



It's My
Life!

PHeada



MIDDLE SCHOOL PLANNER

Guide For Students • Online Edition



WEEKLY SCHEDULE



Don't Forget: _____

Pd.



Mon

Tue

Wed

Thur

Fri

Pd.	Mon	Tue	Wed	Thur	Fri

WEEKLY SCHEDULE



Don't Forget: _____

Pd.



Mon

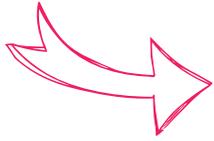
Tue

Wed

Thur

Fri

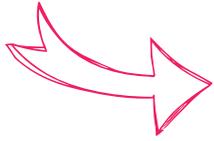
DAILY ASSIGNMENTS



Week of: _____

	Subject	Assignments	Due	✓
Monday	Daily Goal:			
Tuesday	Daily Goal:			
Wednesday	Daily Goal:			
Thursday	Daily Goal:			
Friday	Daily Goal:			

CLASS SUMMARY



So, how did you do?

Let's take a minute to review your likes, dislikes, and accomplishments.

Was there anything about this class that you particularly enjoyed or found helpful?

Is there anything that you feel your teacher could have done to make this class better?

In what area do you feel that you improved the most?

List some of your goals that you achieved:

Did you complete most of your homework assignments on time? _____ If NOT, what was the reason?

Did your test scores improve? _____ If NOT, what was the reason?

What area(s) do you think you need to spend more time working on?

Did you discover a career that interests you? _____ If so, list the career and why you like it:

What changes do you plan to make to become a better student and a better person?

Other: _____

BRAINAPALOOZA

Activity Sheet

Word Decrypt

Decrypt this phrase to learn why doing well in school is so important. (Hint: 1=A, 2=B, 3=C)

— — — — — — — — — — — — — — — — — —
20 8 5 13 15 18 5 25 15 21 12 5 1 18 14

— — — — — — — — — — — — — — — —!
20 8 5 13 15 18 5 25 15 21 5 1 18 14

Studies show that people who have more education earn more money. For example:

- A high school dropout earns about **\$18,000** per year.
- A high school graduate earns about **\$24,000** per year.
- College graduates often earn **\$30,000** to **\$60,000** per year.

When you grow up, you're going to want your own place, a car, clothes, a cell phone, and internet access. And don't forget things like heat, electricity, water, and food! These things cost money. To make money, you need a job. And to get a good job, you need a good education. So you see school really IS important, and it all starts now. Doing well in middle school will help you do well in high school. And that will lead you down whatever path you choose after that. But it all starts with your education, because the more you learn, the more you earn!

Get a Jump Start

STUDYING

You want to find a quiet, well lit place at home to study, and keep it neat and clean. This will help you concentrate and do better on your homework.

Be the Real Deal

ATTITUDE

Your attitude is the way you feel about events or situations. It shows in your words and in your actions. You probably know people who have a positive attitude, and maybe even some with a BAD attitude. Why is it important to have a positive attitude toward school, your family, and your friends? Do you surround yourself with people who have a positive attitude?

1

BRAIN TEASER

What gets wetter and wetter
the more it dries?

BRAINAPALOOZA

Activity Sheet

TV Time

Think of characters you see on TV. Then list the career they are in and the primary skill they need for that career. Try to think of ten DIFFERENT careers.

TV Character	Career	Skill
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Get a Jump Start

ORGANIZED

USE THIS PLANNER to keep track of your homework assignments, tests and projects. Write in your planner every single day so that it becomes a habit! This will help keep you organized and help you do better in school.

Be the Real Deal

AWARENESS

Awareness means knowing what is going on around you. It involves all kinds of things, like the weather, or a sports activity, or a friend who is going through some tough times. It's important that you be aware of things, even if they don't seem to directly involve you. Are you aware of things happening around you? What can you do to increase your awareness at school, at home, or with your friends?

2

BRAIN TEASER

What can go up and down stairs without moving?

BRAINAPALOOZA

Activity Sheet

Goal Setting

Setting goals is a good way to keep track of things you need to accomplish. There are two types of goals. Short-term goals are things that you want to happen soon, like learning new soccer skills or passing next week's math test. Long-term goals are things you want to happen over a period of years, like going to college or being a professional singer.

