

CORNERSTONE SYLLABUS

INSTRUCTOR: Mrs. Julie Shelton

E-MAIL shelton.julie@westada.org

***BEST WAY TO CONTACT ME! I AM A TRAVELING TEACHER & ON THE MOVE!

WEB PAGE : RMHS Web Page

Mrs. Shelton's Class Schedule:

A DAY:

1A -

2A -

3A -

4A -

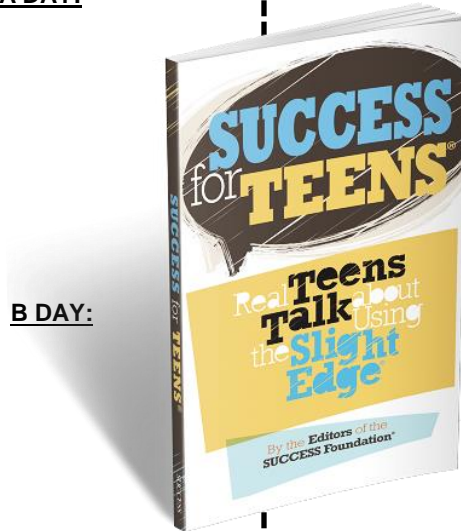
B DAY:

1B -

2B -

3B -

4B -



OBJECTIVE: **CORNERSTONE FOR LIFE**

In this course, students will be EXPLORING, CREATING, AND DEVELOPING habits, goals, and skills to aid them in HIGH SCHOOL and their QUEST for LIFE!

CLASS GOALS:

★ **UNDERSTAND ROCKY CULTURE**

- ROCKY RULES: Show **R**espect. Seize **O**pportunities. Be **C**OMMITTED. Obtain **K**nowledge. Discover **Y**OU!

★ **MASTER YOUR FATE**

- KNOW POWERSCHOOL! Become organized! Come to class prepared! Use GRIZZLIE POWER HOUR (Study time)!

★ **IMPROVE YOUR HARD & SOFT SKILLS**

- Work to **ENHANCE** your STUDY & LIFE SKILLS and not to just "get it done. You **REAP** what you sow!

5 CLASS RULES:

1. **WARM UP:** COME IN AND GET TO WORK.
2. **RESPECT:** ATTITUDE IS CONTAGIOUS
3. **LECTURE/STUDY TIME:** LISTEN. SHARE. PARTICIPATE.
4. **FOLLOW DIRECTIONS:** PAY ATTENTION.
5. **RESTROOM POLICY:** 4X PER SEMESTER. ONE PERSON OUT AT TIME.



ELECTRONICS/CELL PHONE POLICY:

V.A.U.L.T. SYSTEM



VAULT

(Valuing Academics, Utilizing Limited Time)

CELL PHONE EXPECTATION:

When you enter this classroom, silence your cell phone and place it in V.A.U.L.T. Your phone is to remain there during the class period unless permission is given by the teacher/sub to take it out - No checking messages, sending messages, etc. (Parents may contact you through the Main Office)

CONSEQUENCES FOR FAILURE TO FOLLOW EXPECTATION:

1. One reminder- "Place phone in the VAULT..."
2. A second reminder - teacher will keep it until the end of class.
3. If student argues with teacher, the phone will be sent to the Office after class.
4. If sent to the office, parent will be contacted to pick-up

*Define ARGUE - verb: exchange or express diverging or opposite views, to give reasons or cite evidence in support of an idea, action, or theory, typically with the aim of persuading others to share one's view.

WORK POLICY:

- PowerSchool will be **reviewed** and **examined** periodically for each student. Missing work will be addressed.
- “GRIZ POWER HOUR”** 30+/- MIN each class period will be used for homework/remediation/study time.
- All assignments must be turned in on the ***assigned due date***.
- Students are given the opportunity to correct **ALL** work – the date will be announced and posted in POWERSCHOOL
- Projects not turned in by the due date **AND NOT** labeled/named correctly will result in a zero. (SEE LATE WORK POLICY BELOW)
- No penalty for late work
- Late work fixes and retakes** (2 MAX ON TESTS/QUIZZES) must be turned in **PRIOR to the due date of the next project.**

SEMESTER PORTFOLIO PROJECT:

CLASS PORTFOLIO

You will need ALL of the following supplies and must bring everything to class.
YOU WILL STORE YOUR BINDER IN A CLASS LOCKER.

