

7 HABITS OF HIGHLY RESPONSIBLE STUDENTS



Based on the work of Stephen Covey

1. Be Proactive
2. Begin With the End in Mind
3. Put 1st Things 1st
4. Think Win-Win
5. Seek 1st to Understand then to be Understood
6. Synergize
7. Sharpen the Saw



PRACTICING HABITS

- Responsible students – No secret to success
- But they do practice some habits that help them.
- Building a habit does take time
 - *EXPERTS SAY IF WE REPEAT AN ACTION EVERY DAY FOR JUST 21 DAYS, IT IS LIKELY TO BECOME AUTOMATIC.*



VIDEO CLIP

- <http://www.youtube.com/watch?v=3pAXibCj1NA>



School-wide Implementation of Seven Habits

- Morning Announcements
- Guidance Lessons
- Teacher Discussion
- Peer Nominations of Students Leadership for each Habit



Four Most Important Things Parents Can Do

1. ***Encourage*** your child in schoolwork.
2. ***Model*** what your child should do.
3. ***Reinforce*** at home what your child is learning in school.
4. ***Teach*** your child things you know.



Habit #1

Be Proactive

Based on the work of Stephen Covey



How do you feel on days like this?



Proactive vs. Reactive

When you are **PROACTIVE**, you make good choices about how you respond to something happening. You are always ready with a calm attitude. You do things to make sure that the right things will happen. You are prepared for anything that might happen. When things don't go your way, you aren't happy, BUT you stay calm.

When you are **REACTIVE**, you could explode at any minute. Things happen and they "catch you off guard". You aren't ready for things that might happen. You deal with things when they happen instead of being prepared.



Circle of Influence

Things you CAN'T control or change:

- Other people
- The weather
- Things you did wrong in the past
- How other people treat me
- Homework

Things you CAN control or change:

- Your attitude
- Your mood
- Your reaction to good and bad things that happen
- How I treat other people

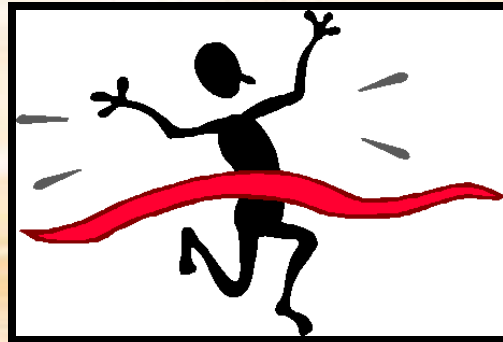
Can you think of other examples from your life?



Habit #2

Begin with the End in Mind

Based on the work Stephen Covey





I plan ahead and set goals. I do things that have meaning and make a difference. I am an important part of my classroom.





Going for Your Goals



At Home Goals

At School Goals

Set two or three goals for at home and for at school.

Habit #3

Put First

Things

First



Based on the work of Stephen Covey



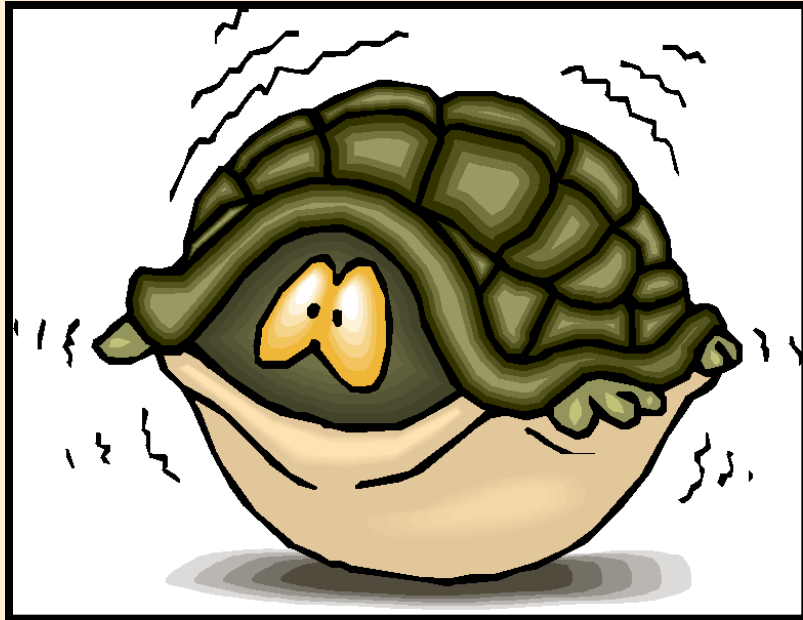
I spend my time on things that are most important.

