Freshman Information: Meeting 1

Resources:

* Onslow County Schools [www.onslow.k12.nc.us](http://www.onslow.k12.nc.us)
* RHS Website <http://richlands.nc.och.schoolinsites.com>
* RHS Guidance Website <http://rhswildcatsstudentservices.weebly.com>
* CFNC [www.cfnc.org](http://www.cfnc.org)
* NCAA [www.eligibilitycenter.org](http://www.eligibilitycenter.org)

Graduation Requirements

English I, II, III, IV

 Algebra I/Math I, Geometry/Math II, Algebra II/Math III & a higher Math (AFM or Pre-Cal)

 Earth Science, Biology, and a Physical Science Course (PhyScience, Chemistry, or Physics)

 World History, American History I, American History II, & Civics

 **OR** Students have to do 1 of these!

 World History, Turning Points, AP US History, & Civics

 Health & PE

 6 electives

a) 2 electives from CTE, Arts, or Foreign Language

b) 4 electives that either make up a CLUSTER or CONCENTRATION

+ Graduation Project!

Calculating GPAs: (Add up quality points then divide by potential/attempted credits)

|  |  |  |  |
| --- | --- | --- | --- |
|  | Regular | Honors  | AP |
| A | 4 | 5 | 6 |
| B | 3 | 4 | 5 |
| C | 2 | 3 | 4 |
| D | 1 | 2 | 3 |
| F | 0 | 0 | 0 |

**Good Start Bad Start**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Class | Grade | Unweighted | Weighted | Class | Grades | Unweighted | Weighted |
| Eng I H | 94 | 3.75 | 4.75 | Eng I H | 75 | 1.375 | 2.375 |
| Math I | 88 | 3.00 | 3.00 | Math I | 72 | 1.0 | 1.0 |
| E Science H | 96 | 4.0 | 5.0 | E Science H | 73 | 1.125 | 2.125 |
| W History H | 90 | 3.25 | 4.25 | W History H | 76 | 1.5 | 2.5 |
| MSWPPP | 95 | 3.875 | 3.875 | MSWPPP | 71 | 1.0 | 1.0 |
| H & PE | 98 | 4.0 | 4.0 | H & PE | 80 | 2.0 | 2.0 |
| **GPA** |  | **3.645** | **4.313** | **GPA** |  | **1.333** | **1.833** |

Place an “X” on the appropriate place on each line to describe your behavior.

 Negative Attitude Positive Attitude

 Selfish Sharing

 Seldom Waits for Others Always Waits

 Lies Tells the Truth

 Dress Sloppy Dress Nice

 Blames Others Admits Mistakes

 Inconsistent Dependable

 Puts Others Down Stands Up for Others

 Teases Others Never Teases Others

 Hurts Others When Angry Expresses Anger OK

 Loses Friends Keeps Friends

 Never Compliments Compliments Others

 Unpopular Popular

 Annoys Others Respects Others

 Argues About Problems Discuss Problems

Circle the 3 behaviors from above that are all the way to the left or closest to the left that you need to improve the most.

Write below how you plan to change them.

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |  |
| --- | --- | --- |
| **The Aggressive Person** | **The Assertive Person** | **The Passive Person** |
| Interrupts & “talks over” others | Speaks openly | Is afraid to speak up |
| Speaks loudly | Uses a conversational tone | Speaks softly |
| Glares & stares at others | Makes good eye contact  | Avoids looking at people |
| Intimidates others with expressions | Shows expressions that match the message | Shows little or no expression |
| Stands rigidly; crosses arms; invades others’ personal space | Relaxes and adopts an open posture and expressions | Slouches and withdraws |
| Controls groups | Participates in groups | Isolates self from groups |
| Only considers own feelings, and/or demands of others | Speaks to the point | Agrees with others, despite feelings |
| Values self more than others | Values self equal to others | Values self less than others |
| Hurts others to avoid being hurt | Tries to hurt no one (including self) | Hurts self to avoid hurting others |
| Reaches goals but hurts others in the process | Usually reaches goals without alienating others | Does not reach goals and may not know goals |
| I’m okay, you’re not | I’m okay, you’re okay | You’re okay, I’m not |

