

TEAM
Foothills Retreat

*Coming together is a beginning. Keeping together is progress.
Working together is success.
-Henry Ford*

Welcome to TEAM Retreat! You can think of it as “boot camp” training for TEAM and high school in general. One of the most important purposes of this retreat is to provide you with an opportunity to get to know your classmates and teachers outside of the school setting... and to have some fun! Another purpose for the retreat is to show you how teamwork is necessary to overcome challenges. You will face many challenges in your freshman year of high school, but with hard work, determination, and teamwork, nothing is impossible. Maintaining a sense of integrity and perspective throughout the process is what will help you enjoy your high school years.

The following are questions that will help us learn more about you. Please answer thoroughly enough so you have something to share with your group.

1. What is your full name? Are there meanings behind your name, perhaps translated from another language? Why did you receive this name?

2. Where were you born? Is there a funny story connected to your birth? Is this the same place where you grew up?

3. How would you define “family”? Who is a part of your family?

4. What was a milestone event in your life? A milestone event is something that significantly impacted your life in some way. If this event had never happened, you might not be the person you are today. What do you think might be a milestone event in your future?

5. What are your personal interests outside of school? Name at least 3 things.

Goal Setting

Setting goals for yourself is a good skill to learn early on in high school. Goals can help you focus on what you really want to achieve, and by setting realistic benchmarks, you can track your progress and keep yourself going in the right direction.

Below are 5 areas with which most ninth graders struggle. Choose 3 of the goals listed under any topic, or else write your own goal and be as specific as possible, and do the following for each goal in the space provided:

- A. Explain why this is an important goal for you.
- B. What can you do to help yourself in accomplish this goal? What do you need?
- C. Find someone else with this goal.

1. Academic

- I want to maintain the grade of _____ in this class: _____
- I want to ask for help more often before it's too late.
- I want to use the tutorial period as efficiently as possible this year.
- I want to learn how to properly study for quizzes.
- I want to write down my homework assignments in my binder reminder at least three times a week.
- I want to learn how to budget my time for long-term projects or papers.
- I want to keep my papers filed in my binder(s)/notebooks and not in a stash at the bottom of my backpack.
- I want to learn how to use my locker properly so I don't get backaches.
- I want to do well in _____ class this year so I can take the honors course next year.
- I want to participate more in class this year. I will start with: _____.
- I want to stop procrastinating.

2. Personal

- I want to feel more confident about myself or my ability to _____.
- I want to overcome my fear of _____.
- I want to change the way I think about/behave around _____.
- I want to improve _____.
- I want to always be on time, if not *early*, to the places that I need to be.
- I want to help educate others about _____.

3. Social

- I want to gain at least 2 new friends whom I don't know from middle school.
- I want to get to know someone I've always gone to school with but never really known well.
- I want to know every single student's name in TEAM.
- I want to be "real-life" friends my Facebook "friend": _____.
- I want to attend all school dances this year.
- I want to join a club at Paly, preferably _____.

- I want to become a part of student leadership at Paly, hopefully this year.

4. Health

- I want to make the sports team: _____ and dedicate myself 100% to attending each practice and being a team player.
- I want to sleep at least 8 hours a night. I will go to bed no later than: _____.
- I want to eat healthier this year. I will start by: _____.
- I want to limit the amount of “screen time” to _____ a day.
- I want to exercise more this year. I will start by: _____.

5. Relationships

- I want to get along better with my mom/dad/brother/sister/friend/*etc.* I will start by _____.
- I want to communicate more clearly and frequently with _____.
- I want to get to know a teacher better.
- I want to get to know an upperclassman better.
- I want to change the way I speak/behave/think around _____.
- I want to stop gossiping/bullying/*etc.* OR help stop it when I know it’s happening.
- I want to stick up for _____.
- I want to say something when I hear people saying offensive comments.
- I want to be more honest with myself.
- I want to keep the promises I make to _____.
- I want to take goal setting seriously for my own sake.

My Goals:

1.

2.

3.



Retreat Reflection

As you accepted and worked through the challenges of each ropes course, you relied on each other for help and guidance. No challenge could have been met without teamwork. Please answer the following questions about your group's ability to work together today and how *you* contributed to the success of your group.

1. Legendary basketball player and coach John Wooden once said, "Success comes from knowing that you did your best to become the best that you are capable of becoming." Do you agree or disagree with this statement? Explain using an example from your own experience.

2. When working with a group of people, we naturally tend to take on certain roles. For example, you might have been a leader, a planner, a morale booster, a comedian, a peacemaker, or perhaps a quiet worker who waited for instructions. What was your role(s) in the group? What is a role you tend to avoid?

3. Integrity is the quality of being true to your core values. If you have integrity, you think and act in ways that are consistent with the person who you believe yourself to be. Integrity requires consistency of actions, values, methods, measures, principles, expectations and outcomes.

List at least three positive traits and/or qualities that help define you as a person. These are the traits that you wish to keep throughout your lifetime, giving you a sense of integrity.

4. Give an example of something that happened at the TEAM Leadership Retreat...

That made you happy:

That made you uncomfortable:

That surprised you:

That makes you appreciate being here:

We TEAM teachers sincerely hope that you had a great time and found this retreat valuable. Now back to class on Monday...