This means I say no to things I should not do. I set priorities, make a schedule, and follow my plan.

I am organized.



Discussion Starter:



Sometimes not being brave gets in the way of doing things that are important to you.

Putting first things first might means putting aside your fears to reach your goal. Has fear ever kept you from doing something great or important?

Explain.

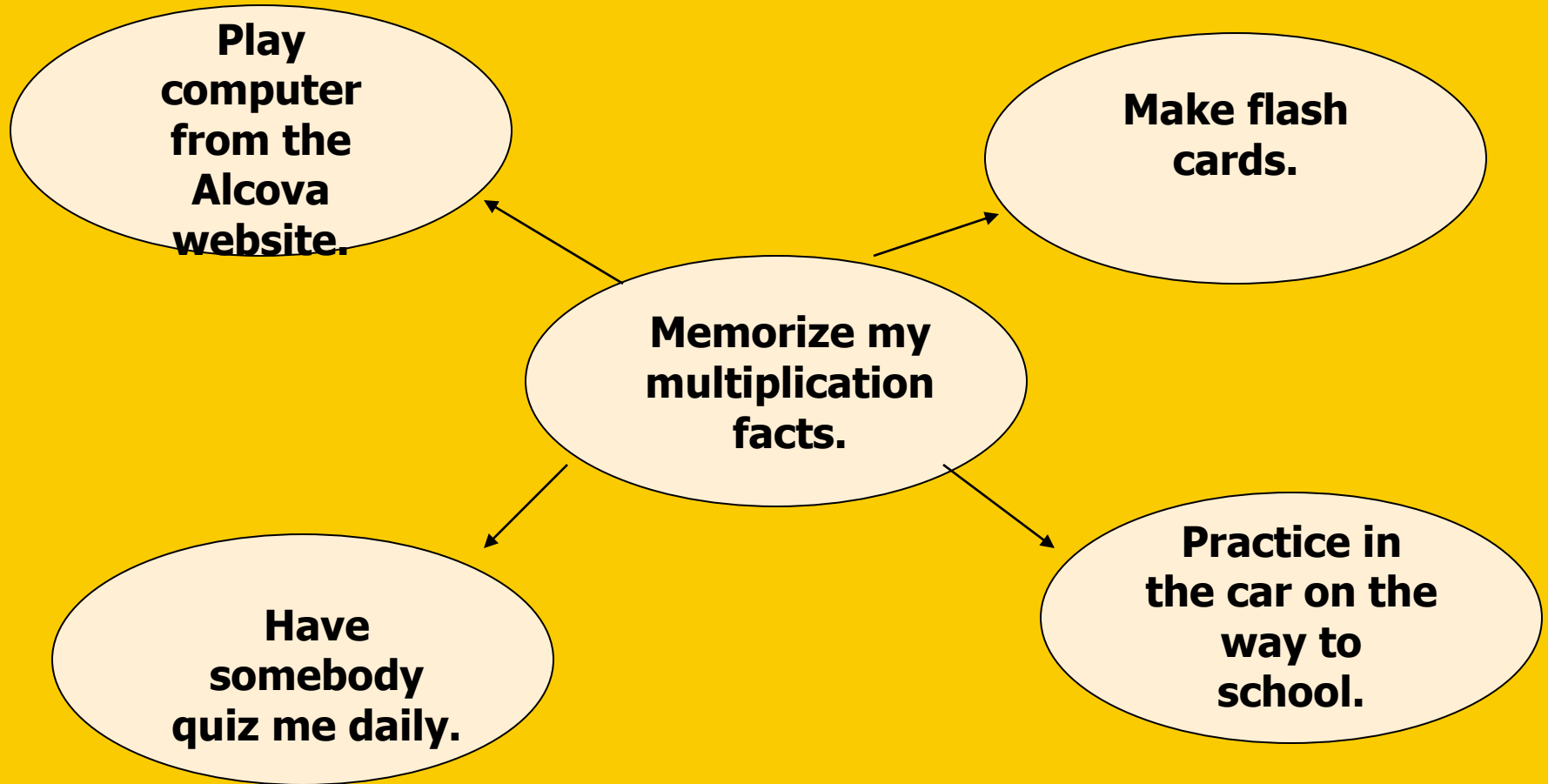
Time Wasters:

Brainstorm some things that you do that wastes a lot of your time. Sometimes these things are fun and relaxing. If you do them too much though, they may get in the way of the important things.