It's important that you set both short-term AND long-term goals. But it's also important that you take steps toward reaching your goals. Things won't happen just because you WANT them to - you have to work hard and stay focused if you want to achieve your goals.

List a few of your short-term and long-term goals, and then explain what steps you are going to take to reach your goals.

SHORT-TERM GOALS:

LONG-TERM GOALS:

Get a Jump Start

STUDYING

When you're studying, sit in a comfortable chair but not one that is TOO comfortable. You don't want to fall asleep while doing your homework!

Be the Real Deal

CARING

Caring means being interested or concerned about someone or something. It's easy to see that your family and friends care about you. But what about other people in your life? Who are some people you are around every day who care about you and want you to do well? Do YOU care about those people in return?

3

BRAIN TEASER

What can you catch
but not throw?

BRAINPALOOZA

Activity Sheet

Word Scramble

Unscramble these mixed up words to find nine careers, and then solve the riddle at the end.

latned yitsneghi _____

hretace _____

ritecahtc _____

towresfa dienesgr _____

fech _____

iclope firecof _____

ootdrc _____

laspsrseeno _____

ootdrc _____

Now, list the letters from the shaded boxes, and then unscramble the key word. Here's a clue - to be any of these things, you'll need this!

THE KEY WORD IS: _____

Get a Jump Start

MANAGEMENT

For each study period, decide what you want to accomplish and how long you will spend on each subject or assignment. Set deadlines and try to stick to them. This will keep you from giving in to distractions and wasting time.

Be the Real Deal

CHARACTER

Your character is the sum of all the qualities that make you who you are. It's your values, your thoughts, your words, your actions... in other words, it's YOU. Like it or not, you will often be judged by your character. Why is it important that you develop strong character traits? What are some situations in which your character might shine?

4

BRAIN TEASER

Divide 30 by $1/2$ and add 10.
What is the answer?

BRAINAPALOOZA

Focus on Information Technology

There are hundreds of careers out there for you to consider. They are often grouped together into what are called career clusters. One of those clusters is called Information Technology (or Info Tech). Let's see if Info Tech would be a good career cluster for you. Put a ✓ next to any statement that applies to you:

- _____ I enjoy working with computers.
- _____ I am into technology.
- _____ I am a logical and mathematical learner.
- _____ People rely on me to fix or set up their computer.
- _____ I enjoy creating computer programs or video games.
- _____ I learn new computer programs pretty quickly.
- _____ I have good keyboarding skills.

If most of these apply to you, then you might want to think about a career in Information Technology. Careers in Info Tech include software development, database management, web designers, desktop publishing (like computer artwork), data entry, sales, and much more. So, if you're interested in computers and technology, think about Information Technology as a career field. There are plenty of jobs out there, and computers are going to be around for a long time!

Activity Sheet

Get a Jump Start

TEST TAKING

Be well rested before taking tests. Having a rested mind will help you recall information and perform better on the test.

Be the Real Deal

COMMITMENT

A commitment is an agreement or a pledge to do something in the future. It's like a promise, and when you commit to something you are giving your word that you will do it. What are some examples of commitments you have made? What are the consequences of not honoring a commitment?

6

BRAIN TEASER

You throw away the outside and cook the inside. Then you eat the outside and throw away the inside. What did you eat?

BRAINPALOOZA

Activity Sheet

Word Search

See if you can find all ten occupational "clusters" and one career for each cluster.

Q B E F S R E T U P M O C L R S
 E T S Y R U R Z M Y F R P U A L
 N D R A E Q U P R N O F G F H M
 G R U C Y S T N E M N R E V O G
 I D N C W B L E R O K T L M S M
 N F Q J A B U N B C Y L E H P U
 E I N J L T C F S O D C P T I I
 E R A P F Y I M S C H S J K T J
 R E M R A F R O E A L E P T A V
 I F S H E D G Y N R W E A H L N
 N I E C Z G A I I P E G X L I T
 G G L H P Z C Y S E Q H I W T J
 F H A A C Z X T U N H K C B Y H
 K T S A D B G C B T L O I A U V
 W E B M A S T E R E W M V N E O
 E R Q N O I T C U R T S N O C T