**Tips for Behaving More Assertively**

**Speak up when you have an idea or opinion.**

This is one of the biggest steps toward being more assertive and can be easier than you think. It may be as simple as raising your hand in class when you know the answer to a question, suggesting a change to your boss or coworkers, or offering an opinion at a party (even if it's just your opinion of a new movie or book).

**Stand up for your opinions and stick to them.**

It can be a little harder to express opinions and stick to them when you know that others may disagree, but try to avoid being influenced by others' opinions just out of the desire to fit in. You shouldn't feel a need to change your mind just because you're afraid of what others may think. Like it or not, you'll gain more respect for standing up for yourself than you will for not taking a stand.

**Make requests and ask for favors.**

Most people find it hard to ask for help when they need it, but people don't always offer without being asked. If your requests are reasonable (meaning, would you agree or respond kindly if someone asked the same of you?), don't feel bad about asking.

**Refuse requests if they are unreasonable.**

It's perfectly appropriate to turn down requests if they are unreasonable or if you don't have the time or resources. For example, if someone asks you to do something that makes you feel uncomfortable or you think is wrong, it's fine to simply say no. It's also fine to turn down someone if you feel overwhelmed. You can always offer to help in the future or help in another way. As long as you don't turn down every request that comes your way, you shouldn't feel guilty.

**Accept both compliments and feedback.**

Accepting compliments seems easy, but people often make little of them because they are embarrassed -– but don't make less of your accomplishments! It's fine to simply say "thank you" when people give you compliments. Similarly, be prepared to accept feedback from others that may not always be positive. While no one needs to accept unwarranted or insulting advice, if someone gives you helpful advice in the right context, try to accept it graciously and act upon it. Accepting feedback (and learning from it) will often earn you respect and future compliments.

**Question rules or traditions that don't make sense or don't seem fair.**

Just because something 'has always been that way' doesn't mean it's fair. If you feel a tradition or rule is unfair to you or others, don't be afraid to speak up and question why that rule exists. Rather than break a rule or law, find out the reasoning behind it. If you still think it's wrong, talk to friends or coworkers, work with counselors and legislators, and see if there is a way to change it. While some rules are less flexible and should be respected (for example, a family's decision not to allow cigarette smoking in their house or the state laws about drunk driving), others may be open to debate (for example, why a public place doesn't have wheelchair access or your school computers aren't compatible with assistive technology.)

**Insist that your rights be respected.**

While you want to choose your battles carefully, you do have basic rights that you should feel comfortable standing up for. Some of these rights may be guaranteed you under law, such as your medical, employment, and educational rights. Other rights may involve basic courtesy - such as the right to be treated fairly, equally, and politely by friends, coworkers, and family.

**Tips for Behaving Less Aggressively**

If you want to be assertive but are concerned that others may find you too aggressive (or others have told you that you are too aggressive), here are some recommendations for turning aggressive behavior into assertive behavior.

**Give others a chance to speak.** It's important to express yourself, but if you're the only one speaking or you constantly control conversations, you may not be giving others the chance to express themselves.

**Respect others' opinions.** You may disagree with other people's opinions (and some of them may be outrageous!), but everyone has a right to their opinion and the right to express it. If you disagree with someone, try to discuss your differences rationally.

