

# High School Guidance & Counseling Department

## Freshman Seminar Newsletter December 2011

Created by Michele Evans, HS Guidance Counselor & Penny Barlow, Teaching Assistant

The book, The 7 Habits for Highly Effective Teens by Sean Covey was the resource used by Mrs. Amodio, Senior Prevention Educator from Catholic Charities, in teaching the students about getting along with others and becoming successful in high school.

The 7 habits are:

- Be Proactive
- Begin With the End in Mind
- Put First Things First
- Think Win-Win
- Seek First to Understand, Then To Be Understood
- Synergize
- Sharpen The Saw

As with all our guest speaker's topics, the information is reinforced with daily "Do Now" activities and follow-ups throughout the semester.

In back to back lessons, Mrs. Amodio returned to present a lesson on substance abuse. Four "stations" were set up in each corner of the room.

Station #1 Students were to inspect a 3-foot long plastic cigarette and identify the harmful chemicals inside. "Mock" bottles of alcohol explaining the toxic truth were also discussed.



At this station, students also observed the effects that smoking might have on a fetus. *No cigarettes were lit and students were not subjected to any smoke.*



In a follow up lesson, students learned about FAS or the Fetal Alcohol Syndrome.

Station #2 The Wheel of Misfortune: Students spun the wheel to answer questions about drug abuse.



Station #3 Fatal Vision Goggles:



Students tried to "walk a straight line" and bowl while wearing goggles that simulated being under the influence of drugs or alcohol.

Station #4

Students watched a video on the "Truth about Marijuana."

We spent the next several classes working on the Linus Project. The freshmen learned to cut-to-size and tie special knots on fleece to create blankets, which were distributed to teen boys and girls unable to be with their families for the holidays. The scraps were used to make pet toys and beds for Animal Kind in Hudson, NY.



We would like to thank the Kinderhook Central School District Education Foundation Arts and Humanities Fund of the Berkshire Taconic Community Foundation for providing a grant for this project and the Ichabod Crane 2010 high school student council for their donation.

Drug & alcohol bingo reviewed the lesson on substance abuse.

The busy month closed with students viewing the after-school special, *Tough Girl*, opening topics for discussion such as domestic violence, friendships, making good decisions, peer pressure, drug and alcohol abuse and the term "latch key kids."

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