Getting To Know Yourself

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Bottle of Goals

Objective:
To have the freshmen set goals for themselves and at the end of the year, see if they did it.

Materials:
Glass bottle, salt and pepper for each freshman.

Procedure:
1. Tell the freshman to think of goals that they would like to accomplish by the end of the year.
2. Have them write these goals on a paper with their name.
3. Fold the paper and put it at the bottom of the bottle.
4. Put salt over them to stop them from getting damaged.
5. Open the bottle on the last day of advisory and give them back.

Helpful Hints:
This game should be done the first week of advisory.
Pig Personality

Objective:
To encourage advisory to have fun while interacting with each other. This activity also helps freshmen discover a little more about themselves!

Materials:
Blank sheets of paper and writing utensils.

Procedure:
Ask everyone to take out a blank piece of paper. Establish a time limit. Ask each individual to draw a pig on the paper. When time is called, ask the freshmen to look at their drawing while the FMPs share the following information about the type of person you are based on the drawing.

Position of Pig on the Paper:
Top: Optimist
Middle: Realist
Bottom: Pessimist

Direction Pig is facing:
Left: Traditionalist
Right: Innovative
Front: Direct

How Detailed is the Pig (in comparison to others next to you)
Very: Analytical
Few: Emotional; Naïve

Number of Legs Visible
Less than 4: Living through a major life change
4 legs: Secure and stubborn

Size of Pig’s Ears
The bigger the ears, the better of a listener you are.

Length of Pig’s Tail
The longer the tail and more curls, the better your romantic life.

Adapted from Infinity’s Broadcasting Consultant
Time Capsule!

Objective:
To have the freshmen set goals for themselves and become more comfortable with one another at the beginning of the year and to let the freshmen track their progress and how much they have changed by the end of the year.

Materials:
All participants need to bring an object that represents them (small enough to fit in a box) and a current picture. The FMPs should bring one large shoebox and copies of the questionnaires for everyone (see back of book for samples, feel free to make your own!)

Procedure:
1. Have each advisory member fill out the questionnaires and place them in the box.
2. Have each participant place their picture in the box.
3. Each participant should then explain the object he or she brought and why it represents him/her before placing it in the box.
4. The box should be “sealed” and “buried” in advisory.
5. At the end of the year, open up the box and discuss how everyone has changed, if any of the predictions came true, and if everyone achieved his or her goals.

Helpful Hints:
Feel free to make your own questionnaires for your advisory or to add your own questions. Also, instead of a questionnaire the freshman might enjoy writing them a short letter. Make it clear that everything is confidential and that no one will read his or her letters or responses. Make sure everyone participates and have fun!
Time Capsule Questions - Part One

1. Name: _________________________________________________
2. Nickname: _______________________________________________
3. Today’s Date: _____________________________________________
4. Who are your best friends? 
5. What is your favorite class this year? 
6. What is your favorite song right now? Who is your favorite band? 
7. What is one goal you have for yourself that you hope to achieve by the end of this year? What is one goal you hope to achieve by the end of first semester? 
8. What is your favorite thing about advisory so far? 
9. What is one thing you are looking forward to this year? 
10. Which final exam do you think will be the hardest? The easiest? 
11. What is the most interesting thing that has happened to you so far this year?
Time Capsule Questions – Part Two

Name: _________________________________________________________

Today’s Date: ________________________________________________

1. Who will win the World Series?
2. Who will win the Super bowl?
3. Who will hook-up in advisory?
4. Will SHS football win state:
5. Will one of our freshmen go to prom? Who?
6. Will anyone break a limb? Who?
7. Will any SHS sports teams have a perfect season? Which team(s)?
8. Who in advisory is most likely to grow up to be famous?
9. Who in advisory is most likely to be a sports star?
10. Who in advisory is most likely to be a model?
11. Where will your FMP’s go to college?
12. What style is most likely to go out of fashion?
13. Will anyone in advisory be suspended?
14. What are your plans for next summer?
15. Who do you think you will get closest to in advisory?
16. Where do you think you’ll go to college? What would you like to do for a career?

Leadership for Student Activities
Do You Need Help?

Objective:
To help the students understand that it’s okay to ask for help, and to demonstrate that it is not a sign of weakness to do so.

Materials:
Blindfolds for each student, a big circle made out of the desks in the room without an opening, which would allow the students to get into the circle.

Procedure:
1. Start class by having the students gather in the hallway, blindfold each student, and slowly let them into the classroom one by one.
2. Once in the room, explain to each student that the furniture is set up as a maze and the goal is for them to make their way through the maze and into the center of it. Also, explain that if at any time the student needs help during the exercise, he/she should raise his/her hand but not call out so as to disturb the rest of the students.
3. As the students feel their way around the circle of chairs, FMPs should frequently ask if anyone needs help. Once a student raises his or her hand, the FMP should remove the blindfold and let them into the center of the circle (and then close up the circle once again.)
4. The activity ends when the last person has raised their hand. Afterwards, discuss how asking for help is not a bad thing, and then first to ask for help were the first to succeed in the activity.

Helpful Hints:
Silence is key! Also, the FMP should be very encouraging about asking for help and repeatedly remind the freshmen that it is an option.

Ryan Kluever
First High School Quiz

Objective:
Learn about the others in advisory.

Materials:
Paper and pen for FMPs to jot down what everyone says for the key.

Procedure:
1. Have everyone sit on the floor in a circle.
2. Everyone should go around and say their name, middle school, a club or sport they want to do at SHS, and their first impressions.
3. The FMPs will be writing these things down as they go.
4. After going around they will ask people two facts about a person.

Helpful Hints:
Rewards are encouraged; they’ll make the students more willing to do the activity.

Rachel Melnick ‘03
Ashley Levit ‘03
Quick Quizzes

Objective:
To show the students what’s really important.

Materials:
Paper and pens.

Procedure:
1. First, give them this quiz:
   a. Name the 5 wealthiest people in the world.
   b. Name the last 5 Heisman trophy winners.
   c. Name the last 5 winners of Miss America.
   d. Name 10 people who have won the Nobel Prize.
   e. Name the last 5 Academy Award winners for Best Actor/Actress.
   f. Name the last decade’s worth of World Series winners.
2. Explain to the students that the reason this is so hard is because it doesn’t matter. There are no second-rate achievers.
3. Now give them this quiz:
   a. List 3 teachers who have aided your journey through this year.
   b. Name 3 friends who have helped you through a difficult time.
   c. Name 5 people who have taught you something worthwhile.
   d. Name a few people who have made you feel specials.
   e. Name 5 people you enjoy spending time with
   f. Name 5 heroes’ stories that have inspired you.
4. The people who make a difference in your life are the ones who care. Pass this onto those who have made a difference in your life.

Helpful Hints:
Do this at the end of the year.