EDWARD R. MURROW H.S. SOCIAL STUDIES DEPARTMENT

MR. BARGE, PRINCIPAL MR. MILLS, ASST. PRINCIPAL

MS. SINCLAIR, TEACHER

***Council for Unity 7 Habits Portfolio***

Over the course of this semester, we will be reading Sean Covey’s *The 7 Habits of Highly Effective Teens.* This text will discuss habits to help you prioritize, clear the clutter in your life and work on building better relationships with others. As we read and discuss the text together, you will spend time taking notes and journaling your progress through this.

**Part I. Weekly Readings (30 pts)**

A. For each section, address the following tasks:

* Read the corresponding pages.
* Describe the habit/main idea.
* Describe what it looks like when this habit/idea is not followed through.
* Describe how following this habit regularly could impact your life.
* Identify and explain one quote that stood out to you.

B. Baby Steps: Each week you will journal your progress in working through the 7 habits. Pick three baby steps at the end of each reading and discuss your progress with this habit. How did it feel completing these baby steps?

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| --- | --- | --- | --- |
| Get in the Habit | 9/19/16 | Relationship Bank Acct. | 11/1/16 |
| Paradigms & Principles | 9/26/16 | Habit 4 | 11/7/16 |
| Personal Bank Acct. | 10/6/16 | Habit 5 | 11/15/16 |
| Habit 1 | 10/11/16 | Habit 6 | 11/29/16 |
| Habit 2 | 10/18/16 | Habit 7 | 12/6/16 |
| Habit 3 | 10/25/16 | Keep Hope Alive | 12/13/16 |

**Part II. One Habit for the Gold (15 pts): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Once the readings are done in class, you will spend the rest of the semester working on one habit to fine tune. For this portion of project, you must submit a proposal identifying the habit you will work on for the remainder of the semester. Which habit are you having the most trouble with? You can also consider the habit that will benefit you the most at this time if you worked on it.

\*Once you have chosen this habit, you will be assigned an accountability partner.

You will also create and submit an inspiration/goals sheet. On this sheet, it will include two to three things/tasks/quotes that you can post and use for motivation. Be creative with this; be sure to include images, colorful words and decorations.

**Part III. Progress Report (30 pts): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

You will write weekly journal assignments continuing to detail your progress with this habit. This should be an honest portrayal of your progress including those struggling moments where you may fall behind or feel the need to start from scratch. Feel free to include other baby steps to work on or even look up additional resources online to help you. In addition, you will be assigned an accountability partner. Meet with this person weekly to discuss your progress and to share what you’ve learned and challenges you’re facing.

**Part IV. Sum It Up and Shout It Out (25 pts): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

You will put together a final visual aid detailing the habit you chose, its advantages and difficulties. You must also include other resources you discovered to help you through this journey. Be sure to include a bibliography showing the sources used for this aid. The format is flexible. You can create a brochure, an Infographic, a vlog, poster, etc.