

# HONORS ENGLISH I SUMMER READING ASSIGNMENT – 2013

## *The 7 Habits of Highly Effective Teens* by Sean Covey

Teachers: Deb Salter and Charles Ardis

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Facebook Discussion Page: [www.tinyurl.com/OHSEnglishSummer](http://www.tinyurl.com/OHSEnglishSummer)

(Please feel free to join the group to ask questions or get clarification over the summer. Parents are welcome, but we prefer if the students themselves actively participate).

### The Basics

1. This is an *honors* class. Successful honors students have two defining characteristics – they are smart, and they are willing to work hard. You are expected to honor your commitment to read this book and do the assignment.
2. The assignment should be typed in 12 point, standard (Times New Roman, Calibri, or Arial) font.
3. The entire assignment should be double-spaced. Please set your computer to do this for you (in Microsoft Word, go to Paragraph, Line Spacing, and set to double). Do not simply hit enter at the end of a line – it will ruin your formatting. Please staple the pages together in the top left corner.
4. Save a copy for yourself.
5. The assignment is due the first Friday of school. It will be graded on both quality and completion. It will count as two major writing assessments (likely 200 points). Please note, choosing not to do this will adversely affect your grade.
6. All responses should be honest and original. Do not plagiarize. Plagiarizing will result in a zero without an opportunity to revise. Plagiarizing is defined as taking someone else's work and passing it off as your own.
7. Your responses should be long and thoughtful enough to show that you've read each section carefully and reflected on it. Answers like "I don't know" or "This doesn't apply to me" will be considered non-answers and will not be given credit.
8. Please use your best writing. Remember, this is for an *honors* English class. Proofread your work and ensure that it is well-written, thorough, grammatically correct, and legible.
9. Be prepared to discuss your responses in class. Some of the responses will be personal, so it's okay if you don't want to share everything, but do be ready to share *something* from each part.

**The Heading/Title:** The beginning of your paper should look like this:

Your Name

Your Teacher's Name

Honors English I – x (where x = the period you have the class – see schedule when available)

Due Date (formatted Day Month Year: i.e., 16 April 2013)

An Original, Interesting Title Should Be Centered Like This

Your writing begins on the very next double-spaced line. Please number the question as you answer it. Please note that all of the formatting (font, size, bold, spacing, etc.) is the exact same standard font throughout. Nothing fancy except smart writing. The only thing in bold should be your chapter headings (i.e., **Part I – The Set-up**).

**The Assignment:** You are to read *The 7 Habits of Highly Effective Teens* by Sean Covey (the whole book, just not the sections referenced in the questions below. The book can be purchased online, in bookstores, and may be carried in the public libraries. **Books-A-Million on Jonesboro Road has copies, and if you bring them the flyer at the end of this document, they will give you a 20% discount.** High quality used copies can be found at various websites – my favorite is [www.betterworldbooks.com](http://www.betterworldbooks.com). It can also be downloaded via Nook and Kindle.

While reading, please take these questions seriously. Several have physical things to do, so give yourself enough time this summer to accomplish these goals. Waiting until the last moment is not a good idea and is counterproductive to your experience, your work product, and the spirit of the 7 Habits.

Thoughtfully and thoroughly answer the following questions as you read:

### Part I – The Set-up

1. Before reading, and without looking it up, define “habit” in your own words.
2. In a well-written paragraph, answer the following: What are your good habits? What are your bad habits? How do you feel when you choose to exercise a bad habit?
3. After reading page 5, do the following:
  - a. Describe each of the 7 Habits in your own words
  - b. Identify how you may already be using each of these habits.
4. After identifying these habits, reflect in a well-written paragraph about what students can do to become more effective teens.
5. After reading the “Top 10 All Time Stupid Quotes” on pages 11-12, discuss the impact of a “paradigm shift.” Why are paradigm shifts important? Which quote struck you the most and why? (Note: paradigm is pronounced pair-a-dime.)
6. After reading the “Paradigms of Self” on pages 13-16, describe your paradigm of self. Do you have someone who helps you “clean your glasses”? If so, describe that person.
7. After reading the “Paradigms of Life” on pages 18-23, choose one paradigm described and write a paragraph about how this paradigm shift benefits and/or challenges individuals.
8. After reading “Principle-Centered” on pages 24-28, describe the principles that are already important to you.
9. Choose at least two “Baby Steps” on page 28. In a well-developed paragraph, write about what you did and how it impacted you.

### Part II – The Private Victory

10. After reading “The Personal Bank Account” on pages 34-44, do the following:
  - a. Keep Promises to Yourself – do #2 on page 45. What did you do? How did it make you feel? How did it affect others?
  - b. Do Random Acts of Service – do #3 on page 45. What did you do? How did it make you feel? How did it affect others?
  - c. Tap Into Your Talents – do #5 on page 45. List all the talents you have. Then, ask a friend, parent, and/or neighbor; list the talents they say you have. What one talent do you want to develop this year? How are you going to get there?
  - d. Renew Yourself – do #9 or #10 on page 46. What did you do? How did it make you feel?
  - e. Be Honest – Describe a time when you exaggerated or embellished a story to a friend or parent. Was this honest? What was the outcome of the situation?