Agriculture: F _ _ _ _ _

Business: S _ _ _ _ _

Computers: W _ _ _ _ _

Construction: C _ _ _ _ _

Education: T _ _ _ _ _

Engineering: M _ _ _ _ _

Government: L _ _ _ _ _

Health: N _ _ _ _

Hospitality: C _ _ _ _

Safety: F _ _ _ _ _

Get a Jump Start

STUDYING

Quiet background music might help you stay focused while you are studying. Don't play it too loud, and try to resist the urge to sing along!

Be the Real Deal

COMMUNICATION

Communication is the means by which people exchange information. The people who get ahead in life are the ones who can communicate. What are the different forms of incoming communication (the ways you receive information) and outgoing communication (the ways you give information to others)? Why is it important to develop ALL of your communication skills?

7

BRAIN TEASER

A butcher is five feet ten inches tall.
 What does he weigh?

BRAINAPALOOZA

Activity Sheet

Are You Going Pro?

Lots of kids your age dream of being a professional athlete - football, basketball, NASCAR, skateboarding. But the fact is you have a one-in-a-million chance of making it in pro sports. So you need to have a back-up plan just in case your pro career doesn't work out. And your career could still involve sports in some way.

List as many careers as you can that involve sports. We gave you "professional athlete" - can you think of others? Be creative!

- | | |
|-------------------------|-----------|
| 1. Professional Athlete | 10. _____ |
| 2. _____ | 11. _____ |
| 3. _____ | 12. _____ |
| 4. _____ | 13. _____ |
| 5. _____ | 14. _____ |
| 6. _____ | 15. _____ |
| 7. _____ | 16. _____ |
| 8. _____ | 17. _____ |
| 9. _____ | 18. _____ |

This activity focused on professional sports, but the same idea holds true for kids who want to be professional singers, dancers, or actors. It's great to dream and to shoot for the stars, but be sure you have a back up plan in case your dream of going pro doesn't work out.

Get a Jump Start

NOTE TAKING

Don't try to write down everything the teacher says. Focus on the main ideas and the supporting facts. Then use your notes to make flashcards.

Be the Real Deal

COMPASSION

Compassion is an awareness of other people's problems and the desire to help them. It can involve your family, your friends, or total strangers. Do you consider yourself to be a compassionate person? What are some situations in which you have shown compassion?

8

BRAIN TEASER

I am full of holes but still hold water. What am I?

BRAINAPALOOZA

Activity Sheet

A Logic Puzzle

Marie, Alex, Jose, and Angela want to someday have jobs which allow them to be able to use their talents in some way. One of them wants to be a teacher, one wants to be a journalist, one wants to be a mechanic, and one wants to be a cartoonist. From these clues, see if you can figure out who wants to be what:

- Angela and Alex live on the same block as the student who is good at giving speeches.
- Jose and Marie are not very artistic.
- Angela is an excellent writer.
- One of the boys is good at taking things apart and fixing things.

Now, what does each student want to be?

Marie _____
Alex _____
Jose _____
Angela _____

Get a Jump Start

STUDYING

Study with a friend or a group of friends. Compare notes and ask each other questions. Maybe you can predict what questions will be on the test.

Be the Real Deal

CONFIDENCE

Confidence is a feeling of belief, or of being certain of something. It's also called self-esteem. Being confident in yourself and your abilities is very important to your success in school and in life. What are some things that you feel very confident about? Are there any areas of your life that you are lacking self-confidence? What are some things that could make you feel more confident in yourself?

9

BRAIN TEASER

How many birthdays does the average man have?

BRAINAPALOOZA

Activity Sheet

Word Decrypt 2

Decrypt the phrase below for a tip on how to do better in school, in sports, in music, and in everything you do. (Hint: A = B; B = C; C = D)

— — — — —
O Q N O D Q

— — — — — — — — — — — — — — —
O Q N O Z Q Z S H N M

— — — — — — — — — — — — — — —
O Q D U D M S R

— — — — —
O N N Q

— — — — — — — — — — — — — — —
O D Q E N Q L Z M B D

What are some ways that you can prove this phrase is true?