- A 2" BINDER for this class
- **6 TABS/DIVIDERS for this class**
- A highlighter. Pen or Pencil.
- 50 sheets of college ruled loose leaf lined paper

***You MUST KEEP ALL PAPERS till the course is over at the end of the semester!**

- YOU WILL KEEP ALL PAPERS & HANDOUTS FOR YOUR FINAL PORTFOLIO.
- YOU WILL BE TESTED ON ALL INFORMATION IN YOUR PORTFOLIO.

CLASS PORTFOLIO GRADE BASED ON:

- PORTFOLIO CONSTRUCTION
- PORTFOLIO ORGANIZATION & MANAGEMENT DEMONSTRATED THRU PORTFOLIO EXAM/HUNT
- PORTFOLIO REFLECTION
- QUOTE PACKET W/ DAILY GOALS

WEIGHTED GRADES:

- 10% HOMEWORK/ CLASSWORK**
- 15% S.A.T TESTS**
- 75% PROJECTS**

GRIZ PERIOD

Students with struggling grades will be encouraged to attend Griz on M, T, Th, F

REPORT TO A9 to attend GRIZ.

I expect you to take responsibility for your grade. You are required to check PowerSchool often. I will also be reviewing your grades with you during class.



DISCIPLINE POLICY:

The classroom rules and expectations apply to **ALL** students. Students that choose not to follow classroom rules and expectations will be dealt with according to RMHS Discipline policy.

- Level 1** ~ Verbal Warning ~ Teacher /Student discuss situation & Parent is contacted. Incident will be documented on an RTI intervention form (initialed by student) and turned into an Administrator.
- Level 2** ~ Repeated offense ~ Teacher /Student discuss situation & Parent is contacted. Incident will be documented on an RTI intervention form (initialed by student) and turned into an Administrator. Student will be pulled from class.
- Level 3** ~ Repeated offense ~Teacher /Student discuss situation & Parent is contacted. Incident will be documented on an RTI intervention form (initialed by student) and turned into and Administrator. **Student will be removed from class permanently.**

SITUATIONS THAT WARRANT IMMEDIATE ACTION STUDENTS WILL:

- Student will be removed from the classroom by an administrator - parents are contacted.

CORNERSTONE PROCEDURES

Class Routine:

I: CLASS INSTRUCTION

(30 MIN -60 MIN)

- **Notes for Class** will be written and stored in YOUR CORNERSTONE BINDER or stored in your ASSIGNED CLASS LOCKER.
- There will be **NO TALKING** during this time. The only talking is if we (you and I and the class) are having a discussion or if you would like to make a comment

II: GRIZZLIE "POWER HOUR":

(30 - 60 MIN) Silent STUDY/REMEDICATION TIME

- You will be required to show me what you are working on – SET STUDY S.M.A.R.T. GOALS
- **"Done with Everything"** - we will review Power School. If you are not missing work – you may read a book, RELAX, VEG, SLEEP...JUST CAN'T DISTRACT OTHERS.

III: WRAP UP/CLEAN UP

(7 - 30 MIN +/-)

Discuss tests coming up in other classes. Review Agendas.
You tell me what you need!

CLEAN UP PROCEDURES:

- Pick up trash around table
- Organize Materials **RETURN ITEMS TO THE CART!** Or shelf you borrowed from.
- RETURN all work to **YOUR CORNERSTONE FOLDER IN YOUR CLASS LOCKER.**

CLASS PROCEDURES:

- 1. CLASS NUMBER:** Each student will be given a "CLASS NUMBER". This number will be used for all things class related: Restroom Pass, Class Vault, class work, class projects, locker storage, etc.
- 2. CLASS VAULT:** All students are required to place their phone in the vault at the beginning of EVERY CLASS according to your class number. Phones will be "CHECKED IN" and then "RELEASED" BY, ME, YOUR INSTRUCTOR at a time I feel is appropriate.
- 3. PHONES:** ALL PHONES REMAIN IN THE VAULT UNTIL RELEASED BY INSTRUCTOR.
- 4. CLASS BOARD:** All announcements, due dates, and project info will be posted on the front board in the front of the room. PAY ATTENTION. Due dates are subject to move!!!

5. Tardy to CLASS: Report to OFFICE. Bring me the TARDY SLIP.

6. RESTROOM USE: Each student is permitted to have **4 RESTROOM PASSES** per semester. (Medical needs will be taken into account)

- **FIND YOUR PASS/VAULT AGREEMENT** IN OUR CLASS BINDER – According to your class' color.
- SIGN OUT.
- I will PUNCH your pass. Return pass to binder
- Take CLASS PASS (BLOCK) with you
- 5 MINUTES LIMIT
- ENTER time returning.

