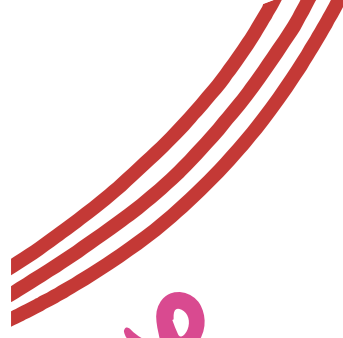




Sec 2 School Experience



Start-it-Right

- Set overall tone and expectations for the year
- Prepare students for what to expect in Secondary 2
- Strengthen positive relationships with form teachers and peers



Goal Setting – Building Milestones

- Set a clear path to success
- Learn time management & preparedness
- Increase motivation & confidence
- Measure Progress
- Provide challenges

Name: _____ Class: _____ Date: _____

GOAL SETTING & PLANNING

Start Date: _____

Goal(s)


Deadline: _____

Why

Possible Obstacles

Action Plan

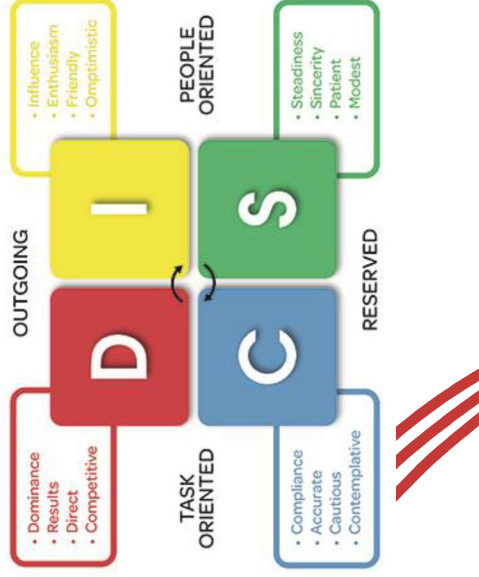
 **1/2/3-MONTH
PROGRESS**

January

February

March

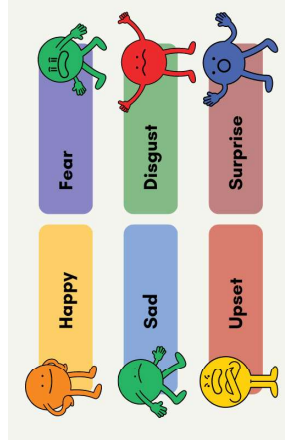




DISCovering Me

- Use of the DISC model to allow students to better understand their personality
- Build awareness of the different personality types
- Improve communications when working with peers of different personalities
- Build positive relationships and understand how to work effectively in teams



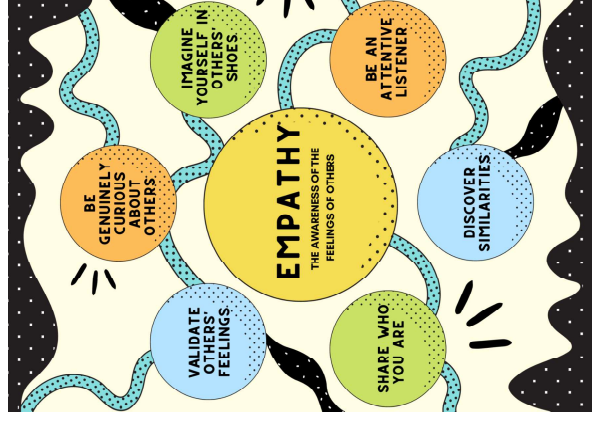


What We Do When Feeling Certain Emotions

Happy We can enjoy the moment and make it a memory	Sad Take a break and embrace the feeling, it's always okay.	Upset Pour it into positive activities and communicate	Surprise Think before act and don't let the surprise cloud your view
Fear Trust your intuition and contact your trusted person	Disgust Communicate the emotions with the subject		

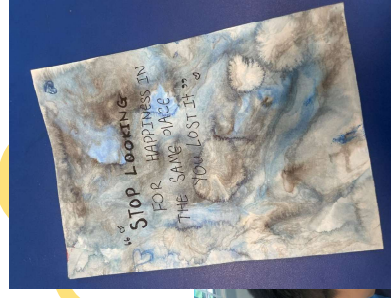
Being Emotionally Intelligent

- Support our Sec 2 students to help them better understand their feelings and emotions
- Share ways in which students can better manage strong emotions that they feel



Suminagashi Activity

- Japanese water marbling art
- Unique art pieces, just like every student
- Motivational quotes to encourage them to achieve their goals for the year



SUPPORTING OUR TEENAGER

What we can do as parents

Time

- Conversations
- Listen without judgement
- Guide them to make their own decisions

Encourage

- Encourage them to share their feelings
- Give them time and space to rationalise their emotions

Manage Expectations

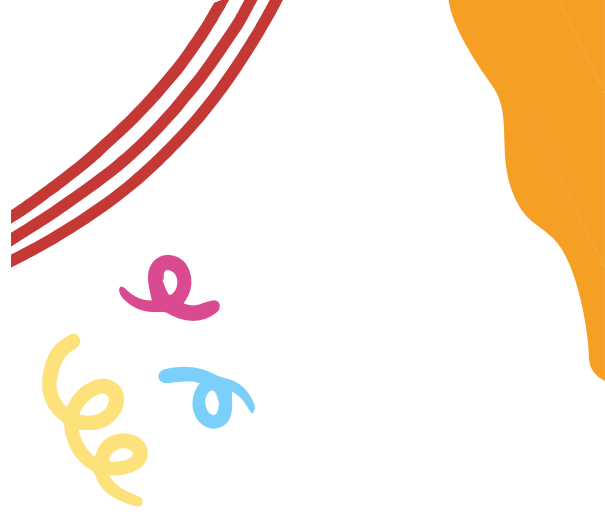
- Every child learns and grows at their own pace
- Every child has their own talents, strengths and interests

Support



Empathy





Thank you!

