

Kindness Challenge

A Two-Week Challenge!

Week One

During week one, complete as many of these acts of kindness as you can.

- ☐ Give a compliment to a classmate.

- ☐ Smile at someone you don't know.

- ☐ Let someone go ahead of you in line.

- ☐ Write a thank you note.

- ☐ Open the door for someone.

- ☐ Do more than your expected chores.

- ☐ Offer to help someone.

- ☐ Pick up litter.

- ☐ Tell someone they did a good job.

How many did you complete? _____



Week Two

Do at least one act of kindness every day this week. Record what you did below.

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

If you completed all 9 tasks on the front of this card and recorded one act of kindness for each day of Week Two,

CONGRATULATIONS!!

You have successfully completed this Kindness Challenge!!
Please continue to be kind, and to do kind things for others!



Human Services



Consider this career cluster if...

- ▶ you want to help people improve their lives.
- ▶ you have strong listening skills.
- ▶ you are a "people person."
- ▶ you are patient, empathetic, and kind.
- ▶ you want to help make a difference.

A career in Human Services gives you the opportunity to help people of all ages meet their physical, mental, and emotional needs. Workers in this career cluster often work in hospitals, government offices, nursing homes, and schools. They may also provide specialized services, such as credit counseling or home care.

Career Opportunities

Childcare worker
Cosmetologist
Fitness trainer
Interpreter
Marriage counselor
Mental health counselor
Occupational therapist
Preschool teacher
Probation officer
Psychologist
Recreational therapist
Rehabilitation counselor
Social worker
Youth worker

Related College Majors

Child development	Mental health counseling
Cosmetology	Psychology
Criminal justice	Public health
Gerontology	Social work
Human services	Sociology

To see if this is a career cluster you might enjoy, consider these activities:

- ▶ Help an elderly neighbor.
- ▶ Volunteer at a food bank.
- ▶ Get a summer job as a camp counselor.
- ▶ Organize a food or clothing drive.
- ▶ Volunteer for a nonprofit agency.

Rate your interest in this career cluster

☐

could be a good fit for me

☐

would like to learn more

☐

not interested

Health Science



Consider this career cluster if...

- ▶ you are good at math and science.
- ▶ you enjoy helping others.
- ▶ you're interested in learning about the human body.
- ▶ you are patient and good with details.
- ▶ you'd like to work in a medical setting.

A career in Health Science gives you the opportunity to diagnose, treat, and manage health issues for patients of every age. Workers in this career cluster can be found in hospitals, doctors' offices, nursing homes, schools, and sports teams—anywhere healthcare services are needed.

Career Opportunities

Anesthesiologist
Athletic trainer
Audiologist
Dental hygienist
Dentist
Hospital administrator
Licensed practical nurse
Medical assistant
Occupational therapist
Paramedic/EMT
Pharmacist
Physical therapist
Physician/surgeon
Radiologic technologist
Registered nurse
Speech pathologist

Related College Majors

Biochemistry Nursing
Biology Occupational therapy
Dentistry Pharmacology
Dietetics Physical therapy
Medicine Public health

To see if this is a career cluster you might enjoy, consider these activities:

- ▶ Volunteer at a clinic, hospital, or nursing home.
- ▶ Join a science club.
- ▶ Attend community health fairs.
- ▶ Volunteer as a trainer for a school sports team.
- ▶ Attend a science camp.

Rate your interest in this career cluster

☐

could be a good fit for me

☐

would like to learn more

☐

not interested

NEEDS VS. WANTS

To be a smart consumer you must differentiate between needs and wants.

Needs are things that are necessary in your life, such as food, clothing, and shelter. Wants are things you don't have to have; they are things you would just like to have or do (e.g., larger TV, new phone, concert tickets). Understanding your needs and wants is key to making smart financial decisions.

Before you spend your hard-earned dollars, ask yourself, *"Is this something I need?"* If it's not, make sure that you're being selective, and that you are spending your money on things that are really important to you.

How would you spend it?

Suppose you have a rich uncle who just gave you \$2,000 to spend. You can spend it on anything you want, but he has asked that you report back to him on what you purchased.

List the items you would spend the money on and indicate if it is a Need or a Want.

_____	☐ Need	☐ Want
_____	☐ Need	☐ Want
_____	☐ Need	☐ Want
_____	☐ Need	☐ Want
_____	☐ Need	☐ Want
_____	☐ Need	☐ Want

Be aware!

Businesses work hard to convince you that you don't just want what they're selling—you *need it*. Smart consumers are aware of these sales tactics and don't let them influence their spending decisions.

1. Dentist (\$164,000) 2. Civil Engineer (\$88,600) 3. Registered Nurse (\$75,300) 4. Elementary Teacher (\$60,700)
5. Plumber (\$56,300) 6. Auto Mechanic (\$44,100) 7. Barber (\$27,600) 8. Bartender (\$25,000) Source: Bureau of Labor Statistics

WHAT TO EXPECT IN COLLEGE

College is about more than taking classes and studying. Going to college is also about meeting new people, becoming more independent and responsible, and participating in activities you enjoy.

