

## ***Introduction***

This program discusses the importance of staying focused and how it effects teens. It is designed to help teens feel comfortable discussing the issues and the positive effects of staying focused.

## ***Learning Objectives***

After completing the program, the students should have a better understanding of staying focused and it's effects.

## ***Discussion Topics/Questions***

- 1) List some positive effects of staying focused.
- 2) Describe ways that staying focused can be beneficial.
- 3) List some negative effects of not staying focused.
- 4) Describe how not staying focused can be detrimental.
- 5) How has keeping a strong focus effected you?
- 6) What are some distractions to keep you from being focused?
- 7) What does procrastination mean to you?
- 8) What are ways to help make it easier to focus?
- 9) What are some ways keeping a strong focus can affect your future?
- 10) Who should you ask for help on staying focused?

## ***Presenting the Program***

To prepare a lesson plan for the presentation of each program, review the suggested outline below.

### **1) Before Students View The Program:**

Collect as many recommended books as possible to help generate class interest and participation. Preview each program and become familiar with the concepts that are presented in it.

### **2) Students View The Program:**

The first viewing if possible should be uninterrupted.

### **3) After The First Viewing:**

Elicit discussion of what the students have seen and heard. The next viewing will be enriched by this general discussion.

### **4) Second Viewing:**

The program may be viewed again, this time with attention to detail. The teacher should feel free to stop and question students regarding:

- 1) What is happening in a visual?
- 2) The major concepts.

### **5) Post Activities and Discussion:**

Discussion questions for this program may be used to stimulate further interest, reinforce concepts and evaluate student comprehension.

# The Real Life Teens Series

## Staying Focused

### ***TEACHER'S GUIDE***

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This program is designed for a general high school audience, grades 8-12.