

# Honor Roll & Longhorn Pride

Quarter 1 2017-18  
Basalt Middle School

Take a look at what's been happening at BMS first quarter.



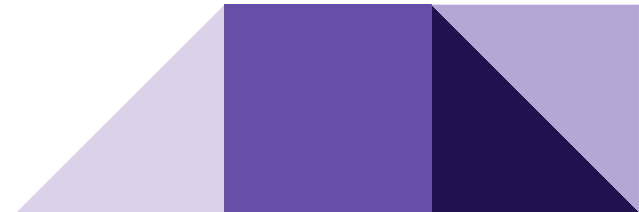
We CAN  
Change the  
World...

## DISCUSS WITH YOUR NEIGHBOR...



Turn to your neighbor and discuss:

- One thing you did well this quarter.
- One thing you struggled with or want to improve next quarter.



# The Adolescent Brain

Brain picture

- \*The capacity of a person to learn is at its greatest during adolescence.
- \*Skills get stronger with practice- the parts you use get stronger faster.



# ANTS... Automatic Negative Thoughts

Some typical ANTs...



# Becoming an Ant Eater takes practice...


1. **Recognize** that YOU have control of your thoughts.
2. Say, “**STOP!**” to the negative thoughts- Talk back.
3. Think about your ANT-- is it exaggerating? How does it make you feel?
4. **Reframe** (re-write!) the negative thought and don't forget the power of our most popular word at BMS...



# Reframing Thoughts and Setting Goals

How do I look at my grades with a GROWTH MINDSET???

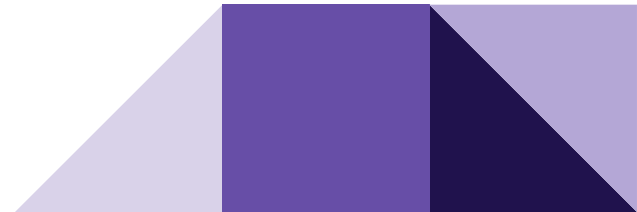
**BANISH THE ANTS** (words like “always,” and “never”)

- **THINK:** I might be struggling, but I’m making progress. I can see my growth in...
  - **ANALYZE:** When did I feel most successful this quarter? How can I make that happen even more often and spread it to other areas? How do I learn best? How can I apply those strategies to the classes/assignments I struggle with?
  - **CONSIDER:** What choices did I make that contributed to my success or struggle?
  - **DECIDE:** How can I best set myself up for success? What learning environment or organizational strategies is best for me? Who can I ask to help me reach my goals?
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# What will your MINDSET be in Quarter 2?

“With the right mindset and the right teaching, people are capable of a lot more than we think.”

-- Carol Dweck





# Honor Roll & Longhorn Pride

We have a new protocol for receiving your honor roll or Longhorn pride certificate... Each student's name will be called, the audience will give the student one clap.

The student will come up, shake hands with Principal Ellsperman at the podium then return to their seats.

