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TEACHER GUIDE

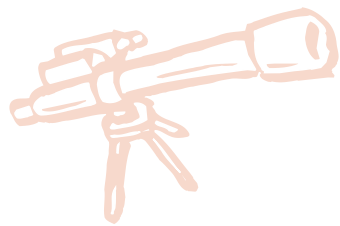
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Coping with Life

1. Mia really wants to become a famous musician. She has just started taking guitar lessons and is frustrated. Should she give up because it is difficult?



2. Ha Jun recently had a pet pass away. What are some ways his friend—John—can help him through this hard time?

3. With a straight line, match each word on the left with its meaning on the right.

<p>1 Achieve</p> <p>2 Random</p> <p>3 Reflect</p> <p>4 Impact</p> <p>5 Commitment</p>	<p>A A strong effect on something.</p> <p>B Being dedicated to an activity or cause.</p> <p>C To earn through hard work.</p> <p>D To look back on something in order to learn.</p> <p>E Chosen without reason.</p>
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Coping with Life

What do you dream of doing? Any dreams or goals you want to see need a little bit of planning, hard work and excitement. Sometimes, no matter how hard we work things do not go as planned. Don't worry! This doesn't mean you won't **achieve** your dream. You may need to rethink your plan or change your goals. How you handle failure or success can make things much easier for yourself.

There are many ways in life to be successful. For example, maybe you want to be a professional athlete. You would have to decide which sport you would play. If your dream is to be an Olympic gymnast, for example, you will have to work very hard. Olympians **dedicate** their whole lives to practice. What if you don't make the cut for the team? Despite your hard work, sometimes you may fall short of your goal.

It is important to not let a **setback** stop you from being successful. Find out ways to reach your goals in other ways. If you don't make the Olympics, what other level could you compete at? Is there a closer competition that is still important? Perhaps you would enjoy coaching others in your community.

Don't think of a failure as the end. Think of it as an opportunity to try something different.

No matter whether you fail or succeed, it is important to think of the next steps. In some cases, you need to take responsibility for your actions. Did you not get an A on your test? It is important to **reflect** on your study habits. If you didn't study at all, maybe you deserved your grade. When you realize the **impact** you have, the easier it is to make it a positive one.

Gavin really wants to make the school soccer team. He practices every day with his friends. He tries out for the team but doesn't make it. What should Gavin do about this setback? Read the possible choices Gavin could make. Circle POSITIVE or NEGATIVE for each choice.

- | | | |
|-----------------|-----------------|---|
| POSITIVE | NEGATIVE | a) Never play soccer again. |
| POSITIVE | NEGATIVE | b) Play intramural soccer during the school year. |
| POSITIVE | NEGATIVE | c) Tell all his friends the coach is dumb. |
| POSITIVE | NEGATIVE | d) Try out next year. |



Coping with Life

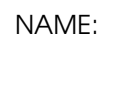
1. Which of the following are **POSITIVE** reactions to a setback? Check all that apply.

- a) Trying again as soon as possible.
- b) Deciding to quit the team.
- c) Asking for helpful tips if you've been rejected.
- d) Never talking about your failure again.
- e) Refuse to speak to a coach who didn't pick you.
- f) Accept an alternative offer that is a little different from what you wanted.



2. Are the following examples of something beyond your control? Select "yes" or "no".

- | | | |
|--------------------------------------|------------|-----------|
| a) A pet passing away. | YES | NO |
| b) Failing to study for a test. | YES | NO |
| c) Sleeping in too late for work. | YES | NO |
| d) A hurricane wrecking your car. | YES | NO |
| e) A teacher leaving the school. | YES | NO |
| f) Procrastinating on an assignment. | YES | NO |



Coping with Life

3. Ivan is determined to be a famous writer. He wants to write a best-selling book. After years of working hard, he has finished a rough draft of his story. He submits it to publishers, but they all reject it. Ivan doesn't want to write anymore. His mother suggests that he could self-publish his book. His father suggests he starts to write a blog and try something different. Are these good solutions for Ivan to try after experiencing a rejection? Why or why not? Come up with some other alternatives to Ivan's dream.



Graphic Organizer

4. Use the graphic organizer on page 12 to map out potential outcomes to reach your goal.

Everyone will experience ups and downs in their life. It is a rollercoaster ride! You may think you want to do one type of work and end up doing something very different! It is important to not limit yourself. When you keep your options open, you will increase your odds of success. Yes, a great Plan A is a good idea. But what about Plan B? Plan C? These other plans don't have to be a terrible outcome. Shifting your thinking to other ways you can be successful will boost your chances. Each choice we make will lead us to different outcomes.

On the road map graphic organizer, you will plot your possible courses. Start with what you want to accomplish. It is best to think in bigger terms. For example, "be an athlete" may work better than "be a left wingman on a professional soccer team". When you come to a fork in the road, think of two possibilities that could happen. Do this for the next one as well. When you reach the end, you will have a few different ways you could be successful in your goals.



