

Class Abstract for Crosby Scholars 9th and 10th Grade Academies

ABC's of College – Where do I start? How do I know which college is for me? Can I afford to go? These are just a few questions you may be asking yourself as you begin to think about college. This class will help you explore the steps you should take to set you on the path of obtaining a college degree or certification.

Communication Skills: How are communication skills acquired? Are you an effective communicator? How do you get your point across? Take this class and acquire some effective tips for improving your communication skills.

Cyber Bullying/Social Media: Technology is a wonderful tool when it is used in positive ways. Cyber bullying is not an appropriate way to use technology. Through various vignettes, the class will explore: what is cyber bullying, how it works, prevention strategies, and the consequences of causing harm to others. You will also explore the various types of social media applications, the pro's and con's, and the impact it could have on your personal and professional life.

Study Skills: This class will review strategies that will help you take control of your study habits and manage your time more effectively. In addition to helpful study strategies, this class includes tips and strategies for improving your memory.

Selecting and Preparing for a Career: Career options and demands have changed over the years. There are many career options to choose from and with the right preparation you can have the career of your choice. This class highlights some of the top ranked careers and jobs and the requirements needed to be successful in your chosen career.

Managing Stress: While it's important to eat right and have a healthy body, it's also important to have a healthy mind. This class will focus on techniques that can help you cope with stress related to the demands of school and other extracurricular activities. You will discuss the impact of stress on your and body and learn methods to relieve stress.

Strategies for Success: The DVD spotlights students with inspirational stories about how they were able to achieve their dreams and goals. Each story offers unique strategies that the students used which helped them accomplish their goals in life. Following the video, the class will engage in discussions and activities that focus on how goal setting impacts present and future success.

Time Management for the High School Student: How well do you manage your time? If your answer is "not well", take this class and learn strategies that will help you manage your time more effectively and reduce your stress level.

Test Taking Skills: Whether you're a high school or college student, tests are unavoidable. If you take a multiple-choice exam, your strategy will be different than if you take an essay test. Learning proper note taking, studying and test taking strategies are a vital part of improving your grade on exams. This class offers test taking tips and techniques that can help improve your academic success.

Personality Types: What's Yours? Successful people seem to know who they are, and what their values, needs, strengths, and joys are. Take this class to gain a better understanding of your natural strengths.

Right Decisions: It's Up to You: Using a variety of activities, students will use the decision-making process to evaluate hypothetical situations they may experience. Additionally, this class will focus on developing refusal skills that can help students remove themselves from uncomfortable or embarrassing situations.

Financial Literacy– It is important for students to learn about money management. This class will take students on an educational journey into real life scenarios that demonstrates ways to budget, save and manage expenses.