Get a Jump Start

STRESS MANAGEMENT

Don't sweat the small stuff. Try to prioritize your activities and focus on the most important ones first. Things that are less important can be done at a later time.

Be the Real Deal

CONSIDERATION

Considerate means being thoughtful of the rights and feelings of others. It means treating people the way you would like them to treat you. Can you think of any people who are not considerate in how they treat you? Now think about how you treat them... do you think they would be more considerate toward you if you were more considerate toward them?



BRAIN TEASER

What can run but never walks, has a mouth but never talks, has a head but never weeps, has a bed but never sleeps?

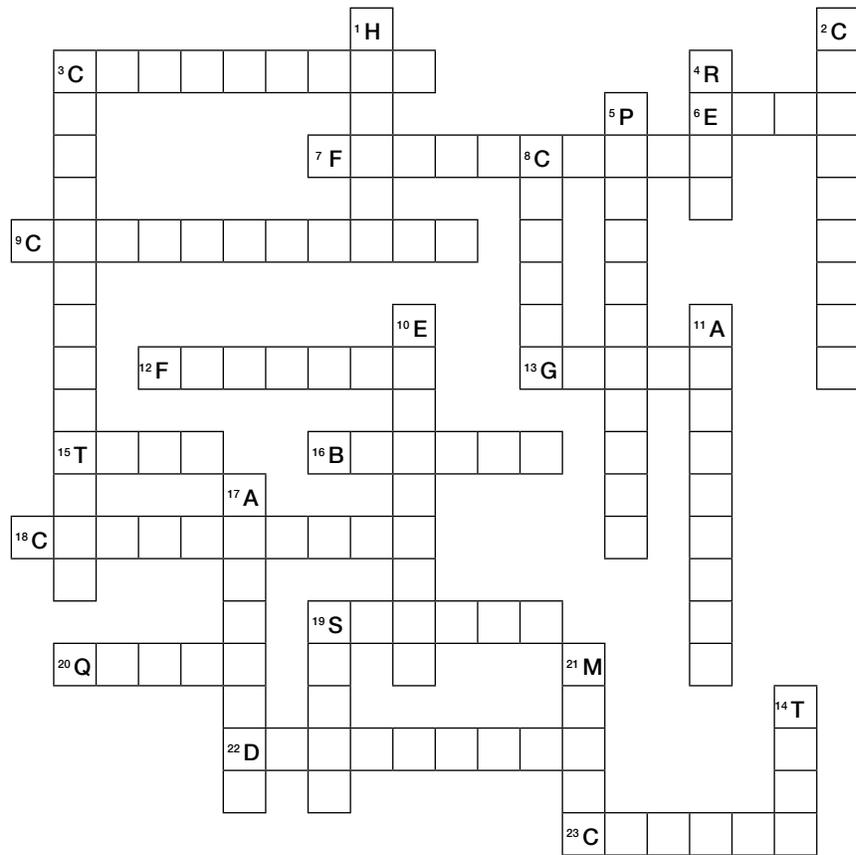
BRAINPALOOZA

Activity Sheet

Word Search

Across

3. It's the sum of all of your qualities.
6. The more you learn the more you ____.
7. Use your notes to make these.
9. The way you conduct yourself in a community.
12. You have to stay _____ to achieve your goals.
13. These should be long term and short term.
15. One career cluster is called Info _____.
16. Be sure you have a _____ plan for your career.
18. It's a promise or a pledge to do something.
19. I am full of holes but still hold water.
20. Try to find a _____ place to study.
22. Set these to help you manage your time.
23. It goes up and down stairs without moving.



Down

1. It's one of the career clusters.
2. It's how you feel when you believe in yourself.
3. Being thoughtful of the feelings of others.
4. Get plenty of this before a big test.
5. It prevents poor performance.
8. Being concerned about someone or something.
10. You'll need this to get a good job.
11. It's a two-year college degree.
14. Get lots of rest before a big _____.
17. Some people have a good one, some a bad one.
19. Don't _____ the small stuff!
21. Don't let this get too loud while you study.

