



GO HARD OR GO HOME

Hi LEVEL MINDSET



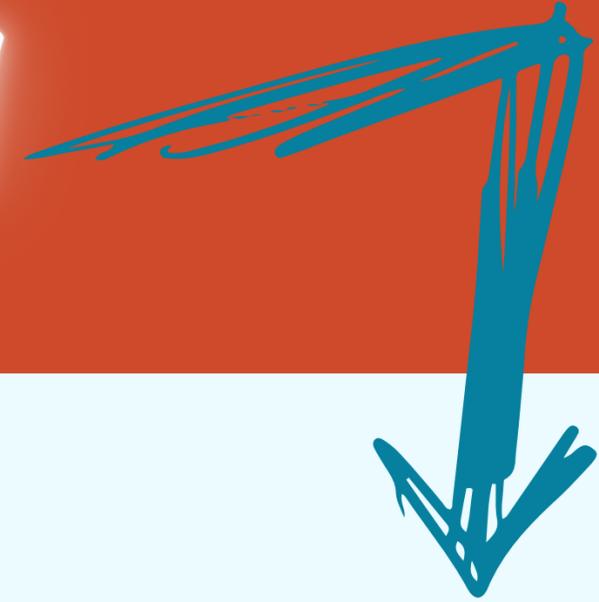
INTRODUCTION

As the new school year begins, it's important to equip yourself with tools and mindsets that will help you succeed in educational settings.

This lesson is designed to orient you towards getting into what Cordae calls a "Hi Level Mindset" to balance school life with personal life. It will also have you consider what is most important to you this school year.



SEL CONNECTION



You will reflect on your **decision making** and **self-management** while listening to Cordae share his journey to developing a Hi Level Mindset.





ICEBREAKER

REFLECTING ON PAST SEMESTERS





REFLECTING ON PAST SEMESTERS

1) Take 5 minutes to reflect on your previous school years. Write your responses to the **questions on the right** on a post-it.

2) Add at least one thing that worked well and one thing that was challenging to the anchor chart.

What's worked well for you in school in previous years?

Example: Kind teachers, interesting classes

What's been challenging for you in school in previous years?

Example: Having to work a part time job so can't do homework





REFLECTING ON PAST SEMESTERS

Now it's time to come together as a group to reflect.

- What's been working well for students overall?
- What's been challenging for students overall?
- How can we build on what's gone well for students this year?

We will return to these questions later in the lesson.





LESSON PART ONE

Hi LEVEL MINDSET



LESSON: PART ONE



WATCH A VIDEO

Hi LEVEL MINDSET

1) Get comfy and ready to watch the video.

2) Are you familiar with who Cordae is?

In this video Corade encourages students to be positive, intentional, disciplined, removed from negativity and strive to be remembered.





Hi LEVEL MINDSET

- 1) Turn and talk to a partner.
- 2) Share what stood out as relevant, helpful or anything you disagreed with.



LESSON: PART ONE



TALK ABOUT IT

Hi LEVEL MINDSET

Now it's time to come together as a group to discuss the video.

- What are your thoughts on Cordae's Hi Level Mindset?
- How can we utilize the Hi Level Mindset in our own lives?
- Describe a time when you or someone you know has demonstrated a Hi Level Mindset?





LESSON PART TWO

Hi LEVEL MINDSET in MY LIFE



LESSON: PART TWO



WRITING

Hi LEVEL MINDSET IN MY LIFE

- 1) You will have 8 minutes to **thoughtfully** complete the Hi Level Mindset graphic organizer.
- 2) Once you've finished the graphic organizer, take 4 minutes to talk with a partner about your responses.



LESSON: PART TWO



TALK ABOUT IT

Hi LEVEL MINDSET IN MY LIFE

Let's talk about your responses as a class.

- What are your academic and non-academic goals for this school year?
- How will you utilize a Hi Level Mindset to achieve these goals?
- Share one specific way you will be positive, intentional and disciplined?
- What negativity are you removing from your life?
- What do you predict will be a challenge to a Hi Level Mindset?



LESSON: PART TWO

Hi LEVEL MINDSET IN MY LIFE

NEXT STEP

Identify an accountability partner to speak with throughout the school year.

