

UGYG

UGYG Course Overview (print me)

Important directions - read carefully: I created this document to help you **navigate** the course, since everyone has different needs. Here are very important considerations:

1. **Pacing #1** - This course can be overwhelming, because it's robust and in-depth. Be careful not to overwhelm your child since the point is to help them move forward, and overwhelm may keep them stuck. Therefore, print this overview and refer to it often to help you plan how you go through it and to help you track what you've done and what you want to revisit. You may want to make a UGYG folder to keep the PDFs handy.
2. **Pacing #2** - I built this course around "traditional" semesters. However, I have many homeschool families, families who are in schools with non-traditional calendars and families in other countries with different schedules. Simply adapt the course to what makes sense in your situation. This should be pretty easy to figure out after you dive in a bit.
3. **Anomalies** - Be sure to factor in vacations, holidays and daylight savings. If you enrolled mid-semester, simply dive in now. It's actually pretty easy to navigate.
4. **Revisiting lessons** - There will be some lessons that you will watch once and you never need to watch again. However, you'll find some that you want to rewatch. You may want to make note of this in the charts below. Consider tracking the dates you and your child go through lessons.
5. **What to watch?** - Parents should watch every single lesson and read every word from both the student and parent lessons. The devil is in the details - you're going to benefit from this course by learning about the nuances I've spent 20 years learning. You do this by diving into all of the content. Also, you'll want to hear how I communicate with students, and how I address the resistance. Finally, the parent lessons are not intended for students, but there may be some content you want your child to see because it may be helpful. You know your child best, so use your discretion.
6. **Resistance** - The biggest problem your child will have is their own resistance. They will resist using planners, being forthcoming with you, advocating for themselves, organizing, doing homework, and much more. I address resistance in almost every lesson because it's the core of all of their problems. Pay particular attention to how I teach about resistance so you can adapt it to your parenting style effectively.
7. **Perfection** - Don't worry about doing the course perfectly. Just do all of it to the best of your ability. This is not a linear process, I revisit topics over and over in many different ways. You'll find that it's more about underlying principles rather than a perfect recipe. So trust the process, trust that this is what I do, trust that if you want your child to gain the skills needed to navigate school and life, this course is truly designed to get you on the right track. Again, just trust the process and do all of it to the best of your ability, then let it go.
8. **Watch with my child?** It depends on your relationship with your child. Some of you will be able to watch with your child, some won't. Either way, it's a good idea to communicate about the lessons. Communication is everything, but pick your battles wisely.
9. **PDFs** - In Parent Module 7, Lesson 6, there is a collection of all of the PDFs in one place.
10. Again, trust the process! Now let's dive in...

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| Module 1 - Prep Your Brain | | | |
|--|---|--------------|---|
| Lesson | Topic | Video length | Printable PDF info |
| 0 | START HERE UGYG: Before Module 1, click the “start here ugyg” button for the intro video | 04:00 | N/A |
| 1 | How it Works: This tells you <u>how</u> to use the course | 04:44 m | Print and post this focus pdf, it’s actually a homework routine |
| 2 | Resistance: The CORE problem | 07:44 m | Resistance Cheat Sheet |
| Module 2 - Foundations + Frankenstudy | | | |
| 1 | Your Brain (Executive Function) | 20:17 m | N/A |
| 2 | FOUNDATIONS - What are they? | 03:06 m | FOUNDATIONS for students |
| 3 | How to FrankenStudy? | 04:43 m | Frankenstudy Reference Sheet AND Help Sheet |
| 4 | Paper Management (2 Videos) | 10:00 m | Paper Management Guide |
| 5 | The Dip | 04:14 m | N/A |
| 6 | Planner Setup (7 Videos) | 26:00 m | Printable Planner |
| 7 | SSS The Sacred Study Space (2 videos) | 11:00 m | Sacred Study Space AND Supply List |
| 8 | Foundations assessment | 06:21 m | The Foundation Assessment |
| 9 | Review - Zoom Out | 01:58 m | N/A |
| Module 3 - Implementing Your New Systems | | | |
| 1 | About Implementation | 02:18 | N/A |
| 2 | Routine - Daily Planning (2 Videos) | 08:00 m | Daily Plan |
| 3 | Monday Checkin (2 Videos) NOTE: Watch the checkins for 2 weeks minimum. Now we’re building habits . Do not skip this step. | 07:00 m | Homework Routine Poster AND Daily Questions Poster |

