



SUMMER ASSIGNMENT FOR INCOMING FRESHMEN: AP HUMAN GEOGRAPHY

Going into ninth grade can be incredibly challenging. Many of you are very busy with sports, band, orchestra, choir, academics, friends, family, etc. Your success will be determined by your work ethic and habits. In order to flourish in those areas, I would like you to read the following book:

	<p><i>The 7 Habits of Highly Effective Teens</i> by Sean Covey</p>
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It is based upon the famous Seven Habits of Highly Effective People, adapted for teenagers, and helps you to get the most of out your talents and abilities by providing a cohesive framework around which to live one's life. I think that you will find it very interesting, relevant, and thought-provoking, and I encourage you to take your reading of The Seven Habits seriously.

Please write and answer the following questions in the first few pages of a 3 subject, college ruled notebook. This will be the notebook you use in my class everyday. You will need a LARGE notebook (which is why I am asking for at least 3 subjects).

Get in the Habit

What are habits?

What are the 7 Habits of Highly Defective Teens?

Paradigms and Principles

What's a "paradigm?"

What are YOUR paradigms of yourself?

What are the positive ones, and what are the negative ones?

What's a "paradigm shift?"

What is a "principle-centered" paradigm of life?

What are some of the principles of life which are important to YOU?

The Personal Bank Account

What do you think is meant by the term "private victory?"

What's a "personal bank account?"

How do you make deposits into it? Withdrawals?

What's a talent that you would like to develop?

How will you get there?

Habit 1: Be Proactive

What's the difference between a "proactive" person and a "reactive" one?

Who has the power in YOUR life?

What's the one thing you can control?

What is this called, and why is it so important?

What are the two basic components of being a proactive person?

Over the next week, find some ways to be proactive. What did you do?

Habit 2: Begin with the End in Mind

What does the title of this chapter mean to you?

Visualize yourself in one year – what do you want to have accomplished?

Who do you want to be?

What characteristics do you want to have?

How do you want to feel about yourself?

Habit 3: Put First Things First

What is meant by putting "first things first?"

Look at the 4-Quadrant chart on p. 107.

Create a chart for yourself – where do you spend most of YOUR time?

Why is getting into the habit of using a planner so important?

What's the difference between one's "comfort zone" vs. one's "courage zone?"

What are some of the things that winners do?

The Relationship Bank Account

What is a “relationship bank account?”

What are ways to make deposits into a RBA? Withdrawals?

Habit 4: Think “Win-Win”

What’s the difference between “win-lose,” “lose-win,” “lose-lose,” and “win-win?”

What causes the death of “win-win?”

Why is “win-win” so effective?

Habit 5: Seek First to Understand, Then to be Understood

What is the deepest need that humans have?

What are the Five Poor Listening styles?

Which one(s) are YOU guilty of at times?

What is “genuine listening,” and how does one practice it?

Habit 6: Synergize

What is “synergy?”

What are some examples you can think of?

What’s the difference between “the shunner,” “the tolerator,” and “the celebrator?”

How do differences and diversity make synergy easier to occur?

What is the “high way” and why is it so wonderful?

What are the 5 steps to the “Synergy Action Plan?”

Habit 7: Sharpen the Saw

What does “sharpen the saw” mean, and why is it so important?

What are the 4 parts of your saw that need regular sharpening?

What are some ways you care for YOUR body?

What are YOUR barriers/challenges in this area?

What are some ways you care for YOUR brain?

What are YOUR barriers/challenges in this area?

What are some ways you care for YOUR heart?

What are YOUR barriers/challenges in this area?

What are some ways you care for YOUR soul?

What are YOUR barriers/challenges in this area?