### Habit 1: Be Proactive

11. After reading “Habit 1: Be Proactive” on pages 48-70, in your own words, explain the differences between the reactive and proactive models.
12. What is the significance of “Just Push Pause” on page 65?
13. Refer to the “Four Human Tools” on pages 66-68. Compare and contrast each of the tools.
14. Over the next week, keep track of your language, actions, and choices. Write down both the good and poor choices and actions you make on a day-to-day basis. Evaluate whether you’re being proactive or reactive.
15. Choose two of the “Baby Steps” on pages 71-72. In a well-developed paragraph, write about what you did and how it impacted you.

### **Habit 2: Begin with the End in Mind**

16. After reading “Habit 2: Begin with the End in Mind” on pages 74-103, do the following:
  - a. Answer the questions in “The Great Discovery.”
  - b. Then, use those answers and the rest of the information in the chapter to write your personal mission statement. Use any of the methods or combinations of methods that you like. Be as creative as you’d like here.
17. Choose two of the “Baby Steps” on pages 104-105. In a well-developed paragraph, write about what you did and how it impacted you.

### **Habit 3: Put First Things First**

18. In your own words, how do you define stress? What things cause you stress?
19. Review “The Time Quadrants” on page 107.
  - a. How do you determine if something is urgent or important?
  - b. How would you feel, in terms of stress, in each quadrant?
  - c. Which quadrant did you find yourself in most often last school year? How did you feel?
20. Make a list of fears you’d like to conquer this year. How can you act more courageously in each situation?
21. Choose two of the “Baby Steps” on page 128. In a well-developed paragraph, write about what you did and how it impacted you.

### **Part III – The Public Victory**

22. After reading “The Relationship Bank Account” on 146-154, describe the relationship bank account and how it works.
23. Choose two of the “Baby Steps” on page 144. In a well-developed paragraph, write about what you did and how it impacted you.

### **Habit 4: Think Win-Win**

24. After reading “Think Win-Win” on pages 146-161, list some lose-lose examples from history or current events.
25. Write about a situation where the outcome was win-lose, lose-win, or lose-lose. How could you have handled the situation so that it would have been a win-win?
26. Read “The Fruits of Win-Win Spirit” on page 159. Write up one scenario that depicts Win-Win and one scenario that depicts a No Deal.
27. Choose two of the “Baby Steps” on page 162. In a well-developed paragraph, write about what you did and how it impacted you.

### **Habit 5: Seek First to Understand, Then to Be Understood**

28. After reading pages 164-167, read the poem “Please Listen” on page 167. Write a well-developed paragraph on your experiences in reference to this poem.

29. After reading pages 167-170, describe the five poor listening styles in your own words. Which one listening style are you struggling with? Which one(s) are you going to practice un-doing and how?
30. After reading pages 171-179, choose a person to genuinely listen to. Describe that experience and compare it to a time when you used a poor listening style.
31. Choose two of the “Baby Steps” on page 180. In a well-developed paragraph, write about what you did and how it impacted you.

### **Habit 6: Synergize**

32. After reading pages 182-187, complete the chart on page 187. Which fruit are you? Reflect on the description of that fruit on pages 188-189. Do you agree with the assessment? Why or why not?
33. Which roadblock to celebrating differences on pages 190-192 do you find most difficult to overcome? Why do you think that is?
34. Which of the poems on 192 struck a chord with you? Why?
35. After reading pages 192-201, sit down with a parent and describe a challenge or problem you’ll have this summer. Walk through the steps of the Synergy Action Plan to solve the problem and document all of your brainstorming and notes.
36. Choose two of the “Baby Steps” on page 202. In a well-developed paragraph, write about what you did and how it impacted you.

### **Part IV – Renewal and Habit 7**

37. After reading “Caring for Your Body” on pages 208-215, list what physical activities you already like to do and any new activities you’d like to try. Choose one or two to do this week. Write about how you felt after participating in the activity.
38. After reading “A Letter to an Unknown Athlete” on pages 221-223, write a response. You may agree or disagree, but you must specifically refer to details of his argument.
39. After reading “Caring for Your Brain” on pages 216-227, create a list of skills or talents you already like to do and any new skills or talents you’d like to try. Choose one or two to do this week. Write about how you felt after participating in the activity.
40. After reading “Caring for Your Heart” on pages 228-233, describe your most important relationships. What deposits are you making into those relationships? How do you feel? Describe something that has made you really laugh in the last few days.
41. After reading “Caring for Your Soul” on pages 234-241, create a list of activities you already like to do and any new activities you’d like to try. Choose one or two to do this week. Write about how you felt after participating in the activity.

### **Conclusion**

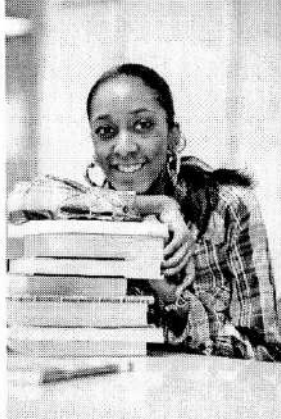
42. Write out three big goals you have for yourself this year. Pick one to complete this summer before school starts, one to complete before the end of first semester (December) and one to complete before the end of the second semester (May). Make sure that you tie one of the goals to your involvement in Ola High School. For instance, you could include your work towards community service in an organization or plans to attend or participate in school events. Write a paragraph for *each* goal covering the following:
  - a. What is the goal?
  - b. Why do you want to do it?
  - c. How do you think you’ll feel when you’re done?
  - d. How will you accomplish it – step-by-step. Include a due date.
  - e. For the goal you are working on over the summer, be sure to reflect how you feel after successfully completing the goal.

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