

MGSH Rotary STRIVE Experience Schedule and Topics

- 9/14, 8:50-9:35AM: Introduction and Orientation of potential students
- 9/28, 8:50-9:35AM: Knowing Your Brain
- 10/12, 8:50-9:35AM: Finding Your Motivation
- 10/26, 8:50-9:35AM: Improving Reading Skills, Creating a Study Environment; Introduction of RULER—Emotions as Information
- 11/16, 8:50-9:35AM: Organizing Classes, Time, and Yourself; RULER—Recognizing Emotions
- 12/7, 8:50-9:35AM: Study Methods—Strategies and Tactics; Continuing with Recognizing Emotions
- 12/14, 8:50-9:35AM: Preparing for Class; RULER—Understanding Emotions
- 1/4, 8:50-9:35AM: Memorize Faster, Remember Longer; Continuing with Understanding Emotions
- 1/18, 8:50-9:35AM: Working With a Study Partner; RULER—Labeling Emotions
- 2/1, 8:50-9:35AM: Communicating With Teachers; Continuing with Labeling Emotions
- 2/15, 8:50-9:35AM: Test Preparation—Strategies, Tactics, Performance; RULER—Expressing Emotions
- 3/8, 8:50-9:35AM: Killing the Ants (Automatic Negative Thoughts); Continuing with Expressing Emotions
- 3/22, 8:50-9:35AM: Getting the Best Out of Yourself; RULER—Regulating Emotions
- 4/12, 8:50-9:35AM: Getting the Best Out of Others; Continue with Regulating Emotions
- 4/26, 8:50-9:35AM: Introduction to the Awareness Wheel—Sensing
- 5/10, 8:50-9:35AM: The Awareness Wheel—Thinking and Feeling
- 5/17, 8:50-9:35AM: The Awareness Wheel—Wanting and Doing
- 5/22? End-of-Year Banquet – 11AM – 1PM