SUCCESS STORIES WITH DR. KARYN is a motivational and guidance supplement that supports educational best practices for Student Engagement by making learning experiential, relatable and relevant, while using varied teaching methods (including storytelling, video, classroom discussion, and individual exercises). In order to maximize Student Learning, Internalization & Application, we encourage teachers to use the following proven Best Practices, created according to the recommendations of our Educational Consultants.

**Timing, Frequency & Curriculum**

- Our Educational Consultants recommend that Homeroom Teachers show 1 SUCCESS STORY episode each month (split over 2 x 40 min. classes) to their classroom, to connect with the Creating Pathways To Success (CPS) & Health Curriculums, and to create a classroom culture that encourages the development of Success Skills (also known as Emotional Intelligence). See below for the Grade 7-8 Lesson Plan.

- To see how this Resource connects to the CPS & Health Curriculums, refer to our summary document: “Connecting To Curriculum”.

**Technical**

- If possible, use a large screen and room-quality speakers for students to view the episodes, as the screen size and volume will both have a strong impact on Student Engagement. Also, the louder the volume, the less likely students are to talk during the videos.

**Set The Mood**

- The culture of any classroom starts with the teacher. When teachers are passionate, their students sense this and often mirror it back.

- Be sure to clearly communicate (with passion!) to your students that the Success Skills they’ll be learning from this series will be able to be applied throughout their entire life (personally, academically and eventually in their career!)

**Explain How Industry Leaders Were Chosen**

- Each of the Industry Leaders were chosen because they are an inspirational person and “successful” in their life and career.

- Leaders were NOT chosen because of their obstacles. In fact, for most of the leaders interviewed, producers were not even aware of the obstacles these Leaders experienced until the cameras started recording!

- This series highlights, through the power of story, the Success Skills that are needed as people work towards their goals and dreams. Obstacles are common for everyone, including ‘successful people’, which is why they are discussed in nearly every episode.

- If people just want to read about the success of our Industry Leaders, they can easily find this information online. It is the backstory and hearing about how they did it (Success Skills), as they navigated the highs and lows in their life, that makes this series unique!

**Show “Dr. Karyn’s Why Video” from the Q & A Video Blog (Her Background, Credibility & Relate-ability)**

- Student Engagement relies on the speaker’s / educator’s credibility and whether students are able to relate to their story. While students may be curious about Dr. Karyn’s professional background (teaching Success Skills to 1000’s of Industry Leaders and students across North America), they will more likely be impacted by her personal story, explaining WHY she created this series. Before your class watches your 1st episode, be sure to show them “Dr. Karyn’s Why Video” (3 Min.) in the Q & A Video Blog and / or print her bio for them.

**Explain “Why Today?”**

- Some students may have the following questions in mind and may be resistant to watching this series:
  - Why am I learning these skills – I’m too young
  - I’m young and haven’t experienced a lot so I can’t relate to the obstacles some of these leaders have faced
  - I’ll start developing these skills when I’m in Grade 12, when it starts to matter

- Explain the WHY! The purpose of this series is to highlight the Success Skills that enabled each of these leaders to navigate their life and career. The series is NOT about obstacles – it’s about studying the best practices of successful people!

- Although each Industry Leader’s story is different (some with many obstacles, others with few) the common thread is their Success Skills!

- Unlike IQ which is mostly genetic, Success Skills / EQ (Emotional Intelligence) is 100% learned. The earlier we can develop these skills (Risk-Taking, Resilience, Perseverance, etc.) the more successful we will be at achieving our personal, school and career goals.

- The goal of this series is for students to learn about these Success Skills and start developing their own skills as early as possible and NOT to wait until they are “older”. Children as young as kindergarten can start to effectively develop these Success Skills!

**Lead The Way**

- Show your students how to internalize the Success Skills by sharing with them a true story about when you exercised the featured Success Skill at their age! (Ex. Success Skill / Risk Taking: What positive risk do you remember taking in Grade 7? How did you do it?). Students love hearing true stories!

**Make It Relevant To Their Life Today!**

- Take your time with students on Part #3 / Student Activity Sheet: Application since it gives students a chance to internalize their learning!

- Make sure your students are specific and realistic in how they are going to practice these Success Skills starting today!
GRADE 7 & 8 Lesson Plan
Day #1: 40 Minutes

Intro: Refer To The Best Practices Sheet (Above), And Remember To “Set the Mood”! (3-5 Min.)
- (1) If you haven’t already showed it to your class, view “Dr. Karyn’s Why Video” (only do this 1x, before watching your first video!)
- (2) If you want to give your students more information about Dr. Karyn’s background, her Bio can be printed from her website.
- (3) Summarize any other information about this resource (from the Best Practices Sheet) you feel your students need to know before starting their first episode.

Pre-Video: (2-3 Min.)
- Watch the Pre-Video alone before the class and share with your class what Success Skill to pay attention to in the episode; OR Watch the Pre-Video together with your class.

Physical Activity: (10 Min.)
- Ask students to start thinking about the Success Skill that will be discussed in that episode. For example if Dr. Karyn shares in her Pre-Video to pay attention to this Industry Leader’s Risk-Taking skill, ask your students to discuss Risk-Taking. Here are a couple of activity ideas.

