

# **The 7 Habits of Highly Effective Teens Summer Project**

All students are REQUIRED to have read pages 1-242 of  
The 7 Habits of Highly Effective Teens by Steven Covey.  
Link to the Ebook (<https://fliphtml5.com/lnym/dbxs/basic>)

The purpose of the projects is to highlight the most important concepts you learned while working through and or reading The 7 Habits of Highly Effective Teens. Your projects will work in conjunction with some of the skills that will be taught during the first couple of weeks of school. Your completed projects must be ready to be graded on the class on **the first day of school**. A summary of the 7 habits is listed at the end of this packet and the link to the book is included above. Expect to have a quiz and exam on the content in the book within the first 2 weeks of school.

**Skills:** These skills must be related somehow in the project depending on your project choice. Throughout the year we will be using the acronym PIE to determine author's purpose in any of the readings we will discuss throughout the year.

## **PIE standards for:**

**Persuade:** the author uses their writing to try to convince the reader to agree with their point of view on a topic. (i.e. persuasive essays, arguments for school uniforms, etc.)

**Inform:** the author uses their writing to inform/teach the reader about a particular topic.(i.e. Articles about science and social studies, facts, important dates, etc.)

**Entertain:** the author uses their writing to entertain/amuse the reader. (i.e. fictional stories)

## **Requirements:**

- You will be graded on your comprehension of each habit.
- The projects must include at least 1 of the skills highlighted in bold in the descriptions.
  - (These are skills we will continuously work with in 7th grade!)
- Your projects must cover each of the seven habits in some creative way.

- Each example must have examples of people see practice the 7 habits in their everyday lives. This could be anyone from celebrities, television personalities, cartoons, or family members.

**\*\*\*\*\*Please see rubric for specific guidelines\*\*\*\*\***

### **Project Ideas:**

- Create a commercial or infomercial telling about the benefits of the 7 habits
  - The goal of this project is to “sell” the ideas/practice of the 7 habits to someone and show them the benefits of practicing the habits in their everyday lives. Persuasion is the key skill!
- Create a skit script in which a group could potentially act out the 7 habits
  - The skit script should be descriptive and entertaining to the audience/reader.
- Create a brochure about the 7 habits
  - A brochure or pamphlet is intended to inform a group of people. You will use this method to inform your fellow peers about the benefits of practicing the 7 habits. Some facts about the 7 habits should be included.
- Make a large poster that demonstrates your understanding of the 7 habits
  - Pictures, descriptions, quotes, etc. could be used to show your comprehension or understanding of the 7 habits. You may choose to persuade, inform, or entertain your audience/reader.
- Make a comic book about the 7 habits
  - Create a story about the 7 habits and demonstrate your understanding through drawings of important events that highlight the benefits of the 7 habits. This could be an excellent opportunity to show the contrasting effects of using and not using the 7 habits. I.e. proactive vs. reactive. You could draw a reactive scenario that is resolved with a proactive decision.
- Publish a newspaper with seven articles about the 7 habits
  - Create your own NEWSPAPER! This allows you to persuade, inform, and entertain your peers using the 7 habits. You can create an article for each habit that focuses on 1 skill mentioned above (in bold)

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

## **Habit 1 BE PROACTIVE**

*I am the force.; Take responsibility for your life.*

Being proactive is more than taking initiative. It is accepting responsibility for our own behavior (past, present, and future) and making choices based on principles and values rather than on moods or circumstances. Proactive people are agents of change and choose not to be victims, to be reactive, or to blame others. They take an Inside-Outside Approach to creating changes.

## **Habit 2 BEGIN WITH THE END IN MIND**

*Control your own destiny or Someone Else Will; Define your mission and goals in life.*

All things are created twice – first mentally, second physically. Individuals, families, teams, and organizations shape their own future by creating a mental vision and purpose for any project. They don't just live day to day without a clear purpose in mind. They mentally identify and commit themselves to the principles, values, relationships, and purposes that matter most to them.

