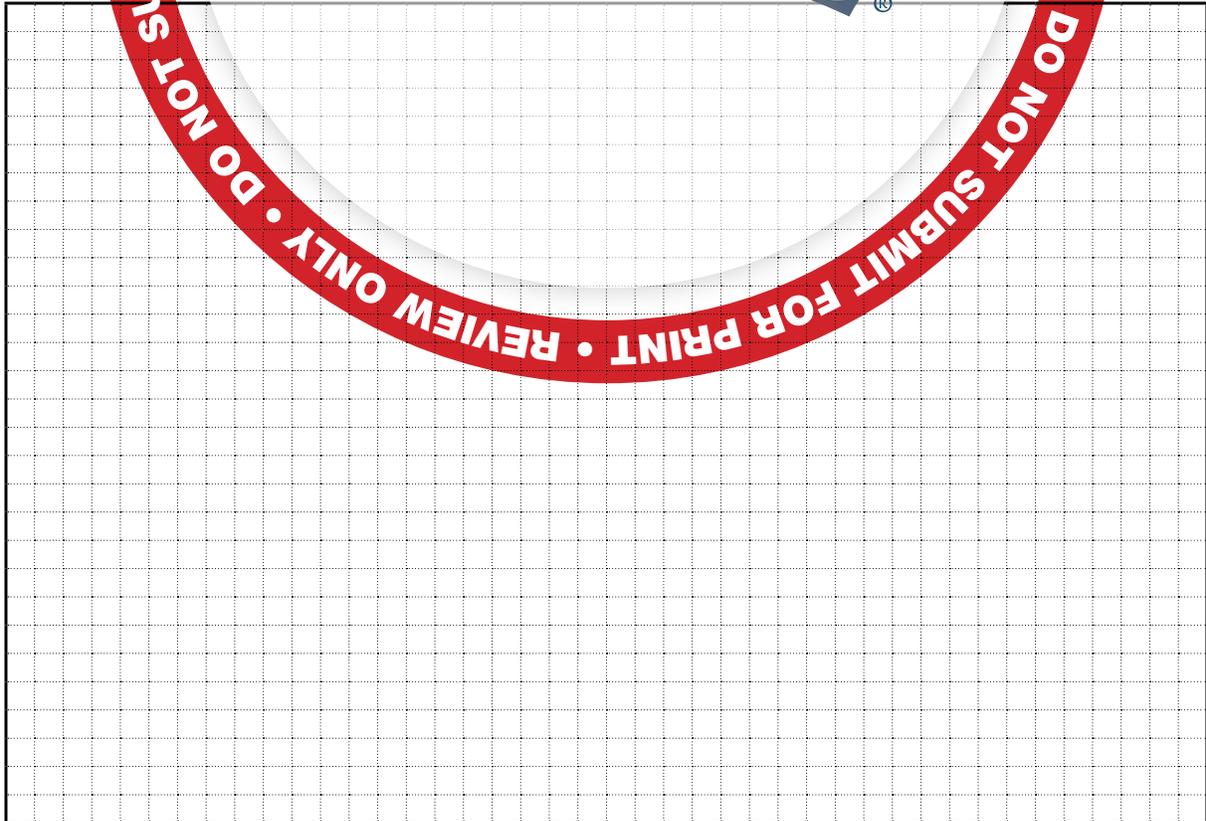


SEATING CHARTS

Seating Chart for Class _____ Day / Time _____



Seating Chart for Class _____ Day / Time _____





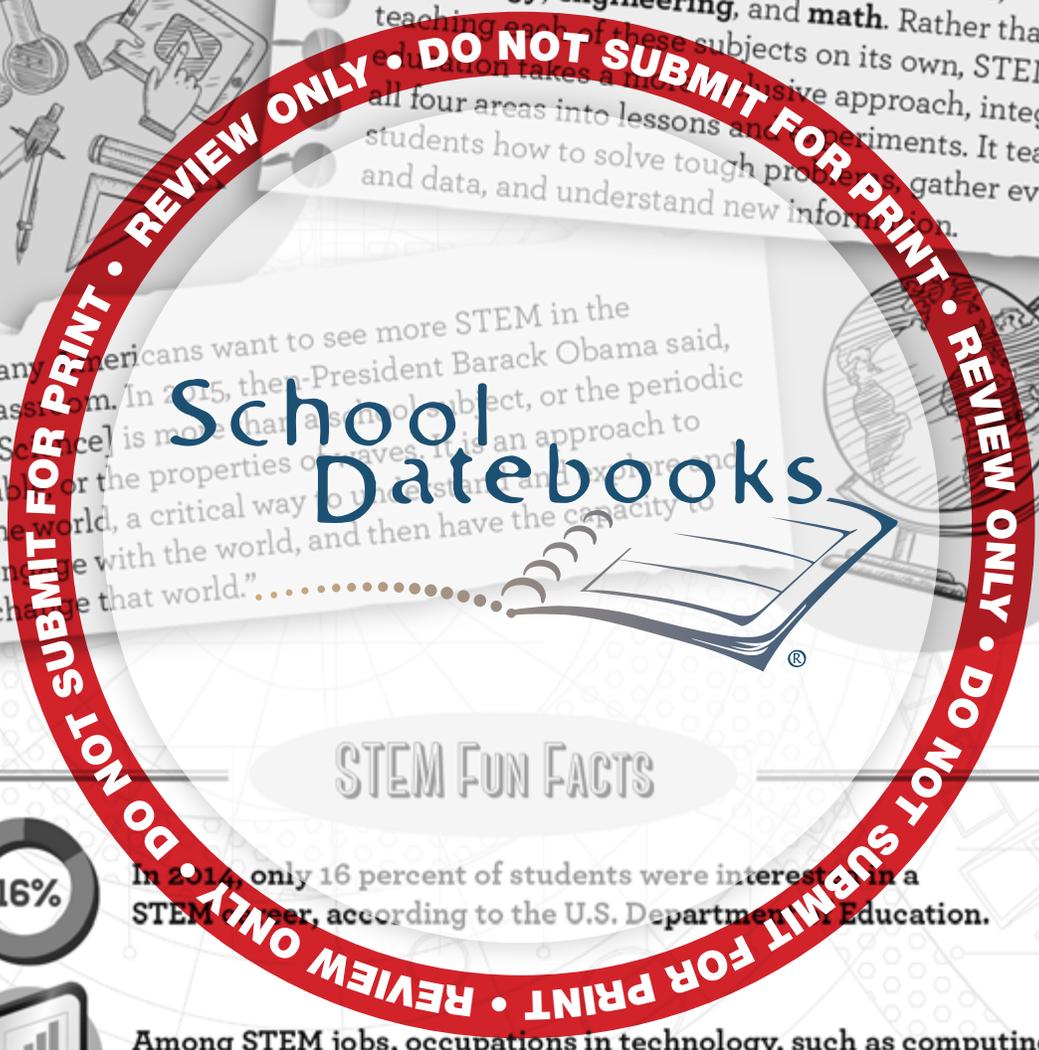
STEM What is STEM?



STEM is an acronym that stands for **science, technology, engineering, and math**. Rather than teaching each of these subjects on its own, STEM education takes a more **holistic** approach, integrating all four areas into lessons and experiments. It teaches students how to solve tough problems, gather evidence and data, and understand new information.

Many Americans want to see more STEM in the classroom. In 2015, the President Barack Obama said, "[Science] is more than just a subject, or the periodic table for the properties of atoms, or the periodic table of the world, a critical way to understand and experiment and engage with the world, and then have the capacity to change that world."

School Datebooks



STEM FUN FACTS



In 2014, only 16 percent of students were interested in a STEM career, according to the U.S. Department of Education.



Among STEM jobs, occupations in technology, such as computing and software development, are in the highest demand.



STEM "hard skills" also need "heart, soul, beliefs, and value," says Jack Ma, founder of Alibaba. That underscores how STEM occupations focus on humanity and improving lives.

