



INTRO TO ADVISORY



# CHECK IN, LEVEL UP

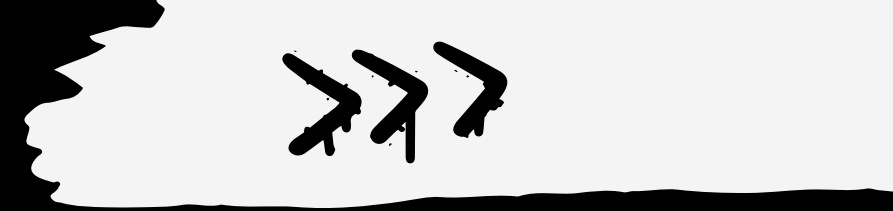




# OBJECTIVE

Today, we will reflect on the SEL goal you set in Lesson 1, self-assess your progress, and revise or recommit to that goal.

We will engage in small-group support and affirm each other's growth, building agency and community.



# ICEBREAKER

## THIS OR THAT: LEVEL-UP EDITION



# ICEBREAKER



>>> GET MOVING!

## THIS OR THAT

I will call out prompts.

Move to Side A or Side B of the room depending on which prompt you agree with.



# ICEBREAKER

>>> GET MOVING!

## THIS OR THAT

### SIDE A

I reflect best by myself.

### SIDE B

I reflect best by talking it out.



# ICEBREAKER

>>> GET MOVING!

## THIS OR THAT

### SIDE A

I show self-awareness most  
through journaling.

### SIDE B

I show self-awareness most  
through conversations.

# ICEBREAKER

>>> GET MOVING!



## THIS OR THAT

### SIDE A

I'm proud of how far I've come.

### SIDE B

I'm ready for a fresh start.





# ICEBREAKER

>>> GET MOVING!

## THIS OR THAT

### SIDE A

I learn the most from  
my mistakes.

### SIDE B

I learn the most from  
my successes.



# ICEBREAKER

>>> GET MOVING!

## THIS OR THAT



### SIDE A

I feel most motivated when I  
work independently.

### SIDE B

I feel most motivated when  
I work with others.



# ICEBREAKER

>>> GET MOVING!

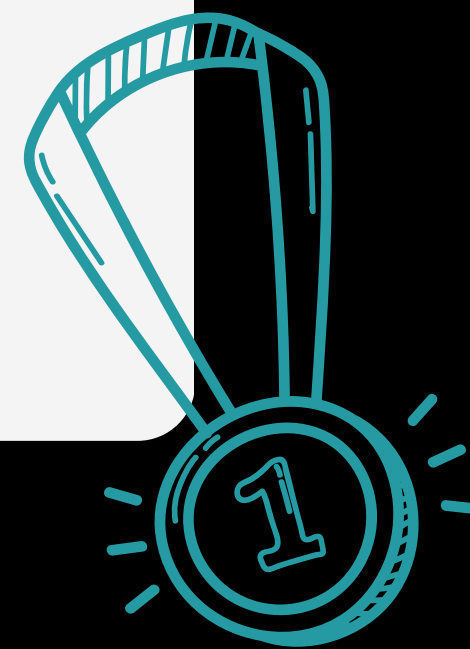
## THIS OR THAT

### SIDE A

I notice my growth when I  
slow down.

### SIDE B

I notice my growth when  
I'm pushed.



# ICEBREAKER

>>> GET MOVING!

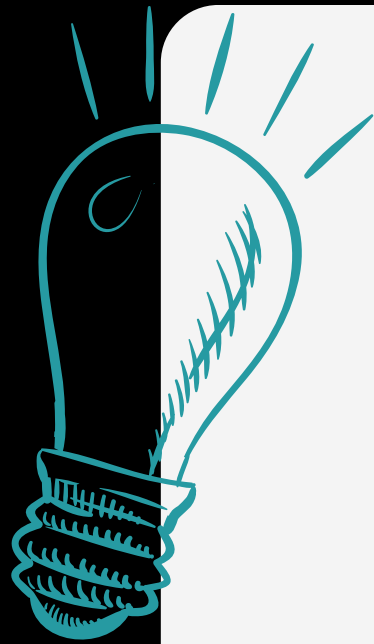
## THIS OR THAT

### SIDE A

I prefer thinking deeply  
before I speak.

### SIDE B

I figure things out as I talk.





# LESSON

## PART ONE

# GOAL CHECK-IN



# LESSON: PART ONE



WRITING

## GOAL CHECK-IN

Re-read your goal from lesson 1, and reflect honestly on your progress.

### REFLECTION PROMPTS:

- Have I been working on this goal? How do I know?
- What's one example of a moment I showed growth in this area?
- Have I faced any challenges? What got in my way?
- Do I want to stick with this goal or update it?





LESSON

PART TWO

# PEER ACCOUNTABILITY & SUPPORT



# LESSON: PART ONE



TALK ABOUT IT

## PEER ACCOUNTABILITY

Share your original goal and one of the following:

- Something you're proud of
- Something you want help staying focused on
- A way the group can support you

\* Write one positive note or word of encouragement on a sticky note and pass it to a peer in your group.

➡ **Discussion prompt:** "How can we help each other grow—especially when things get hard?"







# LESSON

## PART THREE

# REVISE OR RECOMMIT



# LESSON: PART THREE



## REVISE OR RECOMMIT

Either revise your original goal or recommit to it by:



Writing a new goal or affirmation on an index card or sticky note



Including one action step they'll try this week to support that goal