

- All you need out is a pencil
- As a class, come up with the song that you are all most likely to want to sing along with, should I play it over the speakers.
- If you have a personal device, find the song you most want to sing along with and have it ready.

<b>A</b>	Bell work
<b>C</b>	1
<b>H</b>	Ask Group
<b>I</b>	Individual
<b>E</b>	Phone Away - Working
<b>V</b>	Put on your student pants
<b>E</b>	Follow instructions

Note, this is the one time, you can have your phone at the start of class.

We'll get them put away after the activity.

- I'll hand out a paper
- There is an excerpt from Dr. Seuss' 'Fox in Socks'
- You will start your music, I'll start the chosen song
- After 1 minute, I'll say start, and you flip the paper and start copying the excerpt below.
- After 2 minutes, I'll stop everyone.
- We'll then go back through them, count how many words we copied, and how many mistakes we made and report that at the top.

A	Lecture / Notes
C	0
H	Raise your hand
I	Engage and ask questions
E	Headphones away
V	Enhance knowledge
E	Review notes

- I'll hand out a paper
- There is an excerpt from Dr. Seuss' 'Fox in Socks'
- I'll start my classical 'Focus Fuel' playlist.
- After 1 minute, I'll say start, and you flip the paper and start copying the excerpt below.
- After 2 minutes, I'll stop everyone.
- We'll then go back through them, count how many words we copied, and how many mistakes we made and report that at the top.

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# Why change?

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- I just *assumed* that you guys would figure out how to self regulate and that you would all make amazing progress.
- The problem is my assumption.

*I* didn't learn to self regulate till some time in college, and have only been able to do it well with in the past couple of years!!!

So, shockingly, I'm going to teach you how to regulate.

A	Lecture / Notes
C	0
H	Raise your hand
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- It gets loud
- It is very hard to work when someone around you is not working
- *ANY* words interfere with analytical thought and writing.
- 'Breaks' never end.
- I have done very poorly handling questions.

A	Lecture / Notes
C	0
H	Raise your hand
I	Engage and ask questions
E	Headphones away
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## A rotation

- 15 minutes of distraction free work
- 5 minutes of questions
- 10 minutes of flex time

<b>A</b>	Lecture / Notes
<b>C</b>	0
<b>H</b>	Raise your hand
<b>I</b>	Engage and ask questions
<b>E</b>	Headphones away
<b>V</b>	Enhance knowledge
<b>E</b>	Review notes

You will be engaged with your work to solve your own problems.

This means:

- No questions for me - Write down any you have
- No music
- No non-academic websites
- Only talking quietly with your partner.
- Only emergency breaks

My job is to be the task master.

<b>A</b>	Lecture / Notes
<b>C</b>	0
<b>H</b>	Raise your hand
<b>I</b>	Engage and ask questions
<b>E</b>	Headphones away
<b>V</b>	Enhance knowledge
<b>E</b>	Review notes

# Questions

5min - 8

You will ask any questions that you have gathered during your work time and your fellow classmates will try and answer them for you.

I'll mediate

Each cycle, we will alternate which partner asks the questions.

<b>A</b>	Lecture / Notes
<b>C</b>	0
<b>H</b>	Raise your hand
<b>I</b>	Engage and ask questions
<b>E</b>	Headphones away
<b>V</b>	Enhance knowledge
<b>E</b>	Review notes



You will take this time to do what you need to do so that you can be at your best during the distraction free time.

Examples include:

- Use the restroom/water fountain
- Socialize
- Watch a video
- Work with your music on
- Listen to music
- Use a tech time if you have earned one.

<b>A</b>	Lecture / Notes
<b>C</b>	0
<b>H</b>	Raise your hand
<b>I</b>	Engage and ask questions
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<b>V</b>	Enhance knowledge
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