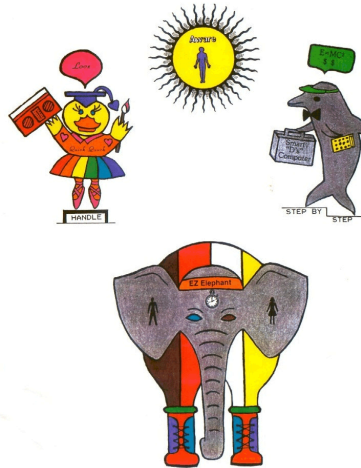


My Name _____ My Section _____ Date _____

Grandma Lee's Quick, Smart, EZ, and Aware Way to a Great Future!



I have a **body** that lives on Planet Earth. I **feel**. I **think**. I do the **Right Thing**.

I can become my **best** and I can **succeed** at anything I do.

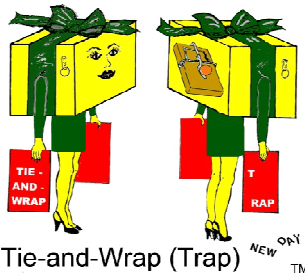
I have **choices**.

I become my best in 3 steps:

1. I have a vision or idea (I imagine) and set my goals!



2. I work my plan and don't get trapped in the same useless behavior!



3. I analyze and improve by keeping the good and letting go of negatives!



My teacher's name _____

Please circle or write all answers in every section. When you finish, please return to Ms. Gabor. Thank you.

1. ABOUT ME:

I have a brain: Yes No

Senses I have:

Sight (I have eyes to see) Hearing (I have ears to hear) Smell (I have a nose to smell)

Taste (I have a tongue to taste bitter, sweet, sour, salty)

Touch (I have arms with fingers and legs with toes for making things, taking things apart, figuring out if something is hot, cold, smooth, rough, etc.)

Common (I can figure out how to get things done) Direction (I can find my way to a place the second time I go there)

2. I LIKE TO:

Read	Very little	Sometimes	Lots (if I like the story)
Write	Very little	Sometimes	Lots
Make up Crazy Stories	Very little	Sometimes	Lots (I'm very creative)
Spell correctly	Very little	Sometimes	Lots (I could be good enough to be in a Spelling Bee)
Find places on maps	Very little	Sometimes	Lots (I could be good enough to be in a Geography Bee)
Learn about history (why people did what they did and when they did it)	Very little	Sometimes	Lots
Experiment in Science	Very little	Sometimes	Lots
Watch sports	Very little	Sometimes	Lots (it is easy to see the right plays)
Play sports	Very little	Sometimes	Lots
Play computer games	Very little	Sometimes	Lots
Search the Internet	Very little	Sometimes	Lots
Play electronic games	Very little	Sometimes	Lots
Listen to music	Very little	Sometimes	Lots
Sing	Very little	Sometimes	Lots
Play music instruments	Very little	Sometimes	Lots
Dance	Very little	Sometimes	Lots

Draw	Very little	Sometimes	Lots
Paint	Very little	Sometimes	Lots
Build and Fix Things	Very little	Sometimes	Lots
Cook	Very little	Sometimes	Lots
Bake	Very little	Sometimes	Lots
Make people look better	Very little	Sometimes	Lots
Talk on the telephone	Very little	Sometimes	Lots
Keep my things straightened	Very little	Sometimes	Lots
Design clothes	Very little	Sometimes	Lots
Help People	Very little	Sometimes	Lots
Video/make movies	Very little	Sometimes	Lots
Take photographs	Very little	Sometimes	Lots
Work on cars	Very little	Sometimes	Lots
Play chess or checkers	Very little	Sometimes	Lots
Play board games	Very little	Sometimes	Lots

3. JOBS I WOULD CONSIDER

These are jobs I think I would like:

4. COLLEGE AND CAREER COLLEGE (TECHNICAL SCHOOL)

I know that technical school programs can be about 1 year or maybe 2. Yes No

I know some technical school programs (career college) are:

Hair Stylist	Barber	Auto Mechanic
Legal Secretary	Electrician	Computer Repair Person
Plumber	Gardener	Air Conditioning/Heat Person
Chef/Cook		

Yes No

I know that junior college is a 2 year program that can give me a certification for a job and/or prepare me to finish college.

Yes No

I know that a Bachelor of Arts (BA) or Bachelor of Science (BS) degree takes 4 years full time.

