



GRADE: 9
SUBJECT: Health and Family Life Education
TOPIC: Transitioning to Grade 9
DATE: October 20 – 23, 2020

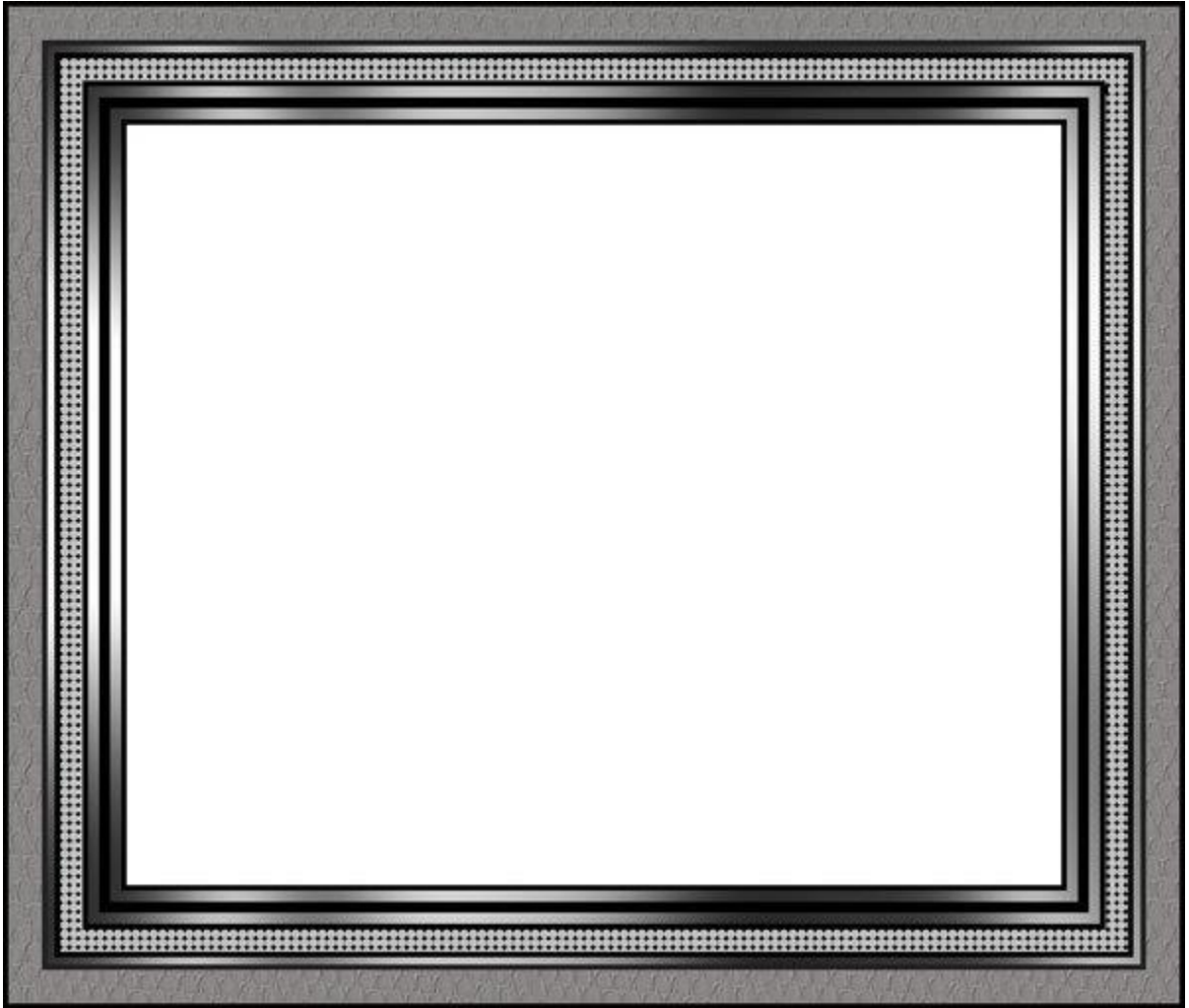
Entering Grade 9 is a crucial point in your journey on the highway to CSEC, CAPE and beyond. So are you Ready??? Mostly, what makes Grade 9 crucial is the fact that the choices you make at this time determine your future career and academic path. If you've been messing about in grade 7 and 8, the first term is beyond crucial. You will need night and day to ensure that your grades, especially in the subjects you are interested in drastically improve.

Some of you still have no idea what you really want to do or are interest in, but the Oberlin High School Guidance and Counselling Department is here to assist you in reaching or researching such choice.

No matter what your grades have been like, this is the time to get serious. It's decision time!!

1. Revisit or actually start timetabling. Make a real schedule and stick to it. Without a plan of action and a focus on what you want to do or achieve on your goals and intentions you're going nowhere fast.
2. Include some form of extra-curricular activity in your life.
3. Get a **MENTOR**. It's time now to get yourself a mentor, if you don't already have one. A mentor is someone who can advise and assist you in making the best decisions for you. Talk to your parent or guardian or someone you look up to. Tell them about the difficulties you are having adjusting.
4. This term's work help to determine the subjects which you will be able to pursue in grades 10 and 11. It is preparation time for what will come.

GOD CREATED ME SPECIAL!!!!



I _____ possess human attributes which include knowledge, creativity and skills.

- I am smart.
- I am intelligent.
- God is only a prayer away.
- I must never settle for the crumbs of life.
- No one can make me feel inferior without my consent.
- It is acceptable to make mistakes because this is the way people learn.
- It is acceptable to ask for help; I cannot do all things on my own.
- It is acceptable not to learn everything now, the mind can hold only so much and no more at any given time.
- I need peace of mind, after all, am I not a special person created by my Heavenly Father?

Activity 1: Paste a recent picture of yourself in the picture frame above.

Activity 2: Turn in your work to your HFLE Google Classroom with your picture and things to remind yourself of. If possible print a copy of this activity and mount somewhere in your home to remind yourself daily.