AND NOW STEAM



STEM Engineering Design Process



We use the four fields of STEM (science, math, engineering, and technology) to solve real-world problems, or challenges. STEM challenges have five distinct tasks: **ask**, **imagine**, **create**, and **improve** - known as the **Engineering Design Process (EDP)**. It acts in a cycle. Once you build a solution, you can find ways to improve it, create a new plan, build a new model, and repeat it until you find a solution that works.

Practice: Going through the EDP steps yourself! Get a deck of cards and a roll of tape. Find a way to build a house that stands up to strong winds.

School Datebooks

ASK

Define the problem and constraints.



Practice: What is the problem? What might stop you from coming up with the best solution?

IMAGINE

Brainstorm - how can you solve this problem?



Practice: Write down all your possible ideas for how to use the cards and tape to build the house. Sketches are OK!

IMPROVE

Find a way to make your plan even better.



Practice: Test it by either blowing air onto the card house or putting a fan up to it. How will you change it in the future to help it stand longer?

PLAN

Pick your best idea, & plan your solution.





STEM Teamwork



A crucial part of **STEM** learning is working in teams. **Teamwork** involves brainstorming with your fellow classmates, picking the best idea as a group, building a model together, and thinking of ways to improve it.

Collaboration means working together to reach a goal. Within a team, members sometimes take on certain roles. Examples include: head engineer, quality control engineer, operations manager, and communication director.

School Datebooks

When working on a team, it's important not to criticize others' ideas. Not every idea will be a success or even something you pursue. In those cases, you'll have opportunities to advance ideas with your input.

Practice delivering your input in question form. Instead of saying, "That model is too large and won't work," try, "What if we made it smaller to fit the requirements better?"

Working in teams can be fun, yet challenging. Here are some tips for successful teamwork:

- ✓ Respect yourself and others.
- ✓ Stay on task and avoid distractions.
- ✓ Manage your time wisely.





STEM Leaders in History



FLORENCE NIGHTINGALE (1820-1910) was a nurse who greatly improved health care conditions in the 19th century. During the Crimean War, she and her team made conditions more sanitary at a British base hospital, reducing the hospital's death rate by over 66 percent.



SHERYL SANDBERG (1969-) was the Chief Operating Officer (COO) of Facebook. She gave a TED Talk in 2010 titled, "Why we have too few women leaders," and she has written a book titled, "Lean In" about female leadership in business.

School Datebooks



THOMAS DAVID PETITE (1956-) is an inventor. He and four others designed the technology for the wireless ad hoc network, also known as the Internet of Things wireless mesh. He also founded the nonprofit organization, the Native American Intellectual Property Enterprise Council, to help other Native American inventors.



MARIO MOLINA (1943-) won the Nobel Prize in chemistry in 1995 for discovering that the earth's ozone layer was being damaged by the use of Freon, a type of refrigerant used in air conditioners and other equipment. Holes in the ozone were threatening the environment, and his work led to alternative cooling methods.



STEM Leaders in History (pg. 2)



MARIE CURIE (1867-1934) was the first woman to win the Nobel Prize and the first person to win two Nobel Prizes. She received the first award in 1911 for her discovery of polonium and radium.



ORVILLE (1871-1948) and **WILBUR WRIGHT (1867-1912)** invented and built the first successful airplane in 1903. They observed how birds angled their wings to fly, and they copied this in the plane wings' design.

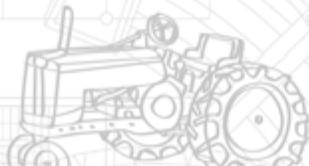
School Datebooks



ROSALIND FRANKLIN (1920-1958) learned crystallography and X-ray diffraction at Cambridge University. She used this when analyzing DNA fibers, and one of her photographs provided necessary evidence for identifying DNA's structure.