Yes No

I know the State of Texas is thinking about creating a law that says if I obtain my high school diploma, the State of Texas will pay for 2 years of College for me

Yes No

I know there are lots of scholarships available that let me go to college on somebody else's dime and I don't owe them anything.

Yes No

I know about the scholarships, but some may require me to work for that company or in that industry after I graduate.

Yes No

I know there are grants for college and I don't pay those back.

Yes No

I know there are loans for college and career college (technical school), but I do pay those back, even if I don't finish the school.

Yes No

I know there are some career colleges who will try to get me to enroll and take out a loan so they get the money and they don't care if I don't finish – they may be scamming me.

Yes No

I know just because some people may try to scam me that there also are good people in the world. Yes No

I know that people can go to these places free if the U.S. Senator in their state gets them in:

Air Force Academy in
I earn a bachelor's (college) degree and stay in the Air Force ___ years (find out from website – Google Air Force Academy appointment), then do what I want to. Yes No

Annapolis (Naval Academy) in
I earn a bachelor's (college) degree and stay in the Navy ____ years (find out), then do what I want to. Yes No

Coast Guard Academy in
I earn a bachelor's (college) degree and stay in the Coast Guard ____ years, then do what I want to. Yes No

West Point (Army)
I earn a bachelor's (college) degree and stay in the Army ____ years, then do what I want to. Yes No

I know I can join the Army or Navy or Air Force Reserves while I'm working and earn Extra pay for doing maneuvers a couple of weekends every month (but I may get "called up" and go to Iraq or another foreign country to serve in a war). Yes No

I know if I serve in the armed forces of the United States, I can get money for college or technical school, but I may be called into armed combat. Yes No

I know in addition to the military services mentioned above, there are also the Marines. Their motto is "_____". Yes No

I know about the 2-year junior college, Dallas Community Colleges (<http://www.dcccd.edu/>) with its 7 real campuses and 1 virtual:
Brookhaven Cedar Valley Eastfield
El Centro Mountain View North Lake
Richland Telecollege/Distance Yes No

I know I can go to a 4-year college and obtain a Bachelor of Arts (BA) or Bachelor of Science (BS) degree, for example (just a few):
Southern Methodist University (SMU) in Dallas
University of Texas-Arlington (UTA) in Arlington
(between Dallas and Ft. Worth)
University of Texas-Dallas (UTD) in Richardson
University of Texas in Austin Yes No

I know when I go to college, I usually have the choice of living on campus (and paying room and board or my scholarship pays for that) or living off campus (at home or in an apartment with roommates) Yes No

I know that if I am a minority (African American, Hispanic, Asian), I have a better chance of getting scholarships, grants, and loans than I do if I am White. Yes No

I know when I go to a 4-year college, they have fraternities (for boys) and sororities (for girls) I can join and my fraternity “brothers” or sorority “sisters” will help me throughout my life. Yes No

Internet Assignment:

Go to a **career college or technical school** website and look at the campus photographs. Some examples to Google:

Write answers to the following questions:

I went to <http://>

What city is the school in?

If I went to this college, what would I learn?

Go to a **junior college** website and look at the campus photographs. Some examples to Google:

Write answers to the following questions:

I went to <http://>

What city is the school in?

Go to a **college** website and look at the campus photographs. Some examples to Google:

Harvard University

Notra Dame University

SMU

Stanford University

Texas A&M (“Aggies”)

UTA in Dallas or Arlington or Austin or other cities

Write answers to the following questions:

I went to <http://>

What city is the school in?

What would I want to “major” in *(the first two years, everyone takes the same type of history, math, and Language arts courses; in the 3rd and 4th years, people take classes in the area(s) that are most interesting to them and will help them in their careers, like taking many science courses to be a scientist or many history courses to be a history teacher or many math courses to be an engineer or many health courses to be a sports health person) –*

what would I want to take? Write your answers:

5. SCHOOL – ELEM., JR. HIGH (MIDDLE), HIGH SCHOOL

I know President Bush’s plan “No Child Left Behind” is to make sure I have really good teachers in elementary, middle, and high school so that I can become my best.

Yes No

I know the “No Child Left Behind” program may not be perfect, but it makes sure I have the very best teachers who are “highly qualified” to teach me.

Yes No

I know I take the TAKS test is to find out if I’m learning enough to be successful and well-paid in life.

Yes No

I know that our First Lady Mrs. Laura Bush (the wife of President Bush) was a teacher and a librarian.

Yes No

I know that in Dallas ISD high schools, if I have enough credits to graduate, during my senior year, courses I take can count for college.

Yes No

I am “street smart” (nobody can pull anything over on me).

