

Parents, note: The slides here are for you, but they may not mean much without context. Just wanted to let you know that they go with the recording.

THE DIP

Part 1/2

See things differently





SUNK COST

FALLACY

I know the last five
scratch off tickets didn't
win, which means this
next one must be a
winner!



A to B

**The story
& the body
influence us**



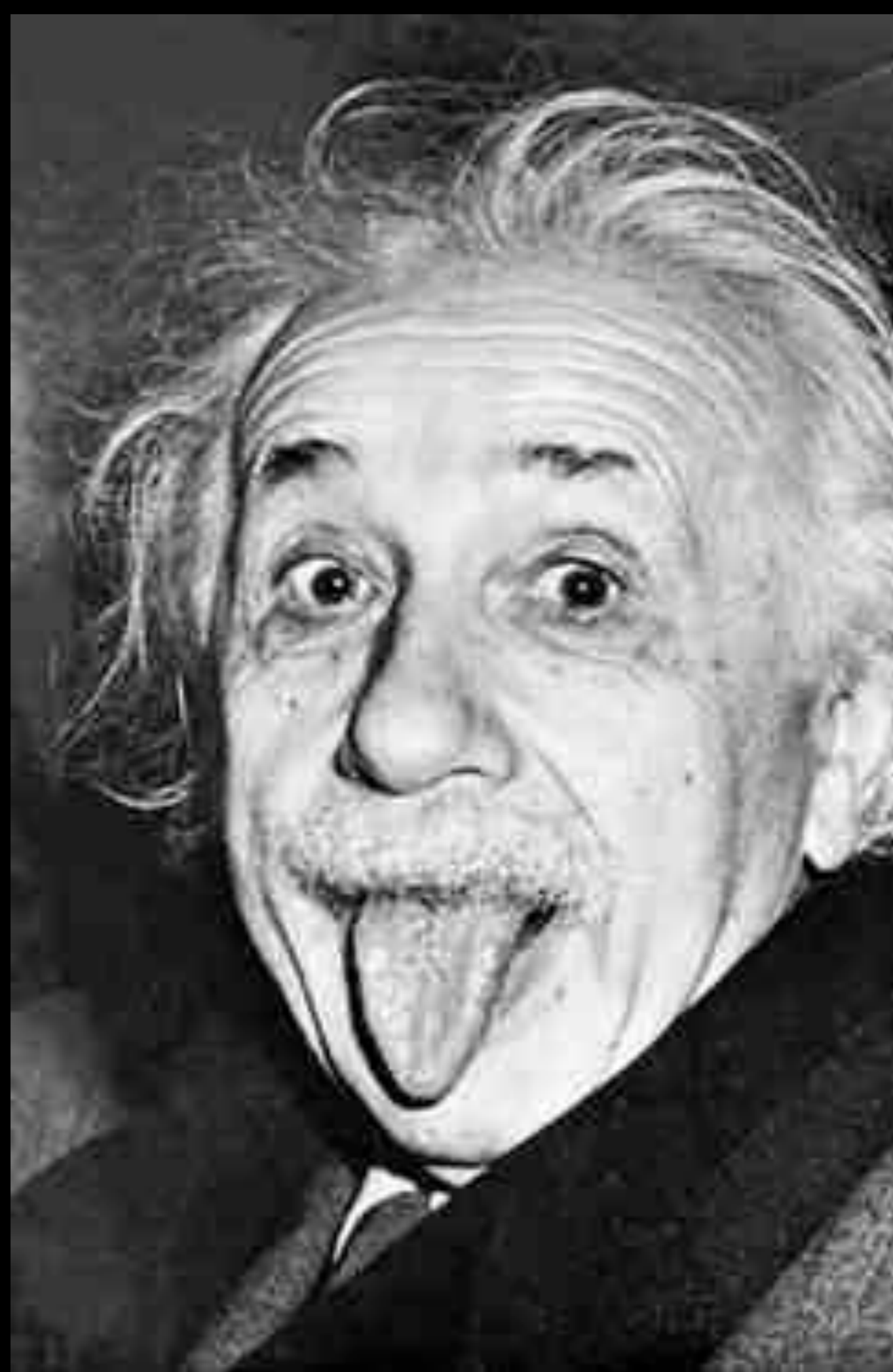
Your why?