Managing Mental Health

Mental health is very important. People are beginning to understand that we need a healthy mind just like we need a healthy body. We are still learning more about ways to improve mental health. Different organizations are working hard to erase the stigma of mental health. This stigma may prevent some people from getting help with mental health issues. How do you know where to get help? What do others do to support positive mental health in their community?

You will research what mental health resources are in your area. It could be a non-profit organization, therapists or community programs. Your information should be presented in a brochure that could be given out to high school students. You should include:

- Name of organization and location.
- Mission statement.
- Services available.
- Possible costs.
- Who is eligible to get help.

Your brochure should be colorful and neat. You want it to catch the eyes of a student who may be struggling with their mental health. Be sure to check for spelling and use actual information. If there isn't an organization in your area, find a site online. You can make a list of online sites that students can go to if they are having problems. The goal is to erase the stigma of mental health. Helping even one person will make a difference!



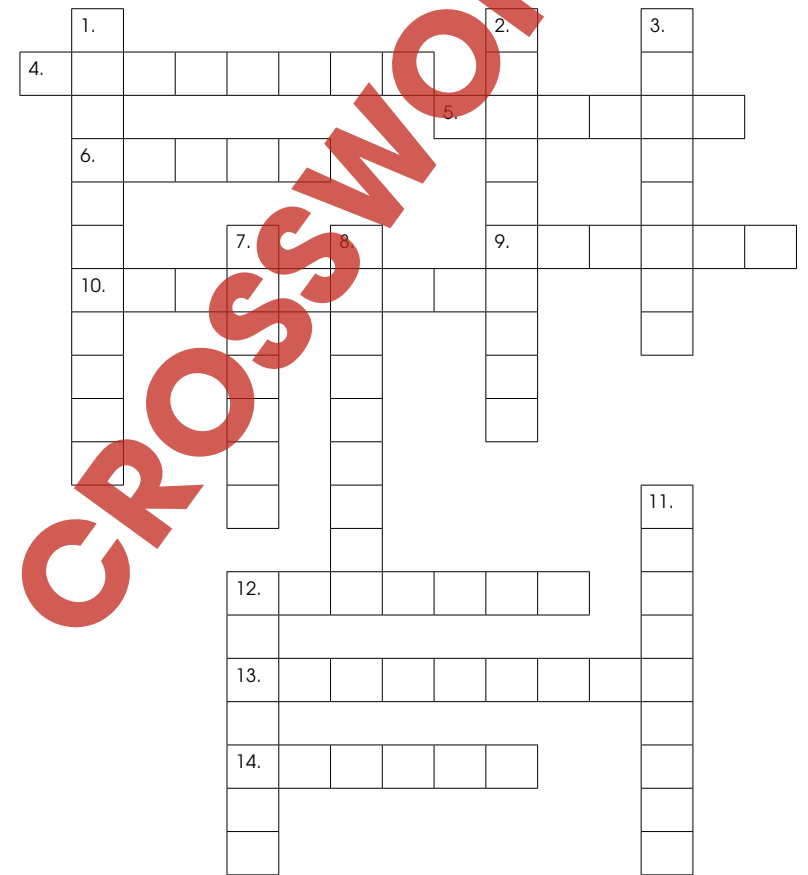
Crossword Puzzle!

Across

4. Worrying over a future event.
5. Not innocent. Shameful.
6. To change position.
9. To interact with. Starting.
10. To judge the value of something.
12. Agreeing with an act.
13. Paying close attention to.
14. The effect on someone or something.

Down

1. The feeling of annoyance, irritation or anxiety.
2. Getting help from a professional.
3. A very close relationship.
7. The cause of an event, the starting incident.
8. A problem or place where an issue could happen.
11. Grief or misery.
12. To make something clear.



Word List

- appraisal
- attentive
- clarify
- consent
- counseling
- dreading
- engage
- frustration
- guilty
- impact
- intimate
- shift
- situation
- suffering
- trigger



Comprehension Quiz

Part A

Circle **TRUE** if the statement is TRUE or **FALSE** if it is FALSE.

- TRUE FALSE** a) A counselor can help you with difficult feelings
- TRUE FALSE** b) Avoiding eye contact is a part of active listening.
- TRUE FALSE** c) Compromise is very important to a relationship.
- TRUE FALSE** d) Children should pay part of the household bills.
- TRUE FALSE** e) If at first you don't succeed, give up.

Part B

List three instances where a person could NOT give consent to a sexual activity.

Hierarchy of Needs



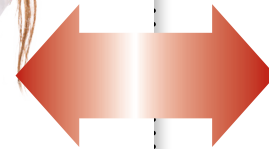


Coping with Life



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| f) Procrastinating on an assignment. | YES | NO |

2.

- a) YES
- b) NO
- c) NO
- d) YES
- e) YES
- f) NO



EASY MARKING ANSWER KEY





Coping with Life

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