Yes No

I am book (academic) smart (I am developing skills to use in a well-paying job).

Yes No

I know the reason my teachers are here is to:

Make lots of money

Yes No

Find out how much teachers are paid (go to <http://www.dallasisd.org> and look under Employment/compensation/ and the current table of salaries):

1st year = \$

5th year = \$

10th year = \$

15th year = \$

20th year = \$

I know this job isn't just about money for my teacher. I know my teachers are here because they care and want me to succeed. Yes No

Compare how much teachers make with these jobs

Professional football player, who makes \$

Legal secretary, who makes \$

Ask your teacher: how much of your own pay did you spend last year buying things for the class and helping your students: \$_____

What I think about teachers:

I think it is nice that teachers sacrifice to be here. Yes No

I think teachers are crazy for doing this job when they could make more money working fewer hours doing another job. Yes No

I think I should give my teachers a break now that I know they are on my side. Yes No

I know I don't have to like my teachers, but I should respect them. Yes No

I know there are adults who are just now learning to read and write. Yes No

I know there are adults who are just now learning to do math. Yes No

I know I have a chance to be anything I want to be. Yes No

I know the way to get to a good place is to imagine that place. Yes No

I know to get there I must set a goal. Yes No

I know after I set my goal I must keep that goal in mind every day. Yes No

I know I must work my plan, just like playing a soccer, basketball, or other sport. Yes No

I know that everyone's brain works the same way:
We build "roads" (neuron pathways) every time we do something a certain way. Yes No

We can change the "road" by building a new road. Yes No

It is easier if we don't build negative "roads" to start with. Yes No

I know I have choices. Yes No

I know I am safe in my school.	Yes No
I know some people have a really bad life at home.	Yes No
I know those people can leave that at the school door and not let it keep them from learning.	Yes No
I know that each of my teachers has a 4-year Bachelor of Arts (BA) or Bachelor of Science (BS) degree from a college.	Yes No
I know that some teachers in my school have another 2 years of college and earned a Masters degree (MA).	Yes No
I know that there may be one or more teachers on my campus who went to school another few years and earned a Doctorate degree (Ph.D./Doctor of Philosophy or Ed.D/Doctor of Education)	Yes No
I know our school's Principal has at least a Masters degree in Educational Administration.	Yes No
I know our school's Assistant Principal has at least a Masters degree in Educational Administration.	Yes No
I like to take tests.	Yes No
I know every teacher in my school has taken at least 2 certification tests: Elementary Comprehensive and Professional Development.	Yes No
I know some teachers have taken even more.	Yes No
I checked at the Texas State Board for Educator Certification to see what are my teacher's certification(s). I went to the website http://www.sbec.state.tx.us , clicked at the top where it says "Official Records of Educator Certificates" and input his/her first name and last name (if nothing came up, it means I don't have the correct full names – some teachers use "nicknames" at school).	Yes No
My teacher has the following certifications:	
I know all the teachers at my teacher had perfect lives as children and were happy all the time.	Yes No
I know it is POSSIBLE and maybe PROBABLE that one or more of the teachers in my school had a horrible life as a child and maybe didn't have enough to eat or didn't feel safe.	Yes No

If any of those teachers are degreed and here, I know it means they had to leave all those bad feelings at the school door so they could learn and someday have a better life. Yes No

I am proud of anyone who is able to overcome a bad childhood. Yes No

I checked SBEC for the certification(s) of my Assistant Principal and she/he has the following certificates:

I checked SBEC for the certification(s) of my Principal and she/he has the following certifications:

My school has a cafeteria. Yes No

I receive (circle) free lunch reduced price lunch

I know that somebody makes sure the taxpayers are paying for that lunch for me because they care about me. Yes No

I have a desk in my classroom. Yes No

I know that somebody makes sure the taxpayers are paying for that desk for me to use because they care about me. Yes No

I have books to study from. Yes No

I know that somebody makes sure the taxpayers are paying for those books for me because they care about me. Yes No

My school has a library.

I know that somebody makes sure the taxpayers are paying for those library books and magazines for me to read because they care about me. Yes No

My school has a computer lab.

I know that somebody makes sure the taxpayers are paying for those computers for me to use because they care about me. Yes No

I know that, since my brain and mind are hidden inside me, I can think whatever I want to think, BUT I am not free to say or do whatever I want to (so that we all can get along better).

Yes No

6. MY BEHAVIOR

Before I did this assignment, I didn't know people care so much about me.

True False

I plan to continue to disrupt class just as much so other people can't learn.