7. RESPECT THE ROOM: Take care of our computers, materials, and equipment!

8. END OF CLASS: STAY SEATED TIL BELL RINGS.

BUTTS IN SEATS

PUSH CHAIRS IN.

9. FIRE DRILL PROCEDURES: Meet in the corner of the parking lot on the GRASS near the Seminary Building. Line up by the PARKING LOT GATE.

10. ABSENT: You are required to make up all notes during your absence. Come talk to me about what you missed.

11. SHARING TEACHER FUN: Be patient! I share this room with another teacher. There will be times that I need to set up materials that I was not able to prior to your class.

12. LOCK DOWN: Crowd next to the sink. Move table in front of door. Cover Door Window. Weapon in hand. LIMIT INTERNET USE. You overwhelm the cell tower and NO EMERGENCY CALLS CAN GO OUT.

CORNERSTONE OVERVIEW

Content/PROJECTS/LESSONS for the course will be DRAWN from the following DISTRICT Curriculum. You will get the "BEST BITS"

STUDY TIME:

CLASS WILL BE GIVEN 30+/- MINUTES TO STUDY
(EXCEPTIONS: GUEST SPEAKERS, COLLEGE & CAREER CENTER, TEST DAYS)

CLASS CURRICULUM: -----

INTRO: DISCOVER ROCKY

- R.O.C.K.Y. RULES
- CREATIVE NOTE TAKING
- HARD VS. SOFT SKILLS

UNIT 1 – ACADEMIC HARD SKILLS

THE AMAZING BRAIN

- BRAIN MAP/BRAIN FUNCTIONS
- THE TEEN BRAIN STUDY

DISCOVER YOUR LEARNING STYLE

- MULTIPLE INTELLIGENCES
- LEARNING STYLES

STUDY SKILLS & TEST TAKING STRATEGIES

- HOW TO TAKE TESTS: MULTIPLE CHOICE, ESSAYS...

WORKING WITH SOURCES OF INFORMATION

- SAT VOCABULARY – LEARN 100 WORDS
- ACT PREP

PROJECT: S.A.T. VOCAB 100 WORDS PACKET

S.A.T. VOCAB TESTS 1-50 Q1, 51-100 Q2

UNIT 2 – SOFT SKILLS FOR SUCCESS

SET GOALS

- GROWTH MINDSET. MIND MAPPING.
- GRIT BY ANGELA DUCKWORTH
- S.M.A.R.T. GOALS
- GOAL LADDERS

PROJECT: DISCOVER SELF

- D.I.S.C. ANALYSIS – TONY ROBBINS
- PERSONALITY ANALYSIS
- COLOR CODE ANALYSIS

UNIT 3 – TECHNOLOGY SKILLS

DIGITAL CITIZENSHIP

- VIDEO: "LOOK UP" BY GARY TURK, 2004
- VIDEO: "TO THIS DAY" BY SHAYNE KOYZCAN
- EFFECTIVE COMMUNICATION
- IMPROVE ONLINE CIVILITY
- CYBER ETIQUETTE
- CYBER SAFETY
- CYBER BULLYING
- DIGITAL ADDICTIONS & DOPAMINE
- VIDEO GAME ADDICTION

GUEST: ANTI-BULLYING & INTERNET SAFETY

PROJECT: BORED AND BRILLIANT -----

UNIT 4 – CAREER AND COLLEGE

PLANNING & PREPARATION

THE JOB MARKET

- VIDEO: PROBLEM WITH MILLENNIALS IN WORKFORCE
- SIMON SINEK
- HOW TO DO A PROPER HANDSHAKE
- HOW TO INTERVIEW FOR A JOB
- BEST FOOT FORWARD
- EFFECTIVE COMMUNICATION
- CAREER INTEREST SURVEY & REALITY CHECK

CAREER & COLLEGE RESEARCH

GUEST: RAE PEPPLEY – RMHS COLLEGE & CAREER COUNSELOR

- 4 YEAR HIGH SCHOOL PLAN & NAVIANCE

PROJECT: FAMILY BUDGET REPORT & MONEY MANAGEMENT

PROJECT: SECRET LIFE OF WALTER MITTY FILM -----

SEMESTER PROJECT:

CLASS PORTFOLIO:

- PORTFOLIO CONSTRUCTION
- PORTFOLIO ORGANIZATION & MANAGEMENT DEMONSTRATED THRU PORTFOLIO EXAM/HUNT
- QUOTE PACKET W/ DAILY GOALS
- PORTFOLIO REFLECTION



ANGELA DUCKWORTH
GRIT
THE POWER of PASSION
and PERSEVERANCE



DUDE.
be nice.