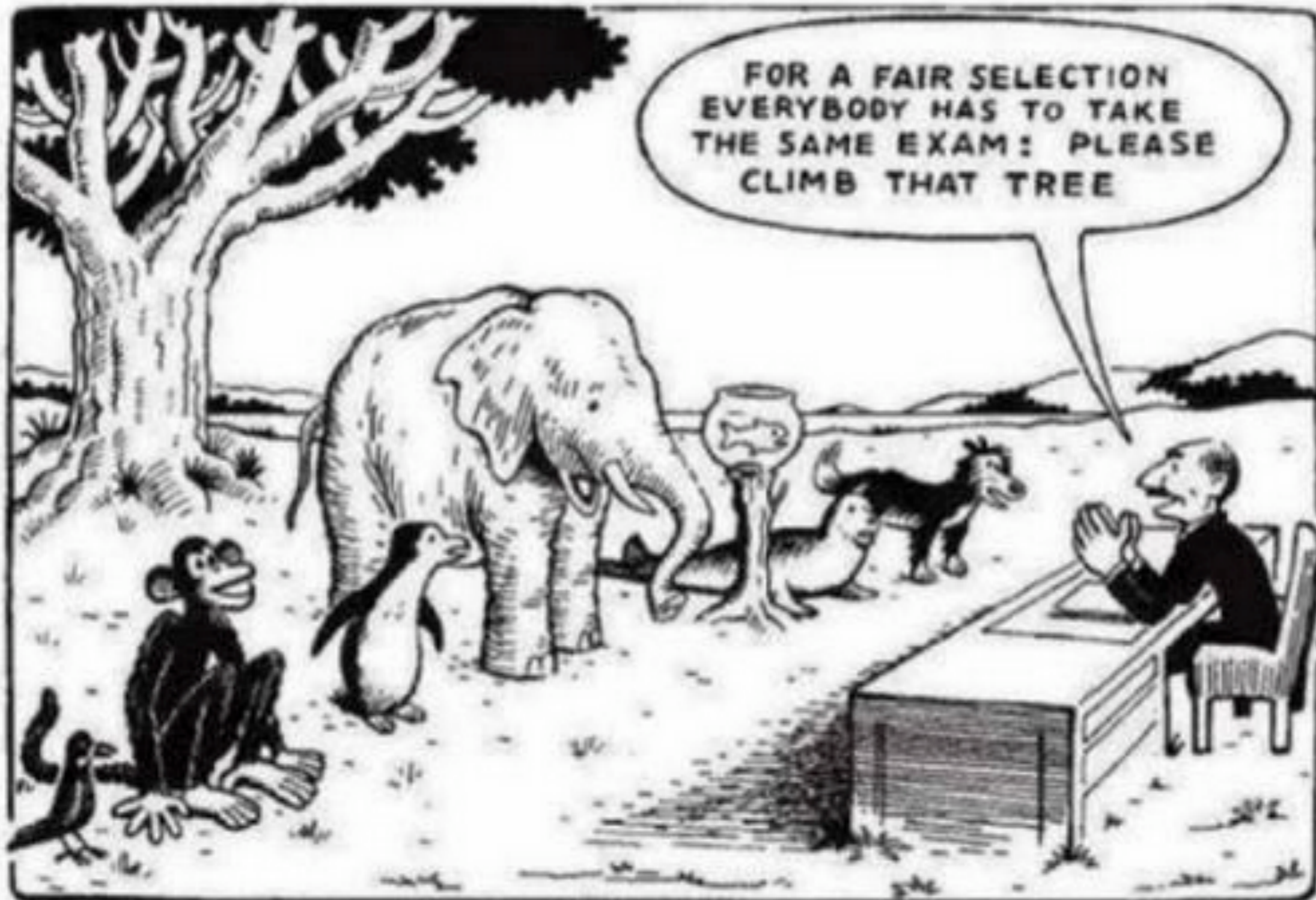
“Educare”. Resist things that are key to launching. Future with choices, opportunities, possibilities, freedom to live how you want.

**We have unique
brains and it's
awesome!**

Neurodiversity
Asynchrony
Atypical learners
Spectrums
Outside-the-box
thinkers

2e





Our Education System

Neurodiversity, asynchrony, unique brain, differently wired, complicated, outside-the-box.