Three things to expect in college

Here are three things that students can expect in college.

1. You are responsible for your own academic progress.
2. There are so many things to do outside of class.
3. You have the opportunity to grow and create a better you.

Each of the following statements is an example of one of the above. Write the correct numbers (1, 2, or 3) in the lines below.

- 2 A. There are lots of clubs you can join (e.g., Frisbee, chess, photography).
- B. No one checks to see if you're going to class.
- C. You meet lots of different kinds of people.
- D. You can go to the rec center to work out, swim, take a yoga class, and more.
- E. If you need help in a class, it's up to you to reach out to your instructor.
- F. There are sports teams you can join for fun and exercise.
- G. You learn how to manage your time and your money.
- H. There are concerts, art shows, lectures, and theatre performances.
- I. You become more independent and responsible.
- J. Most of your learning is done outside of the classroom, on your own.
- K. There are sporting, art, and cultural events you can attend.
- L. You have the opportunity to take courses in a wide variety of subjects.

A. 2 B. 1 C. 3 D. 2 or 3 E. 1 F. 2 G. 3 H. 2 I. 3 J. 1 K. 2 L. 3

WITH A GROWTH MINDSET...

1. With a growth mindset, you value the process.

Think of something you worked hard on, and are proud of.

2. With a growth mindset, you make criticism work for you.

Think of a time someone criticized you, and you used it to improve yourself or your skills.

3. With a growth mindset, you see challenges as opportunities.

Write about a time you took on a challenge.

4. With a growth mindset, when you don't succeed, you use what you've learned to try again, doing it a different way.

Write about a time you did this and were successful.

Being aware of body language

Body language (gestures, posture, and facial expressions) often communicate how we feel and what we're thinking even better than words. If you want to get good grades and do well in school, make sure your body language communicates this.

Students who slouch in their seat, are looking out the window, or working on something for another class are sending a message that they aren't interested in the class—and they don't care about the material that's being presented. *Messages like this don't win you any points with your teachers!*

What messages are you sending?

Pretend that you are looking at yourself through your teachers' eyes. Circle the words you think your teachers might use to describe you.

Daydreamer	Bored	Disrespectful
Hard worker	Engaged	Attentive
Disorganized	Confident	Tired
Friendly	Lonely	Happy
Unhappy	Organized	Angry

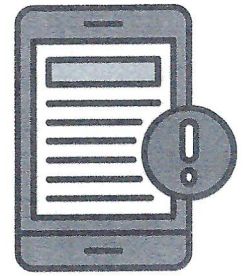
What can you do to have better body language and send more positive messages in the future?



Being Your Best You

Being Smart with Technology

Technology and social media are a big part of your life—and they are influencing you, whether you are aware of it or not.



Technology and mental health

Read and answer the following questions honestly.

Yes No

- ☐ ☐ Have you ever wanted something because someone online had it?
- ☐ ☐ Have you ever felt bad about yourself because you compared your life to someone's life you saw online?
- ☐ ☐ Have you ever shared or believed something you saw online that turned out to be false?
- ☐ ☐ Are the things you say online often influenced by what others are saying?

If you answered "Yes" to any of the above, try to reflect on how the internet and social media are shaping you as a person, and whether those influences are positive.

What can you do to minimize the negative influences of what you see online? _____

Create healthy tech habits

To know if you have healthy or unhealthy habits, ask yourself if what you are doing online is making you feel better or worse; calmer or more stressed; closer to others or more alone. If what you're doing isn't making your life better, maybe it's time to make some changes.

Start by setting some ground rules for yourself. Allow yourself to only use technology for a set amount of time, at specific times of the day, or only after all of your responsibilities are taken care of. That way, technology becomes a reward.

What is one ground rule for technology you can set for yourself right now? _____



Your digital footprint

A digital footprint is the trail of data you leave behind when you use the internet, including social media posts, websites you visit, and things you like or comment on.

Think about it. A college admissions officer searches your name online and finds your social media profiles. What kind of impression would your digital footprint give?

How can you improve your digital footprint?

For tips on creating a positive digital footprint, watch this short video.



VIDEO

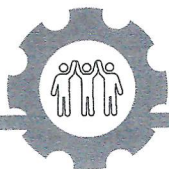
Using AI responsibly

Read each situation. Circle the thumbs up if the situation describes responsible use of AI. Circle the thumbs down if it describes using AI irresponsibly.

1. A student uses AI to get feedback on a rough draft before editing it.
2. A student copies an AI-generated essay and turns it in as their own work.
3. Someone asks AI to create fake photos of classmates.
4. A student uses AI to help brainstorm project ideas.
5. Someone uses AI to spread misinformation.
6. A student cross-checked the information on AI to verify accuracy.