STUDENT: _____ **PER.** _____ **#** _____

1. READ OVER THIS COURSE SYLLABUS & PROCEDURES with your parents/guardians.
2. Have your Parents/Guardians complete the CONTACT SECTION
3. You & your Parent/Guardian BOTH need to sign and date:
 - **PAGE 1 (CONTACT INFO PAGE)**, which indicates you have read, understand, and agree to the syllabus & our class procedures.
 - **PAGE 2 (The BACK of this page- MOVIE PERMISSION SLIP)** Signatures indicate you have read, understand, and agree to watch the movie:
SECRET LIFE OF WALTER MITTY.

RETURN: You need to have this completed and turned in by the NEXT CLASS PERIOD.

If there is ever a question about class, we will all be able to refer to this document to clarify my expectations.

PARENT/GUARDIAN CONTACT INFORMATION

If you have any questions or concerns throughout the semester, please do not hesitate to call or email.

Please take a moment to fill out your preferred contact information, as well as anything I should know about your student. In addition to your signature, please also have your student sign this page indicating they have both read and agreed to all requirements outlined in this syllabus.

Parent/Guardian Printed Name: _____ Signature _____

Student Printed Name: _____ Signature: _____

Is there any information about your student you feel I should know to better instruct them?

The best way to get in touch with me (Parent) is: _____

My email address is: _____

May I have your cell phone number if I need to reach you right away? _____

PLEASE SIGN ---
MOVIE PERMISSION SLIP
SEE PAGE 2



MOVIE PERMISSION SLIP:



Cornerstone END OF THE SEMESTER SYNOPSIS/PROJECT

In Cornerstone, the focus of the entire course is to prepare students – not only for high school – but for life beyond. To not just dream and let life pass you by, but to act and make LIFE HAPPEN.

During the semester we will have studied: GROWTH MINDSET, WRITING THANK YOU NOTES, SETTING GOALS, DISCOVERING SELF, BULLYING, AND WORKING IN THE REAL WORLD.

This film covers each unit of study in a charming and touching way. As a class we will analyze, compare, and discuss the film, and how it relates not only to our course curriculum, but to life!

FILM DESCRIPTION: When his job along with that of his co-worker are threatened, Walter takes action in the real world embarking on a global journey that turns into an adventure more extraordinary than anything he could have ever imagined.



FILM IS RATED: PG

SIGNATURE REQUIRED:

STUDENT: _____

Parent/Guardian PRINTED NAME X _____

Parent/Guardian signature X _____

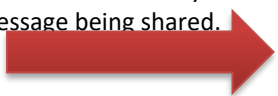
_____ **YES**, my student may watch the film: **THE SECRET LIFE OF WALTER MITTY** in class.

_____ **NO**, my student may not watch the film: **THE SECRET LIFE OF WALTER MITTY** in class.
(They will complete an alternate assignment.)

FILM IS RATED: PG for some crude comments, language (I cut much of this out by skipping scenes) and action violence.

Guardian permission is required. Please preview & review the IMDb PARENT'S GUIDE.

*Not all of the film will be watched. We will watch the most important clips to understand the story and the message being shared.



FILM NOTES:

SKIP to 30:00 after STRETCHY MAN BATTLE (as he gets off elevator)

SKIP to 34:43 after SKATE BOARDING SCENE (don't go to **LITTLE MAN** day dream).

GREENLAND – SKIP SHIP SCENE/GETTING OFF SHIP. GO TO BIKING IN ICELAND!

SKIP to 1:17:00 (PIANO CLUE) – Explain he is discouraged. Got Fired. Giving up. Stops by Cheryl's place to find her EX there.

1:21:00 QUEST TO FIND SEAN in the Himalayas. GHOST CAT scene.

1:38:00 Show scene where his mom gives Walter his gift that she rescued from the trash.

1:42:00 In line for **SEVERENCE PACKAGE.** PLAY TIL END OF FILM. 1:54:00