



Summer Bridge

Module 1

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What's the Plan for Module 1?

- In this first module, we are going to look at:
 - Setting up a Study Space for you to work.
 - Inspiration and what inspires you.
 - The Personal Bank Account and how to make deposits with yourself during the school year

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What is a Study Space?

- A study space is a place where you will complete your school work. A study space can be anywhere, but some things to consider are:

1. Comfort

A good study space should have room for all supplies, ample space to spread out, and good lighting. This study space could be a desk, kitchen table, bed, comfortable chair, or even the floor.

2. Sound

Turn off any distracting noises including cellphones, the television, or anything that takes your attention away from your work. Some students like to have a little background noise, so in those cases, try soothing sounds

What is a Study Space?

3. Surroundings

Find a place where focusing on homework and studying can happen; in other words, select a setting with no interruptions.

4. Materials

Ensure that everything you will need to study and complete homework is present with you in the study space.

5. Breaks and Snacks

Every 30 minutes, either a stretch break or a 5-minute breather away from your studies should be taken. Drink water and have a healthy snack.

What is a Study Space?

- Since many people are at home right now, you might want to have a conversation with the other members of your household. Some things to figure out:
 - If you are sharing space, can you set up different times to use it. This may mean creating a schedule.
 - Discuss distractions and noise. If one person is studying, it can be difficult if another is watching TV or playing video games.
 - Think about developing a plan that the entire household can agree to. Some things to include might be quiet hours and break times.

Pause and Reflect

At this time, please pause the video and think about the following questions:

- Describe your current Study Space - *Where do you study? What does it look like? Provide as many details as possible.*
- Important Elements - *List items that should be included within a successful study space.*
- Future Study Space - *What improvements are you going to add to your own study space?*

Please give yourself a few minutes to think about these questions before restarting the video.



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Where do you find inspiration?

- Please watch select one of the following inspirational videos and watch it, or find a video that you find inspirational (links are on the main page).
- [Find Your Greatness](#)
- [Do the Hard Things](#)
- [Protect Your Dreams](#)
- [Get Back Up](#)
- [Never Give Up](#)

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Where do you find inspiration?

After watching one of the videos or a video of your choosing, please pause and answer the following question:

- What brings you inspiration?
- What types of stories, videos, quotes or experiences motivate you to succeed?
- How can you include inspiration into your year to keep you motivated in your classes?

Please give yourself a few minutes to think about these questions before restarting the video.



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The Personal Bank Account

- This school year is different than any other. It is important to take care of yourself as you embark on the next few weeks.
- Please stop the video here and complete the reading on the Personal Bank Account. Some questions to think about while reading are:
 - How have you made deposits in your personal bank account this past summer?
 - How have you made withdrawals in your personal bank account this past summer?
 - How do you plan to make more deposits in your Personal Bank Account over the beginning weeks of school?

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End of Module 1

- Thank you for taking the time to complete Module 1!
- Please stop the video and complete the reflection so we can know what you thought!



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