1. up 2. down 3. down 4. up 5. down 6. up

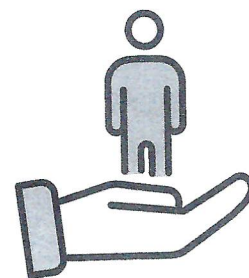


Family Engagement

Partnering for Success

Your family plays a vital role in helping you reach your goals and build a strong foundation for the future.

Ask a parent or other supportive adult to complete these questions and share their answers with you.



What are some hopes you have for your student's future? _____

What strengths do you see in your student? _____

What were your goals when you were your student's age? _____

How can you support your student in reaching their goals? Check all that apply.

- ☐ Offer encouraging words
- ☐ Help with organization and time management
- ☐ Attend school events
- ☐ Explore career opportunities together
- ☐ Help with stress management
- ☐ Share personal experiences and advice
- ☐ Other _____

For tips on helping your high schooler succeed, watch this short video.



VIDEO

Improving your mental health

While you will never be able to avoid stress and anxiety completely, you can work on improving your mental health so that you feel stronger and more confident—and are better able to manage stressful and anxious feelings and situations.

Here are some ways that you can improve your mental health.

1. Be grateful

Research shows that people who make an effort to be grateful are less stressed, sleep better, and experience fewer health problems. Taking small moments every day to be grateful can go a long way in improving your mood and overall well-being.

Who is someone you are thankful for?

What is a place you are thankful for?

What is something you love about yourself?

2. Practice mindfulness

Mindfulness is simply making the effort to notice things that you wouldn't normally pay attention to. It means being aware of the sights, sounds, smells, and textures around you. *Being mindful is also about paying attention to yourself and how you feel.*

Try this. Clear your mind, take several deep breaths, and focus on your environment. Focus on what you see, hear, smell, and feel.

Practicing mindfulness is a great way to find calm. For additional calming techniques, watch this short video.

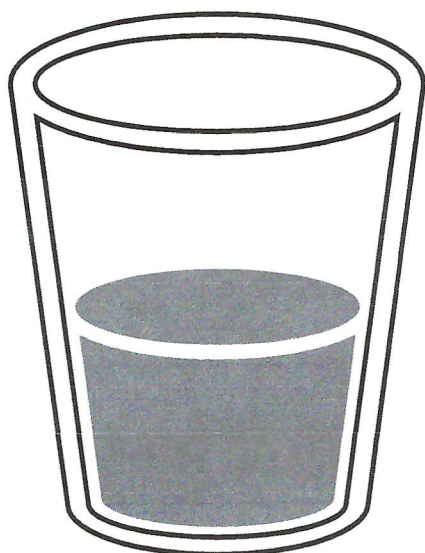


3. Do what “fills your cup”

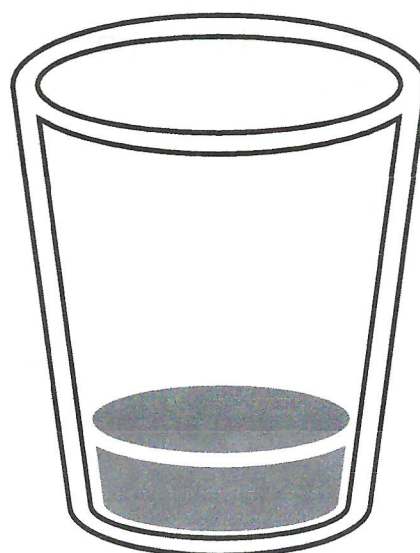
Imagine your mental health and wellness as a cup. When you do what makes you feel calm and happy, your cup is full. People or situations that cause you stress and anxiety can empty your cup. To improve your mental health, focus on the people, places, and things that fill your cup.

Write what fills and empties your cup.

Things that fill my cup



Things that empty my cup



4. Take care of yourself

When you get enough sleep, eat healthy food, exercise regularly, and do things you enjoy, you're better able to cope with stress and anxiety.

Do you get enough sleep each night? ☐ yes ☐ sometimes ☐ hardly ever

How healthy is your diet? ☐ I eat healthy. ☐ It's ok. ☐ It's not healthy.

Are you physically active? ☐ yes ☐ sometimes ☐ hardly ever

What can you do to take better care of your mind and body?

Focus on what you can control

When you figure out how to focus on the things you can control—and let go of the things you can't control—you will feel calmer and more at peace.

In the box, write down some things you can't control or change. In the circle, write down some things you can control. A couple of each have been done for you.

Things I can't control

what other people do
what others think

Things I can control

my attitude
how I treat others

For more ways to improve your mental health, watch this short video.



VIDEO

If stress or anxiety is affecting your schoolwork or disrupting your life in other ways, confide in someone you trust and ask for help. To connect with a crisis counselor, text HOME to 741741 or dial 988 to reach the Suicide & Crisis Lifeline.