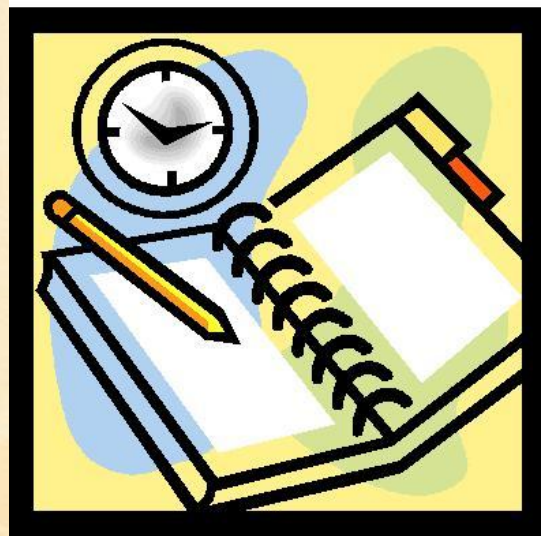
Making it Happen

Now choose one goal for home, and one goal for school. Write your goals in a circle. Out from the circle, write things that you can do to help you achieve those goals.



Organizing Your Days

Write out your regular schedule for a full day, from start to finish. Is it organized? Do you waste time, or put first things first?



Habit #4

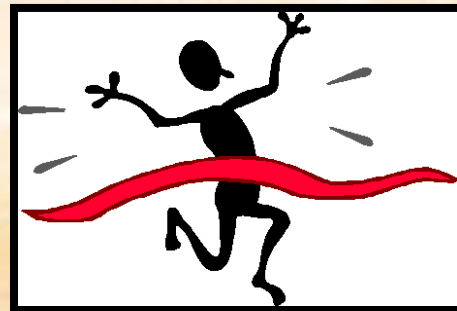
Think Win-Win

Based on the work Stephen Covey

I balance courage for getting what I want with consideration for what others want.

-I am a bucket filler, not a bucket dipper

-I help solve problems



Creating a win-win to solve conflicts



- Walk away
- Share
- Talk it out
- Tell them to stop
- Ignore
- Go to another game
- Cool off



Habit #5

Seek First to Understand, Then to Be Understood

Based on the work Stephen Covey.



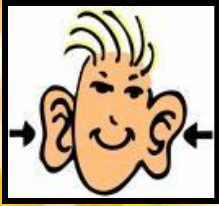


Communication is the most
important skill in life.

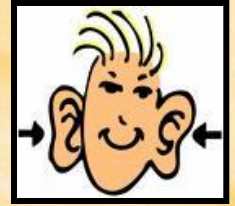


- We speak or otherwise relay our message, take in what others have to say, and formulate a response.
- Question:
 - Do you listen with the intent to understand OR with the intent to reply?





Listening Road Blocks



Spacing Out:

Your mind wanders when others talk.

Pretend Listening:

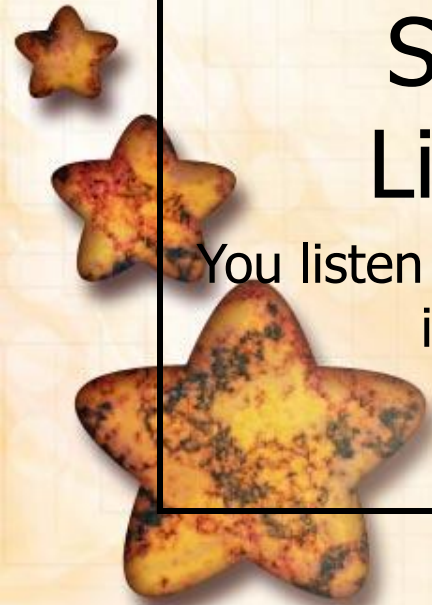
You don't really pay attention to the other person, but you pretend to. You say "yeah," "uh-huh," and "cool."

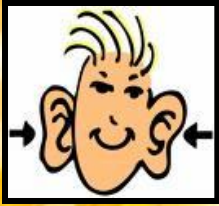
Selective Listening:

You listen only to the parts that interest you.

