

Salvador Villalon Presents:

Life Lessons with Sal

You can do Anything

First Lesson

Why This Lesson?

- Human Beings are capable of doing all sorts of amazing things!
- Favorite Video

Group Activity

Group Activity

- Tell each other about a time when you did something completely out of your league. What did you learn?
- Examples:
 - Ask someone on date that you thought was completely out of your league?
 - Got an “A” on a class? What did it take?

You can do anything, but you
cannot do everything

Second Lesson

Why This Lesson?

- From the first lesson, you all learned that you can do anything!
- For me, this was extremely motivating

I wanted to do it all!



October 5-9, 2016

IN PROUD ASSOCIATION WITH



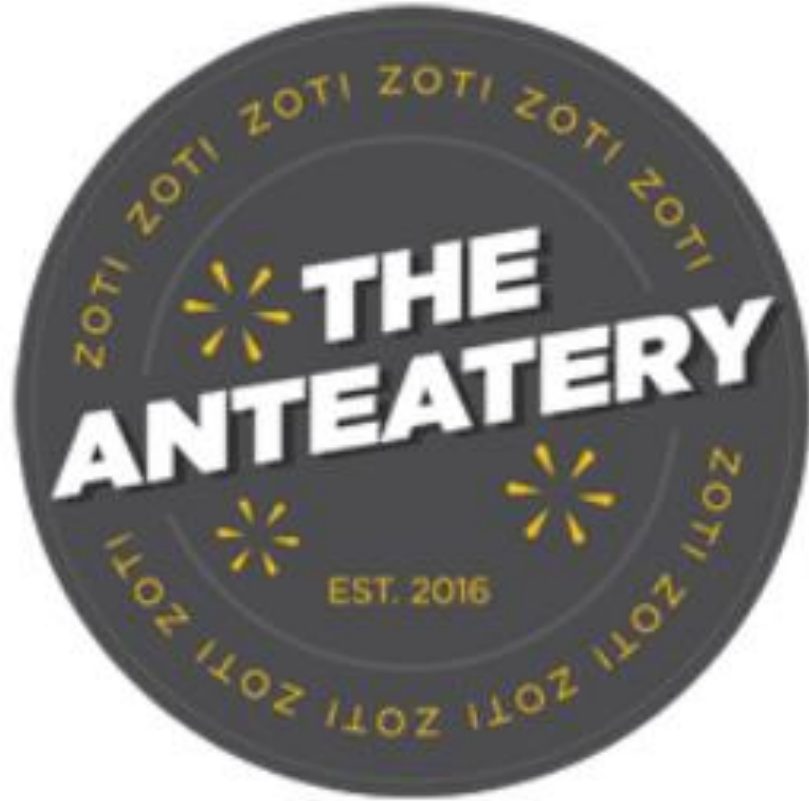
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ACADEMIC PROBATION

Group Activity

Group Activity

- Tell each other about a time when you finally realize what you were doing wrong?
 - What made you realize what you were doing wrong?
 - What did you learn?

The Importance of Reflecting and Setting Goals

Third Lesson

Why This Lesson?

- I was in Academic Probation, but I had to understand why I was placed in Academic Probation
- It was not just that I was doing too many things, I was...

Not Identifying My Priorities

Why Reflecting is Important

- Through Reflection you can address problems and areas of growth
- You can identify errors and mistakes you did

The Good Thing is
That Errors Have Solutions

Goal Setting

- When you reflect, you can identify problems and the solution is Goal Setting
- For me, my mistake was Academic Probation, and its solution was setting a goal of getting an A in Math 2A and getting out of Academic Probation (which I actually did)

Group Activity

Group Activity

- Tell each other about a time that you set a goal for yourself and **actually complete the goal**
 - What did it take to reach your goal?
 - Was it difficult?

Hope You All Learned
Something New