Yes No

I know I will still be angry and upset about things, but I plan to control myself more so that I can learn and become my best.

Yes No

I know that regardless of how smart some people in my school seem to be, there are things I am smarter at doing.

Yes No

I know there isn't anyone who is smart at everything.

Yes No

I know that all of us together can solve some of the global problems such as (check them as you read):

- world hunger (30,000 children a day die from starvation)
- diseases throughout the world
- lack of schools in many, many countries
- no clean water in many countries
- no toilets in many countries (they use the rivers and lakes and then drink water from those same rivers and lakes)
- no books for school children in many countries
- war in many countries that causes children to be shot, burned, or exploded
- get rid of bad viruses, bugs, and other things that hurt people
- crime

Answer IF you think you life is bad sometimes:

I know as bad as I think my life may be here, things are much worse in many other countries.

Yes No

I know having money isn't everything and doesn't bring happiness all the time, but can help to solve some problems.

Yes No

I know I can become “Aware” of all the possible things that can happen and I can be “proactive” (think ahead and make sure things are better) instead of “reactive.” (example of proactive: look before crossing the street; example of reactive: get hit by a car when crossing the street because we didn’t look)

Yes No

I know that an education can help me make these lives better:

- my life
- my mom’s and dad’s lives
- my grandparents’ lives
- my brothers’ and sisters’ lives
- my future husband’s or wife’s life
- my future children’s lives
- the lives of my nieces and nephews
- the lives of children in other countries as we solve these horrible global problems

7. PEER PRESSURE:

I know I have people around me who aren’t doing their best to learn.

Yes No

I know they could do better if they tried.

Yes No

I know many of them may want to keep me from learning so we will all be alike.

Yes No

I know it is my choice whether or not I let that happen.

Yes No

I know some people are born with lots of courage.

Yes No

I know some other people aren’t born with much courage and must build it within themselves.

Yes No

I know we build courage one step at a time.

Yes No

I know some of the greatest and most courageous football players and military people have had to build courage in themselves.

Yes No

I know we all build courage the same way because our brains work the same way:

1. Idea
2. Do little courageous things (like telling the honest truth when it is hard to or admitting we have done something even when we're afraid the teacher will yell or someone will beat on us); then keep doing it
3. Realize we are courageous Yes No

8. IMPROVE THIS SURVEY:

To make this better, I would add:

This survey is way too long. Yes No

I want to do this survey again the next time I am sent to the office. Yes No

I would rather do different 14-page survey Yes No

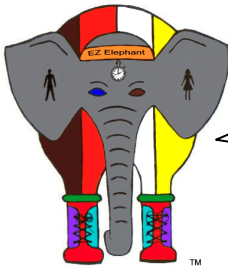
I really don't want to come to Ms. Gabor's office again and have to do all this self-analysis. It is boring! Yes No

I know if I don't pass TAKS tests in Reading and Math in both the 3rd and 5th grades, I will stay in those grades for another year. Yes No

I think it is better to (check all that apply)

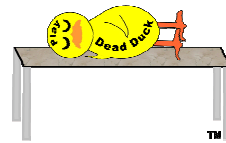
- control my actions
- learn everything I can
- finish elementary school
- finish junior high/middle school
- graduate from high school
- get additional education from career, junior, or 4-year college (maybe even more)
- get a good job
- be successful
- be able to solve my problems using my brain instead of my fists
- control my emotions so that I can achieve my goals

My brain, emotions, and feelings direct my body. Which part of me is running the show at any given moment?

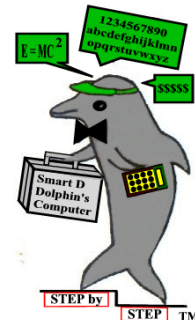


I'm EZ Elephant and I represent the physical body. I can be any of various colors and I can be a male (boy) or female (girl). I need water, food, fresh air, sleep, and shelter. These are the same things the cave people needed. Who helps me get what I need?

I do feelings and it is important that I care about others, as well as myself. I also do quick impulses and can act without thinking. When I'm in my negative mood and things don't go my way, I become "Duck This One" and I'm mean or I hide my feelings, pretend nothing is wrong and I'm "Dead Duck."



We can do smart actions to help ourselves move toward a great future! Education helps us open many doors and have many choices!



We balance feelings, smarts, and physical needs so that we're global citizens, team members, and problem solvers. We are pro-active and plan well. We control our emotions. We balance our lives!

Write a 1-page essay, single line-space, explaining these ideas and how you can use them. Be sure to indent your paragraphs and use correct spelling.

(end)