JOHN DEERE (1804-1886), a blacksmith, decided that the wood and cast-iron plow farmers used wasn't suited for prairie soil, so he crafted a new steel design. He founded Deere & Company, where he developed other agriculture tools.





STEM Interesting Inventions



Wheel (3500 B.C.E.)

- Invented by unknown inventor
- Today's adaptations: used on trains, automobiles, bicycles, robots



Telephone (1876)

- Invented by Alexander Graham Bell
- Today's adaptations: landlines, cell phones, fax machines



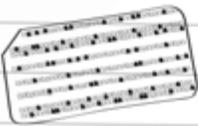
Light Bulb (1879)

- First commercially viable bulb invented by Thomas Edison
- Today's adaptations: incandescent, fluorescent, LED lights



Refrigerators (1917)

- Before Florence Parpart created the electric model, people used blocks of ice in wooden boxes to keep food cold
- Today's adaptations: content tracking and beeper alerting you the door has been open too long



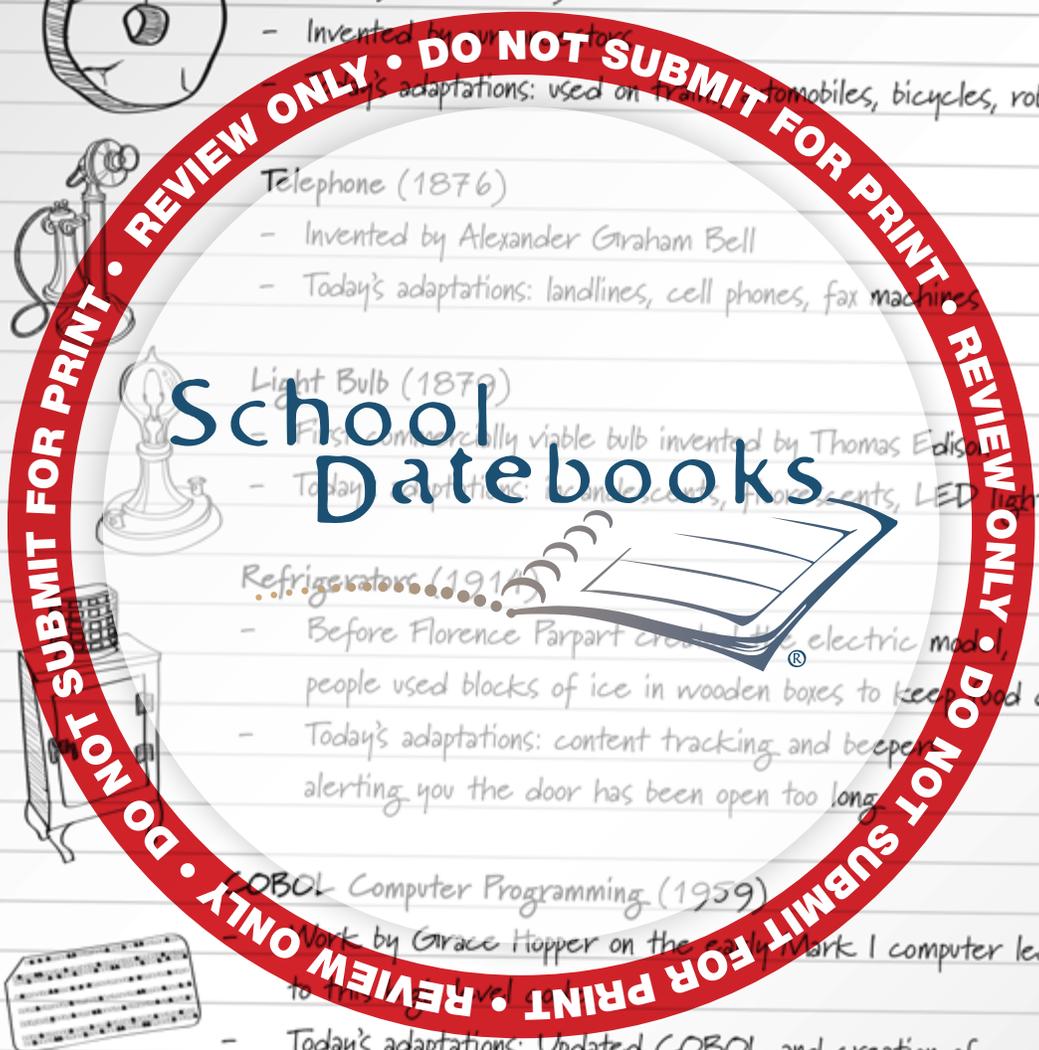
COBOL Computer Programming (1959)