| | | | |
|----|---|---------|-----------------|
| 4 | Tuesday Checkin | 00:58 m | N/A |
| 5 | Wednesday Checkin | 00:56 m | N/A |
| 6 | Thursday Checkin | 00:53 m | N/A |
| 7 | Friday Checkin/Reflect/Celebrate | 02:20 m | N/A |
| 8 | Sunday Night Overhaul (2 Videos) NOTE: Do this every week for the rest of the semester | 12:00 m | Sunday Overhaul |
| 9 | Goal Setting | 01:28 m | Goal Setting |
| 10 | The 1% Rule | 11:26 m | 1% Rule |

Module 4 - Maintenance - Sharpening the Sword

| | | | |
|---|----------------|---------|-----|
| 1 | Accepting Help | 06:22 m | N/A |
|---|----------------|---------|-----|

Module 5 - The Dip and How to Get Out of a Nose Dive

| | | | |
|---|--|---------|---------------|
| 1 | The Dip & 19 Ideas to help you through it | 06:37 m | The Dip2 |
| 2 | Mid-Semester Inspiration. Watch this halfway through the semester! | 02:02 m | N/A |
| 3 | Putting out FIRES (3 Videos) | 15:00 m | Put Out Fires |
| 4 | The Q: A way to make things easier | 04:09 m | N/A |

Module 6 - Finishing Strong + Celebrating Growth

| | | | |
|---|----------------------------------|---------|-----|
| 1 | PEPR Strategies (5 Videos) | 44:00 m | N/A |
| 2 | The FINAL Stretch | 05:56 m | N/A |
| 3 | Tying up Loose Ends | 05:12 m | N/A |
| 4 | Let Go of the Semester | 02:46 m | N/A |
| 5 | Inspiration for that LAST Minute | 06:57 m | N/A |
| 6 | Prepare for the NEXT Semester | 04:01 m | N/A |
| 7 | My Final Thoughts! | 03:41 m | N/A |

Module 7 - PARENT Lessons

| | | | |
|---|-------------------------------------|--------------------|--|
| 1 | Parents, How to Help your Student | 19:24 m | How To Help Your Student Support Sheet |
| 2 | How to Help with CLEAN SLATING | 03:45 m | N/A |
| 3 | How to Have Difficult Conversations | 01:40 m | N/A |
| 4 | 3:1 Rule Temperature Check | 04:17 m 07:03 m | N/A |

| | | | |
|----|---------------------------------------|--------------------|----------------------------------|
| | HiLo Countless Sincere Compliments | 03:24 m 05:22 m | |
| 5 | What do YOU think? | 02:38 | N/A |
| 6 | Printable PDF Index | N/A | 23 Printable PDFs |
| 7 | Where Should You Be? | 07:21 m | N/A |
| 8 | Parents, What to Ask? | 06:52 m | Daily Questions Poster |
| 9 | Medication? | 15:42 m | Medication |
| 10 | Proactive Advocacy Email | 05:12 m | Parent Advocacy Email |
| 11 | Emotional Regulation | 09:53 m | Emotional Regulation For Parents |
| 12 | Webinar Replays | N/A | N/A |
| 13 | Wait Time | 12:22 m | N/A |
| 14 | The Parent Dip | 09:39 m | N/A |
| 15 | Parents, How to do the FINAL STRETCH | 08:02 m | N/A |
| 16 | Trust Your Kid? | 03:11 m | N/A |
| 17 | How to Celebrate the End? | 05:13 m | N/A |
| 18 | Parents, My Final Thoughts | 10:00 m | N/A |

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Proposed Schedule & Planning Guide

Background:

1. Use this guide to plan intentionally. Remember, this is not a linear process and it is self paced, so feel free to jump around a bit and revisit favorites. Just be sure to track the lessons accurately.
2. A “typical” school year is about 180 days, 36 weeks or 10 months.
3. A semester is about 90 days or 18 weeks.
4. Reminder: Parents, you’ll want to watch all student videos.