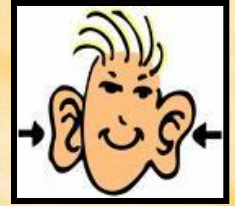
Selfish Listening:

You always bring the conversation back to you and your life. You say things like "I had that happen too" and "I know how you feel."





Listening Road Blocks



Yielding to Distractions:

You give your attention to activity around you instead of the person speaking.

Criticizing Delivery or Physical Appearance:

You pay more attention to the delivery style or appearance of the speaker instead of what is being said.

Jumping to Conclusions:

You think you know what the person is going to say before they finish speaking.

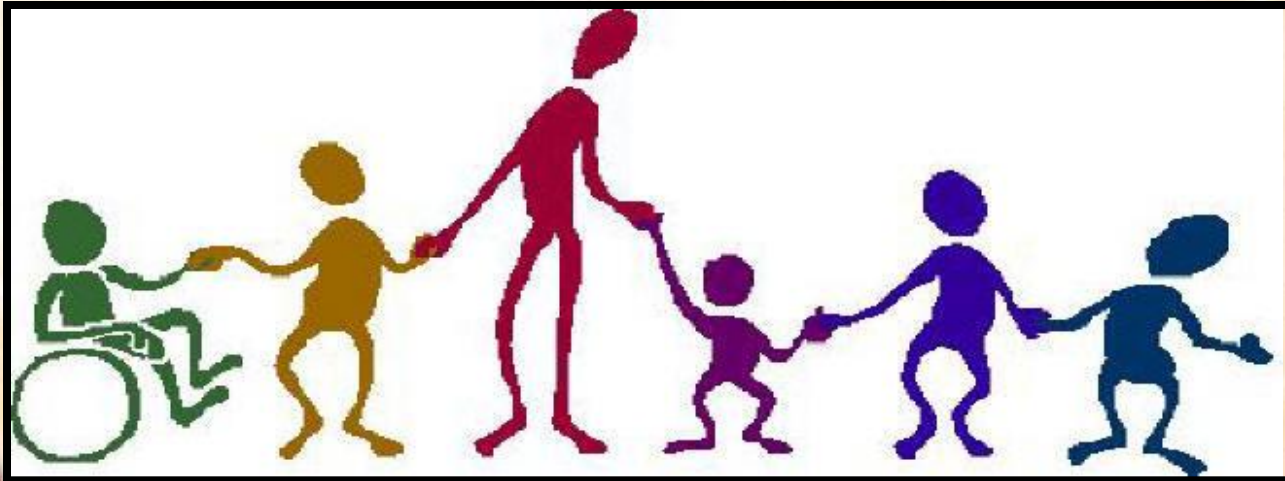
Interrupting:

You interrupt the speaker to say what you want to say, showing the speaker that you don't care about what they have to say.



Habit #6

Synergize



Based on the work of Stephen Covey.

- **Definition:**
 - Synergy is two or more things functioning together to produce a result not independently obtainable.

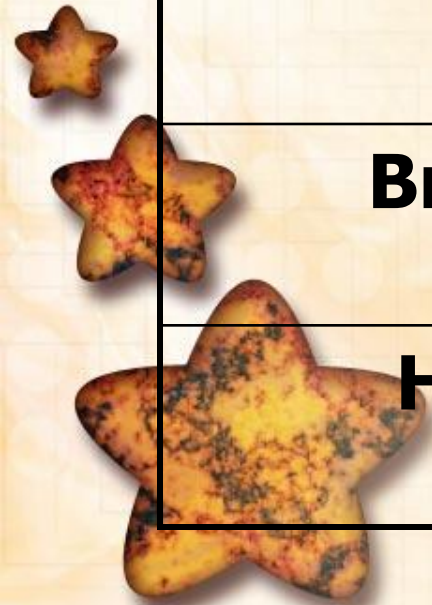


I value other people's strengths and learn from them. I get along well with others, even people who are different from me. I work well in groups. I seek out other people's ideas to solve problems. I know that "two heads are better than one". I am a better person when I let other people into my life and work.



↑ Synergy Action Plan ↑

Define the Problem	Make sure you understand the problem or task.
Their Way	Try to understand everyone's ideas. Listen carefully.
My Way	Seek to be understood. Share your ideas.
Brainstorm	Be creative. Everyone create new ideas.
High Way	Find best solution.



Discussion Starter:

Make a list of times when you have to work with other people at home, school, or church, or in your clubs/ sports.