## **Habit 3 PUT FIRST THINGS FIRST**

*Will and Won't Power; Prioritize, and do the most important things first.*

Putting first things first is the second or physical creation. It is organizing and executing around mental creation (your purpose, vision, values, and most important priorities.) The main thing is to keep the main thing the main thing.

## **Habit 4 THINK WIN-WIN**

*The Stuff That Life Is Made Of; Have an "everyone-can-win" attitude.*

Thinking win-win is a frame of mind and heart that seeks mutual benefit and is based on mutual respect in all interactions. It's not about thinking selfishly (win-lose) or like a martyr (lose-win). In our work and family life, members think interdependently -- in terms of "we," not "me." Thinking win-win encourages conflict resolution and helps individuals seek mutually beneficial solutions. It's sharing information, power, recognition, and rewards.

## **Habit 5 SEEK FIRST TO UNDERSTAND, THEN TO BE UNDERSTOOD**

*You Have Two Ears and one Mouth; Listen to people sincerely.*

When we listen with the intent to understand others, rather than with the intent to reply, we begin true communication and relationship building. Seeking to understand takes kindness; seeking to be understood takes courage. Effectiveness lies in balancing the two.

**Habit 6 SYNERGIZE**

*The “High” Way; Work together to achieve more.*

Synergy is about producing a third alternative – not my way, not your way, but a third way that is better than either of us would have come up with individually. Synergistic teams and families thrive on individual strengths. They go for creative cooperation.

**Habit 7 SHARPEN THE SAW**

*It’s “Me Time”; Renew yourself regularly.*

Sharpening the saw is about constantly renewing ourselves in the four basic areas of life: physical, social/emotional, mental, and spiritual. It’s the habit that increases our capacity to live all the other habits of effectiveness.

**\*\*\*\*\*RUBRIC\*\*\*\*\***

| Expectations  | 1   | 2   | 3  | 4  |
|---|---|---|--|--|
| Clearly explains the habit  | Explanation of the habit is not provided or the explanation is confusing and not clear to the audience.       | Explanation is provided; lacks clarity; includes a title slide.   | The habit is clearly explained; includes a title slide.  | The habit is clearly explained; includes a title slide and examples are provided to support the definition of the habit; includes a title slide. |
| Benefits of the habit are explained                               | Benefits of the habit are not included.   | At least one benefit is provided; however, the connection to the habit lacks clarity.   | At least two benefits of the habit are provided; connection between benefit and habit is mostly clear.                         | Two or more benefits are provided; clearly related to the habit.   |
| Examples of positive deposits related to the habit                | No examples of positive deposits are included.  | At least one accurate example of a positive deposit is included.  | Two accurate examples of positive deposits are included.   | Three or more accurate examples of positive deposits are included.   |
| Picture/illustration related to the habit                         | No illustrations are included.  | Illustrations are provided; however, relationship to the habit is not clear.  | At least one related illustration is provided in the presentation.   | Two or more related illustrations are provided in the presentation.  |
| Includes two examples of real-life people who exemplify the habit | Examples of real-life people are not included; or, examples do not clearly relate to the habit.               | At least one example of a real-life person is included; connection between person and habit is clearly explained.               | Two examples of real-life people are included; the connection between the person and the habit lacks clarity.                  | Two examples of real-life people are included; connection between person and the habit is clearly explained.                                     |
| Presentation Quality  | The presentation contains more than 10 grammar or spelling errors; sources are not credited.                  | The presentation contains several (6-10) grammar or spelling errors; sources are partially credited.                            | The presentation contains few (1-5) grammar or spelling errors; proper credit has been given for sources.                      | The presentation contains few (1-5) grammar or spelling errors; proper credit has been given for sources.  |
| Student Presentation  | The student cannot be clearly heard; no eye contact is made; student cannot answer questions about the topic. | The student speaks clearly and makes some eye contact with the audience/teacher; student provides limited answers to questions. | The student speaks clearly and makes regular eye contact with the audience/teacher; student answers questions about the topic. | The student speaks clearly with expression. Consistent eye contact is made with the audience. Student answers questions about the topic.         |

