

A. Letter to self:

Write a one page letter to yourself as if you would get to read it in five years. In the letter, include five things you expect yourself to accomplish in that time period. List also how you plan to accomplish these goals. Describe your life situation now, both at school and at home. Finally, include how you want to be perceived by others in five years and explain why. Address the letter as Dear (your name) and also sign it with your signature.

B. Positive feedback (He should have already done this as it was assigned weeks ago, but I've never received the five days of diary entries or the summary.

Positive Feedback

1. Choose a teacher other adult and concentrate on being a positive as possible with them for five consecutive days.
2. Look at the person when he/she speaks.
3. Respond when you understand. (Verbally or non verbally - but not in a disruptive manner)
4. If seated, use good posture and be attentive.
5. Answer questions politely.
6. Greet the person or exchange dialog at some time during the time spent with them if time allows.
7. Don't "apple polish" or act phony with your improved attitude. Be sincere.
8. Be on time, have assignments prepared and follow all rules.
9. Keep a daily diary. Record what you do and say; also, how the person responds.
10. You will write a summary of the experience that will state your results.

You will need to turn in five days of journal entries for your positive feedback assignment.

Write a summary of your positive feedback experience.

1. Who did you choose and why?
2. What things did you do to show that person positive feedback? Give specific examples.
3. How hard did you try? Did you forget? Why?
4. Were you successful? What was the overall reaction of the person you chose? How did they respond? Was it obvious to them that you were trying?
5. How do you feel about the experience? Does positive feedback work? Is it easy, difficult? Do you plan to continue?