BRAINPALOOZA

Answer Key

BRAIN TEASERS

- 1) Towel; 2) Carpet; 3) A Cold; 4) 70; 5) Stamp;
6) Ear of Corn; 7) Meat; 8) Sponge; 9) One; 10) River

WORD DECRYPT

The more you learn, the more you earn!

WORD SCRAMBLE

- 1) Dental Hygienist; 2) Teacher; 3) Architect;
4) Software Designer; 5) Chef; 6) Police Officer;
7) Doctor; 8) Salesperson; 9) Nurse

Key Word - Education

MATCHING GAME

Choreographer - Music; Fashion Designer - Art;
Recreational Therapist - Physical Education;
Editor - Language Arts; Lawyer - Social Studies;
Accountant - Math; Marine Biologist - Science

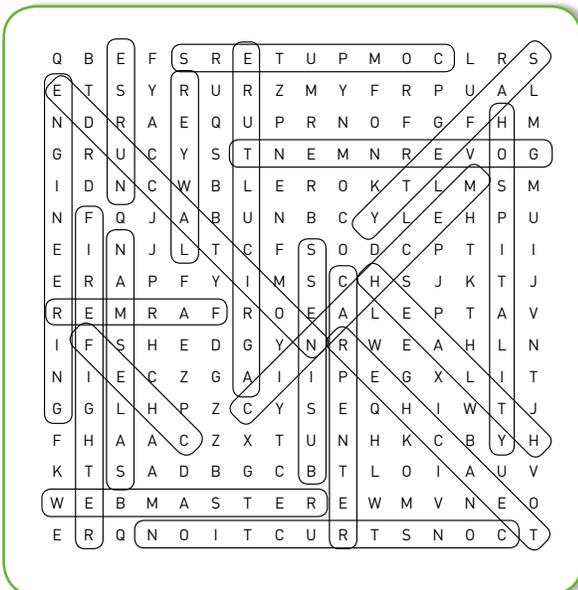
A LOGIC PUZZLE

Marie - Teacher; Alex - Cartoonist;
Jose - Mechanic; Angela - Journalist

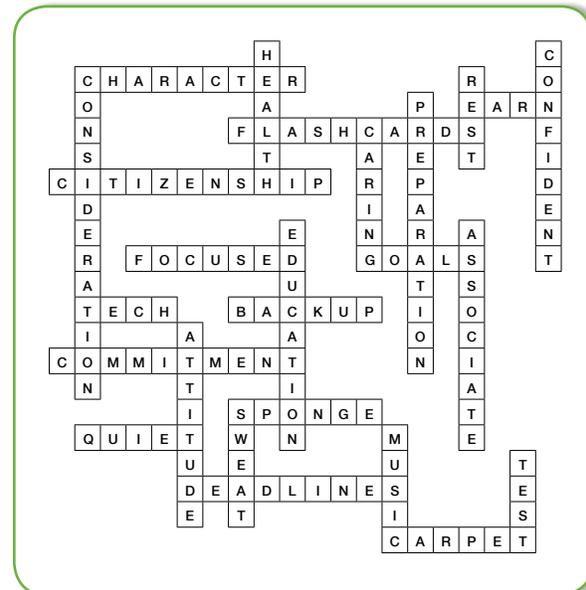
WORD DECRYPT 2

Proper Preparation Prevents Poor Performance

WORD SEARCH



CROSSWORD



Created in 1963 by the Pennsylvania General Assembly, the Pennsylvania Higher Education Assistance Agency (PHEAA) has evolved into one of the nation's leading student aid organizations. Today, PHEAA is a national provider of student financial aid services, serving millions of students and thousands of schools through its loan guaranty, loan servicing, financial aid processing, outreach and other student aid programs.

PHEAA's earnings are used to support its public service mission and to pay its operating costs, including administration of the Pennsylvania State Grant and other state-funded student aid programs. PHEAA continues to devote its energy, resources and imagination to developing innovative ways to ease the financial burden of higher education for students, families, schools, and taxpayers. PHEAA conducts its student loan servicing activities nationally as American Education Services (AES) and FedLoan Servicing.

PHEAA.org
800.692.7392



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Pennsylvania Higher Education Assistance Agency

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