Community School of Naples Middle School

Building Relationships   Leaning into Rigor and Routine   Practicing Reflection   Growing Resiliency   Respecting Rest and Recreation

BUILDING RELATIONSHIPS

- What is a relationship?
- How do you know if a relationship is healthy?
- Describe the relationship you have with yourself.
- What does "self-talk" mean? Do you talk to yourself? What tone do you use when you talk to yourself?
- Describe the relationship you have with school.
- Describe the relationship you have with teachers.
- Describe the relationship you have with classmates.
- Is citizenship a type of relationship?
- How would you define the term "academic citizenship"?
- Is there a time when a relationship won't work?
- What does the term "self-advocacy" mean?
- Are you better at giving help or accepting help?
- What does the term "global citizenship" mean?
- How can you have a relationship with a place?
- Describe your relationship with the Naples community.
- Describe your relationship with the United States.
- Describe your relationship with the global community.
- How can you improve relationships?

LEANING INTO RIGOR AND ROUTINE

- What is rigor? Is rigor important?
- Why does a commitment to "academic excellence" require rigor?
- How can rigor be enjoyable? challenging?
- What is a routine?
- Why might rigor and routine be good partners?
- Describe your individual routine for managing school.
- Is your approach to school work more intentional or more haphazard?
- How do you develop and maintain a routine for managing school obligations?
- Should a routine be static or dynamic?

PRACTICING REFLECTION

- What is reflection?
- Why is reflection important?
- When is a good time for reflection?
- Describe a time when you have reflected on an experience.
- How do you practice the habit of reflection?
- Why is it important to reflect on "mistakes" or "failures"?
- What does it mean "to carry your learning forward"?
- How much should past experience affect future decision-making?
- How is group reflection different from individual reflection?
- How could you incorporate reflection into your daily routine?

RESPECTING REST AND RECREATION

- How much sleep does a middle school student need?
- How much sleep do you get?
- What is recreation?
- Can school feel like recreation?
- What types of recreation do you have in your life?
- What do you think is meant by the term "school-life balance"?
- How do you "take a break" from school work?
- What is the difference between "taking a break" and "procrastination"?
- What can prevent you from "taking a break"?

GROWING RESILIENCE

- What is resilience?
- Explain the figurative meaning of "to get knocked down and get up again"?
- Why do "first attempts" or "rookie status" require resilience?
- Describe a time when you were resilient.
- Describe a time when you were not resilient.
- What gets in the way of resilience?
- How do you develop resilience?
- What is the relationship between resilience and learning?

Leaning into Rigor and Routine

Building Relationships

Practicing Reflection

Respecting Rest and Recreation

Growing Resilience

Habits of Academic Excellence

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