- Work by Grace Hopper on the early Mark I computer led to this high level programming language
- Today's adaptations: Updated COBOL and creation of countless other languages



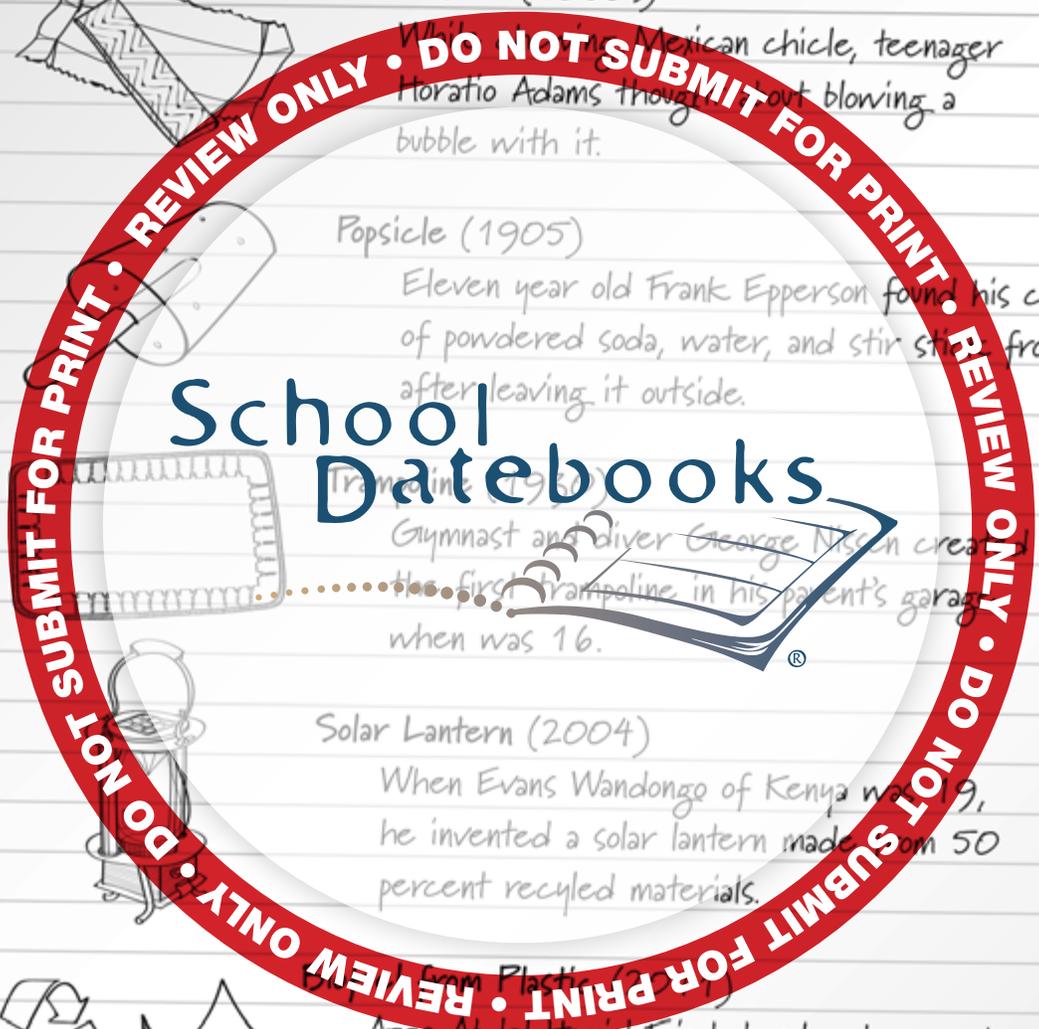
Internet (1960s)

