

Lesson 1 **The Architect** - *Setting Reachable Goals*

Language Arts Extender

Research and write a short paper about someone who overcame obstacles to reach a goal.

History or Science Extender

Research and write an essay about a famous inventor who reached a goal that resulted in a brilliant invention we use today. Select an inventor who used perseverance to overcome adversity to reach his or her goals. For example, Thomas Edison's efforts to invent a reliable electric light bulb took close to 1000 failed attempts before he was successful.

Analyze and discuss what life would be like if the inventor had given up on his or her goal.

Language Arts Extender

Write an essay entitled, "The Decision that Changed My Life," to persuade younger people to use the steps in the decision-making model when faced with important decisions.

History Extender

Write a brief essay describing how Rosa Parks' decision to keep her seat on the bus became an important symbol of the modern Civil Rights Movement. Rosa Parks believed this choice was the best action to take for herself and others despite the potential negative consequences. Describe, in your essay, a decision you made that you believed was the best choice even though you expected to face negative consequences because of it. Explain why the benefit of your choice outweighed the negative consequences.

Language Arts Extender

For each emotion listed below, think about a time you felt the emotion. Describe the situation and what you did to manage the emotion.

- | | |
|--------------|----------------|
| 1. Afraid | 4. Confused |
| 2. Angry | 5. Embarrassed |
| 3. Confident | 6. Glad |

Music Extender

Listen to a few selections of classical music and write down the emotion each evokes in you. Here are some suggestions: "New World Symphony" by Dvorak, "Clair de Lune" by Debussy, "Night on Bald Mountain" by Mussorgsky, "Flight of the Bumble Bee" by Rimsky-Korsakov, "William Tell Overture" by Rossini, or any march by John Philip Sousa. "The walls we build around us to keep sadness out also keeps out the joy." Jim Rohn

Language Arts Extender

Activity 1

Try an observation experiment at home. Focus on listening during this time period. Pay close attention to how other people communicate including body language and other non-verbal signals that people use when they talk to each other. Notice any miscommunication and explain why the communication didn't work. Write down your observations and conclusions.

Activity 2

Write a letter, using an assertive tone, to a fictitious person or company stating a complaint you'd like to register. The complaint letter could be about a neighbor's barking dog, food that was served in a restaurant that later caused you to get sick, a new sweater that fell apart after you washed it, etc.

Math Extender

Survey five friends and five adults to discover their most frequent means of communication: face-to-face, phone, email, text, etc. Graph your results. What did you learn from the results of your survey about how people communicate? Which communication type is most effective? Rate the communication types by accuracy and effectiveness. Be prepared to explain your conclusions.

Language Arts Extender

Read about the Greek legend of the great friendship between Damon and Pythias. Find out what qualities each one possessed that made them great friends. Discuss with a friend or family member Damon's unselfish act and Pythias' loyalty to Damon. Write a paragraph about the importance of keeping promises.

Social Studies Extender

Take a survey of three friends and write down five things you learned about each person. In your survey, ask open-ended questions (questions that require more than just a yes or no answer) such as, "Why do you like being a soccer player so much?" or "Can you tell me about a time you were disappointed in a friend?" The information you collect through the open-ended questioning will help deepen your friendships.

Language Arts Extender

Write an essay comparing one of the myths about alcohol use versus the reality. For example, **Myth:** drinking alcohol makes people look cool; **Reality:** drinking alcohol makes people sloppy and impulsive. Consider the origin of the myth and the facts about alcohol. How can this information help young people remain drug free?

Math Extender

Research statistics on alcohol-related deaths among teens in your state. Create a bar graph to chart your findings by age and type: number of deaths by car accident, alcohol poisoning, etc. Write a short essay to describe what you learned from your research and the findings.

Language Arts Extender

Interview someone who has been a long-time smoker (or an ex-smoker). Prepare specific questions in advance, such as, “When did you start smoking?”, “What do you think made you start?”, “Do you now regret your decision?” Write a brief summary of your interview, and conclude your paper with how this information has impacted your decision to remain tobacco free.

Language Arts Extender

Write a letter to a fictitious friend who uses marijuana. In your letter, include the short-term and long-term consequences and how using could affect his or her life. Also, include personal reasons why you don't want your friend to smoke marijuana.

Art Extender

Create a word collage to describe the short-term, long-term, and social consequences of marijuana use. For the consequences that impact you the most, make the letters of that word more prominent or larger in your word collage. Be prepared to present your collage and explain how the consequences convinced you to remain drug free.

Lesson 9 Not What the Doctor Ordered

Street, Prescription, and OTC Drugs

Language Arts Extender

During the course of one week, keep a log of how many commercials on TV or print ads you see that advertise prescription drugs. These advertisements can be for allergy medications, anti-depressants, etc. Write a short essay describing how the frequency of these advertisements affect a person's perception of these drugs and the expectation that these drugs are essential.

Science Extender

With your parents' permission, go into the medicine cabinet and examine the labels on the medications you find. Make a chart of the possible side effects listed on the labels. If you don't have OTC medications at home, do this the next time you visit the supermarket or pharmacy. Which medications have the most side-effects?

Language Arts Extender

At the beginning of the Too Good course, we learned five skills that will keep you on a healthy path to a bright future: goal setting, decision making, identifying and managing emotions, effective communication, and bonding and relationships. Choose three of these skills and write an expository essay explaining how they help young people avoid drug use.

Social Studies Extender

Create a time line that begins now and continues 10 years into the future. Think of short-term and long-term goals you would like to achieve and mark them on the time line. Keep your time line as a reminder of the life goals you would like to work towards and achieve.