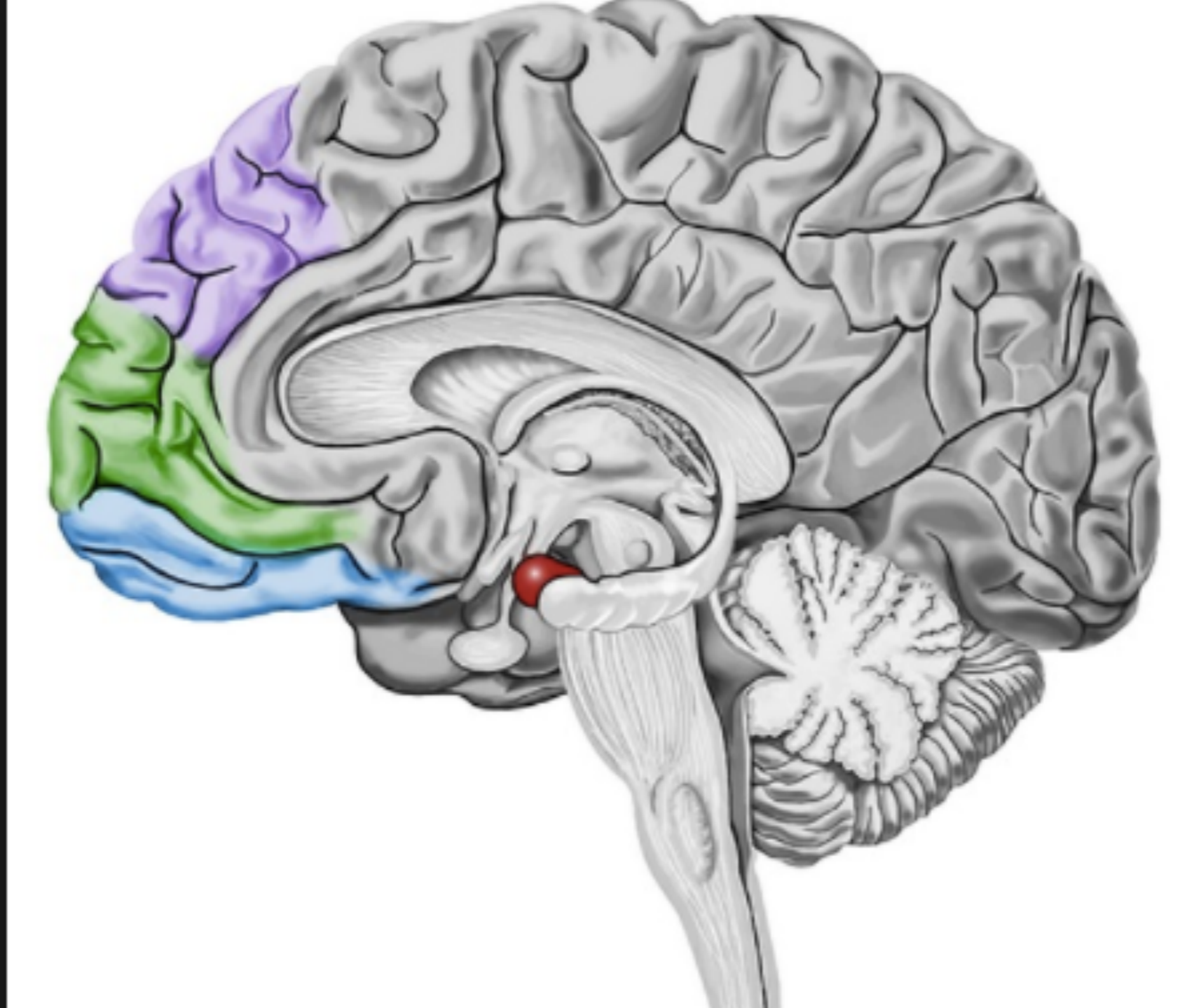
The dip.



**NOTE: Dip
doesn't
vanish, it
shrinks**



#1 Problem = Resistance



Why we resist? Overwhelm, fff, amygdala, moods. Emotional regulation, nervous system, safety.

Resistance words #1:

I don't wanna.

I don't feel like it.

This is stupid.

When will I ever use this?

Why do I have to do this?

Resistance words #2:

Why don't you trust me?

Leave me alone, I've got it!

**I promise I'll talk to the
teacher tomorrow.**

I swear I turned it in. I know it.

The teacher must have lost it.

**He must not have graded it
yet.**

Resistance words #3:

The teacher hates me.

It doesn't matter anyhow, it doesn't affect my grade.

She won't collect it anyhow so I don't need to do it.

I'll do it tomorrow. I'll do it later. I swear. I promise.



