

The information provided on this review sheet should help you prepare for the GLS 10 final exam.

GLS 10... What's that!? **Guidance Learning Strategies 1**Grade 9 Open Oh, right knew that.

The course is based on the **Seven Habits of Highly Effective Teens** which include:

1. Be Proactive – Take responsibility for your own life
2. Begin With the End in Mind – Set big goals that involve smaller goals to get there
3. Put First Things First – Organize and prioritize all that you need to do in life
4. Think Win-Win – Work with others to try and make everyone happy
5. Seek First to Understand and Then be Understood – The importance of Listening
6. Synergize – Teamwork and conflict resolution
7. Sharpen the Saw – Learning to relax to make yourself work harder

So that was the main part of the course... but we also covered many other topics,(some of which may have been long forgotten) such as:

- **MULTIPLE INTELLIGENCES** (There are nine of them...can you name them all?)
- **TYPES OF LEARNING** (Auditory, Visual, Kinesthetic)
- **S.M.A.R.T. Goals** (What does each step mean... you'll need to know!)
- **Long Term Goals and Short Term Goals** (What's the difference and why are they important?)
- **Needs Vs. Wants** (Can you think of examples?)
- **SELF-ESTEEM** (Explain what it is and where it fits into our lives)
- **Resolving Conflict** (There are five ways of doing this that you'll need to know)
- **Harassment** (Types of harassment, dealing with harassment...)
- **Proactive Vs. Reactive** (How do you handles yourself in different situations?)
- **Stress!** (Different types and ways to deal with it)
- **I-MESSAGES** (I feel....when you....because.... – remember that!?)
- **Writing Paragraphs** (Explain your points, pal!)
- **Time Management** (Time Quadrants, agendas, etc.)
- **Values** (Think of things that are important to you)
- **Mission Statements** (A way to motivate and pump you up when you need it)
- **Nutrition** (How does this affect your learning?)
- **Listening and Communication Skills** (Active/Passive Listening, etc.)
- **Working with Groups** (What's good and bad about it?)
- **Verbal and Non-Verbal Communication** (Body Language)
- **Dealing with Bullying** (Preventing it, reporting it, eliminating it)
- **Conversation Blockers** (Globalization, Mind-Reading, Insulting, Blaming)
- **Learning to Relax** (Body, Brain, Heart, Soul)

Does that seem like a ton of stuff? Well, it's not really *that* much. Review your notes, your quizzes your assignments and your GO Lesson stuff and you'll do OK.

Make sure you read the instructions on your exam!!!

GOOD LUCK!!!!!!!!!!!!