**Be diplomatic.** Expressing your opinion is important, but not always at the expense of others. If you know what you are going to say could be painful, yet you feel it still needs to be said, try:

* ***Saying it in a kinder way* (**for example, "I disagree" instead of "You're wrong");
* ***Cushioning your comment with a compliment*** (for example, "Mary has had some great ideas, but I just don't think this one will work" instead of "That's stupid"); or
* ***Recognizing it's a difficult topic and handling it discreetly*** (for example, "You know, I really don't want to hurt your feelings, but I think you should know ... ")

**Choose assertive (not aggressive) language.**

* ***Focus on specific behavior and facts instead of opinions* (**for example, "These documents weren't filed in order" instead of "You're sloppy and disorganized")
* **Avoid exaggerations** (for example, "You were late for the third time this week" instead of "You're never on time")
* ***Focus on "I" not "You" language*** (for example, "I would like a chance to say something" instead of "You're always interrupting")

**Avoid bullying and demanding behavior.** When making requests, avoid phrases that may make people feel bullied like "you must" or "you have to" and focus on language like "I think it would be better if ... " Also, think about what you are asking of others -- are your requests reasonable, or are they are unrealistic, unfair or selfish?

**Avoid physically aggressive behavior.** Behavior such as glaring, shouting, slamming doors, throwing things, or invading others' personal space (for example by speaking 'in their face', pointing or jabbing them, or grabbing their arm) is physically aggressive. This behavior both scares and alienates people. No matter how angry or passionate you are about an issue, it is important to exercise physical control. Others won't respect you if your behavior indicates that you don't respect them.

Active Listening

Active listening is essential to effective communication and is a vital part of conflict resolution. In active listening, judgment is suspended and the listener uses empathy to try to understand the speaker’s experience, feelings, and perspective. The main principles of active listening are:

|  |
| --- |
| **Encourage** |
| Draw the other person out. Use verbal/non-verbal cues to show that you are really listening. | Convey attentiveness with body language and short vocal responses. Be aware that appropriate body language and vocalizations vary from culture to culture. |
| **Clarify** |
| Ask questions to confirm what the speaker hassaid. Not only will this help you understand, but it also may help the speaker examine their own perceptions. | Example:"Could you tell me which of those things happened first?""I'm still not sure I understand why that made you so upset. Could you explain again?" |
| **Restate** |
| Repeat in your words what the speaker has said. This shows you are listening and helps check for facts and meaning. | Example:"So she said she would call back and then shecalled two days later." |
| **Reflect** |
| Tell the speaker what you think he/she isexperiencing. This can lead the speaker to bemore expressive. It also provides a way to check the accuracy of your perceptions. | Example:"You said what she did hurt a lot. It sounds likeyou really felt humiliated. Do I have that right?" |
| **Summarize** |
| Reiterate the major ideas, themes, and feelings the speaker has expressed. This provides review and a basis from which to continue the dialogue. | Example:"So the main problems you have with this are...." |
| **Validate** |
| Show appreciation for the speaker's efforts;acknowledge the value of talking; affirm yourpositive feelings about being part of the dialogue. | Example:"I'm really glad we're talking.""It makes me feel good that you confided in me." |

Conflict Resolution

Conflict resolution skills are skills a person can use to resolve a disagreement in a healthful, safe, legal, respectful, and nonviolent way.

1. Stay calm.
2. Set the tone.
	* Listen first.
	* Avoid interrupting.
	* Affirm others.
	* Be sincere.
	* Avoid putdowns.
	* Reserve judgment.
	* Avoid threats.
	* Separate the problem from the person.
	* Use positive nonverbal messages.
3. Define the conflict.
4. Take responsibility for personal actions.
5. Use “I” messages to express needs and feelings.
6. Listen to the needs and feelings of others.
7. List and discuss possible solutions.
	* Will the solution result in actions that are helpful?
	* Will the solution result in actions that are safe?
	* Will the solutions result in actions that are legal?
	* Will the solutions result in actions that are respectful of all people involved?
	* Will the solution result in actions that are nonviolent?
8. Agree on a solution.
9. Keep your word and follow the agreement.
10. Ask for the assistance of a trusted adult or peer if the conflict cannot be resolved.