

7 HABITS OF HIGHLY EFFECTIVE STUDENTS

Based off of Steven Covey
7 Habits of Highly Effective Teens

WHAT ARE HABITS?

HABITS

- ⦿ Things we do so much that they become apart of us, often times without us realizing it.
- ⦿ Habits are consistent, often unconscious.
- ⦿ Habits can be learned and unlearned.
- ⦿ Give me 3 examples of a habit.

7 HABITS

🌀 #1- Be Proactive

HABIT #1

BE PROACTIVE

- ◎ Think before we act and take responsibility for the choices we make

MAKING GOOD CHOICES AND DECISION

WHAT CAN I DO?

- ⦿ Next time someone flips you off, give them the peace sign back.
- ⦿ Next time you receive a grade you don't think is fair don't blow it off, get upset or cry about it. Talk to your teacher about it.
- ⦿ Next time you get into a disagreement- be the first to apologize.
- ⦿ Don't react to someone who bumps you in the halls.
- ⦿ Always remember the things you can control.

HABIT #2

BEGIN WITH THE END IN MIND

- ① Develop a clear picture of where you want to go in life.
- ② Control your own destiny or someone else will.
- ③ You must have a clear understanding of who you are in order to know where you are going.

HABIT #3

PUT FIRST THINGS FIRST

- ⦿ The procrastinator
- ⦿ The yes-man
- ⦿ The slacker
- ⦿ The prioritizer

HABIT #4

THINK WIN-WIN

◎ Life is an All-You-Can-Eat Buffet.

1. Win/Lose-
2. Lose/Win
3. Lose/Lose
4. Win/Win

How do you think win-win?

Having a win-win attitude

HABIT #5

SEE FIRST TO UNDERSTAND THEN TO BE UNDERSTOOD

- ⦿ We have 2 ears and 1 mouth for a reason.
- ⦿ Example
- ⦿ Take time to deeply understand the problem presented to us.
- ⦿ Empathic Listening
 - Understand where the other person is coming from.
 - Listen with your ears, your eyes and your heart.
 - The greatest need of a human being is to be understood, affirmed, validated and appreciated.

HABIT #6

SYNERGIZE

- ⦿ The essence of synergy is to value differences - to respect them, to build on strengths, and to compensate for weaknesses.
- ⦿ opening your mind and heart to new possibilities.
- ⦿ Help me see what you see!
- ⦿ TEAM

HABIT #7

SHARPEN THE SAW

- ⦿ Renewing the four dimensions of your nature
 - Physical
 - Spiritual
 - Mental
 - Social/emotional
- ⦿ There is balance in renewal- neglecting any one area negatively impacts the rest.
- ⦿ Things you do to sharpen your saw will positively effect the other areas.
- ⦿ Renewal empowers us to move on-continuous improvement.

“We first make our habits, and
then our habits make us.”

- John Dryden

QUIZ

1. What is a paradigm? Define & give Examples
2. What is a paradigm shift?
3. Habits are intersections of what?



4. What are the 7 Habits?
5. How can we use one of the 7 habits to our lives?