**Be sure to send us your other great suggestions so we can post them for sharing with other teachers/schools!

Activity Option #1: “Success Skills At Every Age” (Created By dk Leadership)
Step #1: The Set-Up
Get students in groups of 4-6.
Step #2: The Question
Give each group a large sheet of paper and get them to brainstorm, as a group, specific examples of how students at their age could practice that Success Skill. Ex. If the featured Success Skill is ‘Asking For Help’ – get them to write out examples of how students could practice this at their age (ex. Gr. 7 or 8):
- I can ask my teacher for help if I don’t understand my homework
- I can ask my soccer coach what I could work on to improve my soccer skills
- When I don’t understand a mark, I can talk to my teacher directly instead of going home and having my mom call my teacher
Step #3: The Discussion
Ask each group to share with the class the examples they came up with.

Activity Option #2: “Four Corners: State Your Opinion” (Public Domain)
Step #1: The Set-Up
Label the 4 corners in your classroom (Strongly Agree; Agree; Disagree; Strongly Disagree).
Step #2: The Statement
Ask students their opinion about the Success Skill that is being discussed in that episode. Compose a statement that is controversial, forcing students to really think about their opinion of that statement. Examples include:
- I’m too young to be learning about Success Skills. I’m only in Gr. 7/8. I’ll start when I’m in high school.
- The skill of ________ (Skill: Risk-Taking) is learned, not genetic.
- The skill of ________ (Skill: Resiliency) is important, but not required to be successful.
- No one can teach me how to be successful. I need to do it my way, and learn my own lessons. (Skill: Asking For Help)
- If a student finds school challenging, they will likely not be successful. (Skill: Perseverance)
Step #3: The Question
Ask students to choose their corner, based on their own opinion.
Step #4: The Discussion
Ask students to share with their class why they chose that corner/opinion.

Watch The Start Of The Episode (15 Min.)
- Watch the first 2/3 of the episode (15 minutes) with your class (stop right after the second ‘Coming Up’ portion).

Student Activity Sheet (While Watching OR 5 Min. After)
- Have students work on the Activity Sheet either DURING or AFTER the show. Some students enjoy having an activity to do during the show while others will find it distracting. Choose how to implement this step based on what you think would work best for your students.

Classroom Discussion Questions (5-10 Min.)
- Start discussing some of the questions with your class including:
  - Warm-Up Questions
  - Part #1: Connection

<End of Day #1>
Student Re-Cap Of Story (2 Min.)
- Ask for 1 student in the class to come to the front of the class to give a summary (with as many details as they can remember) about what happened so far in the Industry Leader’s story.
- If they missed / forgot some details, ask the class to fill in the blanks so all students are freshly reminded of the story.

Watch The Last Part Of The Episode (Approx. 8 Min.)
- Watch the last 1/3 of the episode (Approx. 8 Min.) with your class (begin after the second ‘Coming Up’ portion).

Student Activity Sheet (While Watching OR After - 5 Min.)
- Have students complete the Activity Sheet either DURING or AFTER the show depending on what you think works best for your students.

Watch “After The Show” (3-5 Min.)
- Together as a class, watch ‘After The Show’ as Dr. Karyn describes 3 Key Transferrable Success Skills learned from that episode.

Watch “Bonus Material” (3-5 Min.)
- This rich content covers material such as each Industry Leader’s work history, including part-time jobs they held as a teen! It shows the evolution and importance of developing Success Skills early, and demonstrates that finding one’s career direction is a journey! Students generally enjoy watching this ‘Extra Footage’ that didn’t make the cut into the 24-minute broadcast episodes.

Classroom Discussion (10 Min.)
- Go through the Discussion Questions together with your class, including:
  - Part #2: Practice
  - Part #3: Application (“Lead The Way” – Read Best Practices For Student Engagement)

Go Deeper: Dr. Karyn’s Q & A Interactive Video Blog (5-10 Min.)
- Ask Dr. Karyn YOUR questions and / or watch the answers she has recorded for questions received from other students / schools.

  **Step #1: Submit Your Questions**
  - Ask your class – what are 1-2 questions they have for Dr. Karyn? It can be about that Industry Leader or more broadly about Success Skills, Emotional Intelligence, careers, part-time jobs, learning styles, how to deal with anxiety, building confidence, etc.
  - This section is a fantastic Guidance Supplement! The intent is to go deeper with the material and to make the learning interactive!
  - Type your questions in the Q & A Video Blog submission section during class-time.
  - Every week Dr. Karyn will select several questions to answer, and these will be posted in the Q&A Video Blog later that week.

  **Step #2: Watch Dr. Karyn’s Answer Videos**
  - Ask your students which Q & A Video Blog they want to watch! We are regularly updating this collection, and the video blog posts are searchable by topic and clearly labeled.

**Optional Additional Assignments**
If you would like your students to do more reflection on these Success Skills, here are some suggestions! 😊

(1) The Interview (Activity & Essay)
Ask your students to make a list of 2-3 people in their life that they would consider to be ‘successful’ (however they define it). Ask them to choose one and then interview them. What is their story? What roadblocks did they face? Who helped them? What Success Skills did they use to help them achieve their goals? What would they have done differently?

(2) Their Success Story (Reflection & Essay)
Learning Success Skills can start when we are young, and similar to learning a language, the younger we are the easier it is for us to pick it up! Ask your students to think about a particular Success Skill that was featured in the episode you watched. Ask them to write an essay on when, specifically in their life, they exercised this skill. For example: if the Success Skill is Risk-Taking, ask them: When in your life did you take a risk? What was the risk? How did you decide to take that risk? What did you do? Who helped you? What would you have done differently? How did you feel about yourself after you took that risk?