Habit #7

Sharpen the

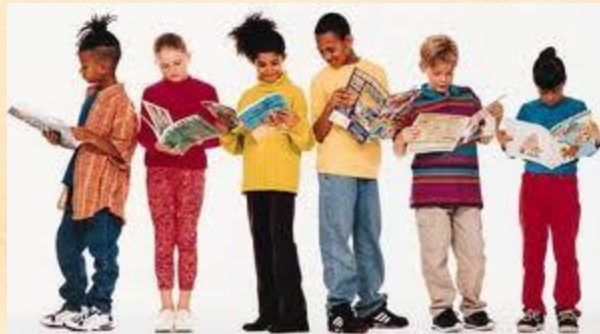
Saw

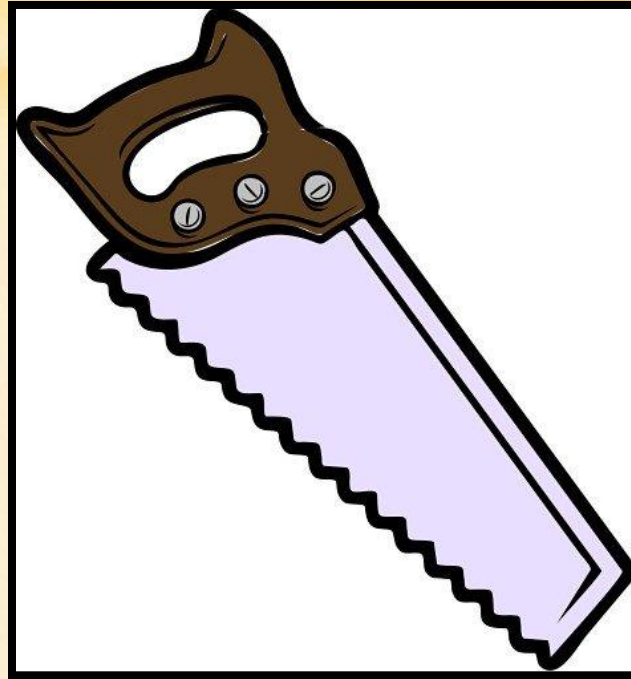
Based on the work of
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Definition

- Sharpening the saw means to preserve and enhance the greatest asset you have—YOU!!!



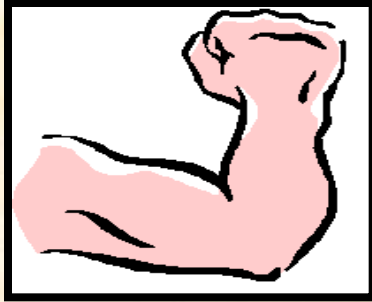


I take care of my body by eating right, exercising, and getting sleep. I spend time with family and friends. I learn in lots of ways and lots of places.



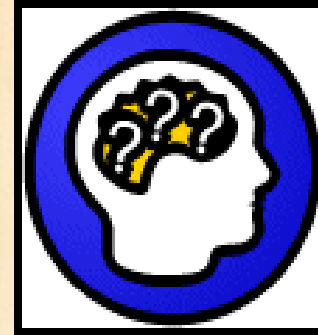
Body:

Exercise, Be Healthy, Sleep, Relax



Brain:

Learn, Read, Write



Soul:

Journal, Think, Pray



Heart:

Serve, Laugh, Be a Friend



Journal Entry or Discussion Starter:



Does the heart matter?
Are you serving/helping
anyone? What things do
you do to make friends
and/or to make other
people happy? Can you
think of someone that
really is good at this?



Where does my child fall?



I use the 7
habits of a
highly
responsible
kid!

I am a work
in progress!

**What can you do to
help your child
implement these 7
Habits?**



Help Your Child Learn From Mistakes



- **Everyone Makes Mistakes**
- **Teach children how to handle disappointments**
 - *“Sounds like you really disappointed about your grade. What do you plan to do to improve?”*
 - *“What can you do differently?”*
- **Problems are opportunities for learning**
 - ❖ *Praise the Effort*
 - ❖ *Find the Positive*
 - ❖ *Choose your Words Carefully*



RESOURCES

- QR Codes www.qrstuff.com



Credits: Resources

www.seancovey.com/parents.html

1. The Seven Habits for Highly Effective People by Stephen Covey
2. The Seven Habits for Highly Effective Kids by Sean Covey
3. The Seven Habits for Highly Effective Teens by Sean Covey