- Developed over time - first used by the government during the Cold War
- Today's adaptations: search, education, online shopping and advertising

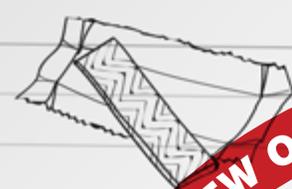




STEM Inventions at a Young Age



School Datebooks



Bubble Gum (1860s)

While eating Mexican chicle, teenager Horatio Adams thought about blowing a bubble with it.



Popsicle (1905)

Eleven year old Frank Epperson found his cup of powdered soda, water, and stir sticks frozen after leaving it outside.



Trampoline (1935)

Gymnast and diver George Nissen created the first trampoline in his parent's garage when was 16.



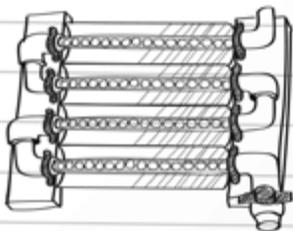
Solar Lantern (2004)

When Evans Wandongo of Kenya was 19, he invented a solar lantern made from 50 percent recycled materials.



From Plastic to Biofuel (2011)

Azza Abdel Hamid Faiad developed a way to transform plastic into biofuel when she was 16.



Solar Water-Purifier (2013)

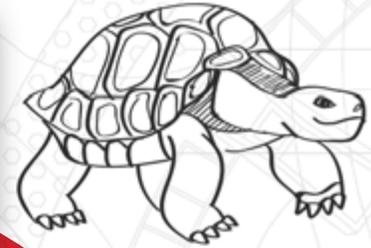
Deepika Kurup was 14 when she won a young scientist award for her solar powered water purification system. She designed it to provide clean drinking water in countries without good water systems.



STEM Careers (pg. 2)



EVOLUTIONARY BIOLOGIST | Evolutionary biologists study changes that occur in plants and animals over time. They look at processes that produce diversity, and they study natural selection and common ancestry.



WILDLIFE TECHNICIAN | Wildlife technicians study wildlife and their habitats, behaviors, populations, and health, providing education about wildlife to the public. They collect data in various areas; tag and release animals; and take blood or tissue samples. They also monitor habitats, collect water and soil samples, and identify problems that wildlife may encounter.