Weeks 1 - 3 / 18 total weeks, Foundations Phase

About: During the first 3 weeks of a semester, you may want to “binge” watch the foundational videos because you’ll want to use this time to get a good foundation for the year. This means setting up systems that will work for your child and getting the right mindsets. Here are the lessons I’d recommend:

Do:

1. “Start here” video lesson, 4 minutes
2. Module 1: 2 lessons total, 15 min total. Topic: Prep your brain
3. Module 2: 9 lessons total, 90 minutes of videos total, but you’ll need a few hours to do all of the setup tasks. Frankenstudy and Foundations are the main topics.

Print:

- Focus PDF
- Resistance cheat sheet
- Foundations PDF
- Frankenstudy reference & help PDF
- Paper management guide
- Printable planner
- Sacred Study Space AND Supply List
- Foundations Assessment

Parent lessons:

- Do Parent Module 7, parent lessons 1-4, it will take 30-45 minutes.

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Weeks 3 - 5 / 18 total weeks, Implementation Phase

About: Very important: This is a time where you are building **HABITS**. You will want to watch these videos multiple times. Here are the lessons I'd recommend:

Do:

- Module 3: Lessons 1-10, About 45 minutes worth of videos but to be done on **different** nights. Do the nightly checkins for at least 2 weeks! Do the Sunday Night Checkin for the rest of the semester! Parents and students, these habits are **KEY**. **Do not ignore this**, regardless of how mundane it might feel. Please trust me here. Don't think about it too much, just take the **actions** - watch the checkins and do them.

Print:

- Daily plan
- Homework routine and Daily questions poster
- Sunday Overhaul
- Goal setting
- 1% Rule

Parent lessons: Module 7, lessons 5-8, but feel free to go beyond 8.

Weeks 6 - 10 / 18 total weeks, The DIP Phase

About: At around week 6, your child **WILL** hit the DIP. The goal isn't to avoid the DIP perfectly, it's to navigate it better! This is a critical time in the semester. Here are the lessons I'd recommend:

Do:

- Module 4: 1 lesson that is leading up to Module 5.
- Module 5: 4 lessons, about 40 minutes total, all about the DIP.

Print: 2 PDFs in Module 5

- The Dip
- Putting out fires

Parent lessons: Do Parent Module 7, lessons 9-14, and there are 3 more parent PDFs

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Weeks 11-14 / 18 total weeks, Maintenance Phase

About: During this stretch, you don't have to worry about new content. Feel free to move forward with lessons or rewatch old lessons, but remember to focus on habit building. Here are the lessons I'd recommend:

Do:

- Module

Parent lessons: Module 7, lessons 15-16 and rewatch your favorites.

Weeks 15-18 / 18 total weeks, Hail Mary Phase

About: Finally, it's the end of the semester. Finish strong and celebrate. If you've been doing what I recommend, you're seeing a lot of growth. Here are the lessons I'd recommend:

Do:

- Module 6, lessons 1-7, about 75 minutes worth of lessons total.
- You can do them on different days, but try to watch the big PEPR lesson in one day since the concept is big.

Print:

- No PDFs

Parent lessons: Module 7, lessons 17-18 & rewatch your favorites.

The End!

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Group & Premium Students Only

Welcome!

Here are some of the special events for people who enrolled in the Group or Premium course. There is special calendar that will be posted for the semester you enroll in.

Important notes:

You'll receive an email invite before our live Zoom meetings
Group Coaching Calls for students are typically on Sundays from 5:30pm PST (8:30 pm EST)
Parent Group Coaching Calls are usually at 6:30pm PST

Topics:

- Here are the main topics covered in group calls:
- How to deal with your resistance effectively
- The Right Foundations
- The Dip Pattern
- Persistence, Maintaining & Refining Systems
- Preparing for Finals/Projects

How to download the Videos?

Use this link: <https://vimeo.com/album/5385839>

And the password: sethperler

From here you should be able to access, view, and download any and all UGYG videos.