

## Module #1: Creating Positive Habits

### Part I: Establishing Homework Routines

#### Lesson 1: Habits

**Learning Target:** Students will be able to explain what a habit is and the role habits have in their every day life.

**Materials/Preparation:**

- A file folder for each student and a designated place in the room to keep them
- Copies for each student of the Homework and Organization Habits Survey

**Steps:**

1. Ask students to think about habits. Turn and talk with a partner about what makes something a habit. Students share definitions with the class. (A habit is a behavior that you do almost automatically without having to think a lot about it.)
2. As a class, brainstorm positive and negative habits and create a T-chart on the board.
3. Journal Prompt (on loose leaf that will be stored in folder): 1. Write about a positive habit that you have. How did you form this habit? How does it help you? 2. Write about a negative habit that you have. Do you think you could break this habit? How?
4. Group discussion: How do good habits form? Is it possible to break bad habits?
5. Explain that this quarter we will be focusing on developing good habits for homework and organization. Point out that habits take work and perseverance to form, but the habits we will be working on will serve them for the rest of their lives.
6. Students complete the Homework and Organization Habits Survey. Afterwards, explain that the highest possible score is 65. The higher your score, the better your homework and organization habits are. Remind students with lower scores that habits can be changed.
7. Ask students to write their name on their file folder and put their journal response (dated at the top) and survey inside. This is a *habit* we will develop in our advisory meetings—all advisory work (unless otherwise noted) will be stored in their file folders and left in the room. Students will pick up their folder when they come in the room (or designate a student to pass them out) and return the folder when they leave.

Name: \_\_\_\_\_

## Homework and Organization Habits Survey

**Scale:**

Always        5  
Usually       4  
Sometimes    3  
Hardly Ever   2  
Never         1

	Rating:
I complete my homework and turn it in by the deadline.	_____
I have an easy time focusing on my homework.	_____
I can complete my homework without feeling upset, frustrated, or stressed.	_____
I plan ahead so that I don't have to do assignments at the last minute.	_____
I record my assignments in my planner and use it to remind me of what I have to do.	_____
I finish my homework assignments in a normal amount of time (not too fast or too slow).	_____
I remember to start my homework on my own without needing reminders.	_____
I complete my work thoroughly and to the best of my ability without rushing.	_____
I complete my homework in a quiet location that helps me concentrate.	_____
I remember to bring my homework materials home with me and then back to school the next day.	_____
My work is neat (not crumpled, ripped, sloppy, careless or rushed)	_____
My notebooks, binders, and folders are organized and I can easily find things I need.	_____
My bedroom and the area where I do my homework are organized and I can easily find everything I need.	_____
<b>Total:</b>	