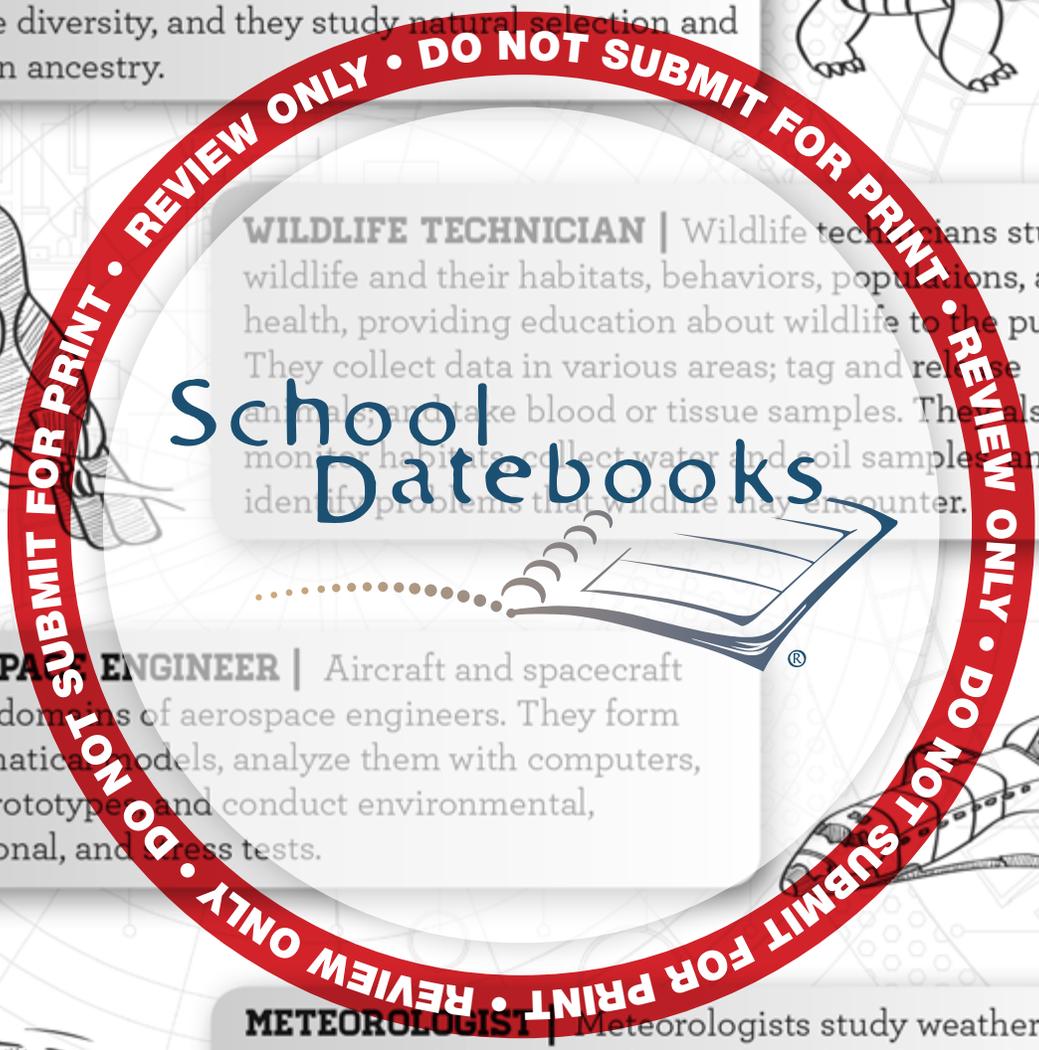
School Datebooks



AEROSPACE ENGINEER | Aircraft and spacecraft are the domains of aerospace engineers. They form mathematical models, analyze them with computers, build prototypes, and conduct environmental, operational, and stress tests.



METEOROLOGIST | Meteorologists study weather patterns and the atmosphere. They identify trends, pending changes, and how those might affect people. That's especially important when predicting severe weather. Meteorologists also conduct research on climate change and provide information that farmers and businesses can use to make decisions based on expected weather.





FINANCIAL MANAGEMENT *keeping a monthly budget*

Learning how to manage your money is an important step in becoming financially independent. It's never too early to start keeping a budget. Use this budget worksheet to determine your income and expenses. If you need to cut back on spending, little bits add up.

- ➔ When dining out with friends, don't order a soda; drink water instead.
- ➔ Skip costly coffeehouse and brew your own at home.
- ➔ Save money on gas and parking by walking to class or carpooling with pals.
- ➔ Many communities offer paying recycling programs, so cash in those cans.
- ➔ Consider trimming "extras" that add up, such as a cell phone entertainment.

Category	Monthly Budget	Monthly Actual	Semester Budget	Semester Actual	School Year Budget	School Year Actual
INCOME						
From Job						
From Parents						
From Student Loans						
From Scholarships						
From Financial Aid						
Miscellaneous Income						
INCOME TOTAL						
EXPENSES						
Rent or Room and Board						
Utilities (Gas, Electric, Water)						
Telephone						
Groceries						
Car Payment/Transportation						
Insurance						
Gasoline/Oil						
Entertainment						
Eating Out/Vending						
Tuition						
Books						
School Fees						
Computer Expense						
Miscellaneous Expense						
EXPENSE TOTAL						
NET INCOME (Income minus expenses)						