PFC, prefrontal cortex

Executive

Function

Aspects





1. Planning (big SKILL)



2. Time Management



3. Organization



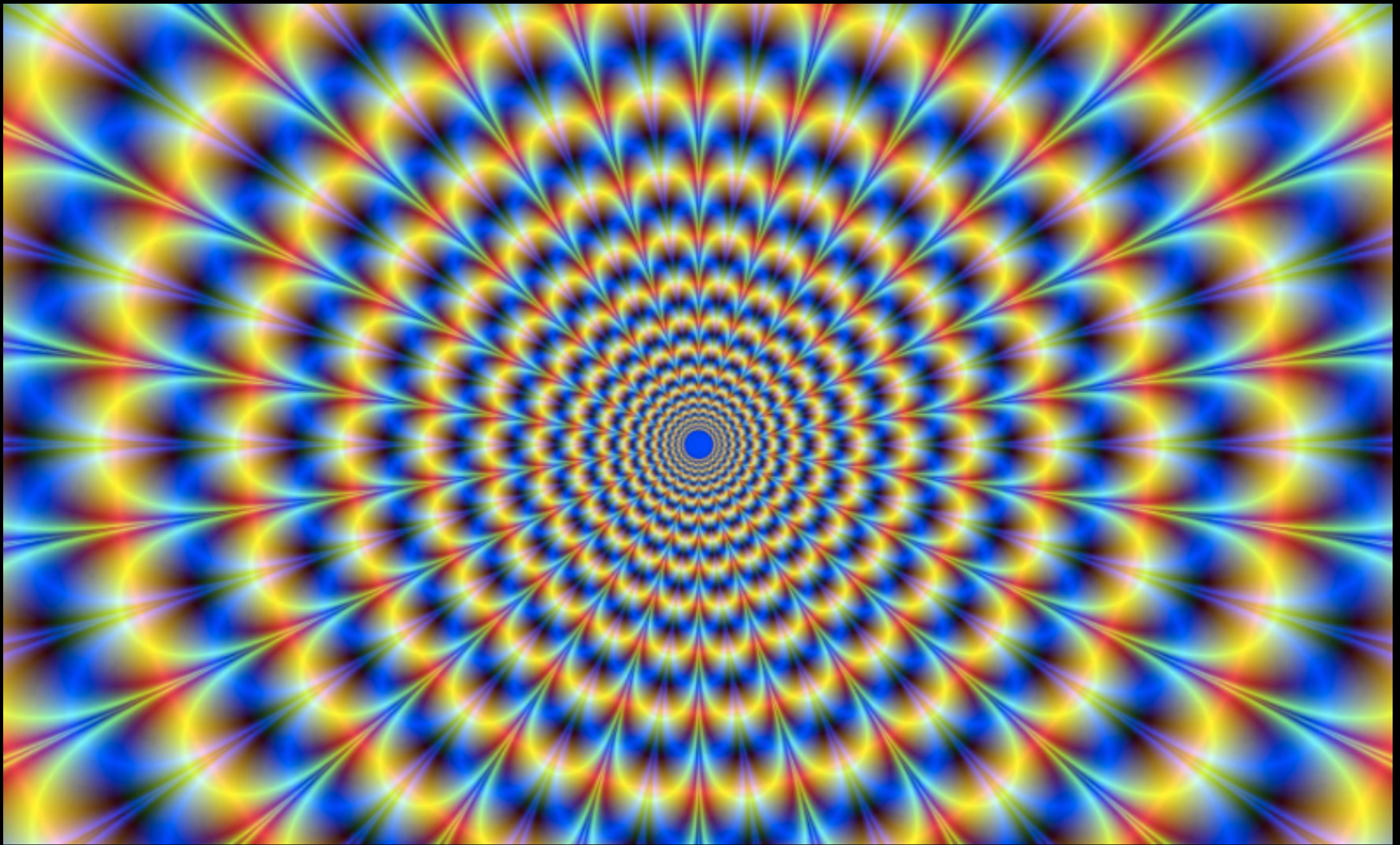
4. Prioritizing



5. Decision making



6. Inhibit or Impulsive



8. Distracted



7. Concentration, Attention, Focus

+10/12

Chapter 13

① A. 8 B. 9 C. 1,000 D. $\frac{1}{16}$ E. $\frac{1}{3}$ F. $\frac{1}{25}$
 G. 0 $\frac{1}{3}$ 0

② A. $\sqrt{9} = 3$ B. $16^{1.5} = 16^{1+0.5} = 16^1 \cdot 16^{0.5} = 16 \cdot \sqrt{16} = 64$
 C. $4^{1.5} = 4^{1+0.5} = 4 \cdot \sqrt{4} = 8$
 $\frac{1}{3}$ D. $\frac{1}{\sqrt{100}} = \frac{1}{10}$
 E. $38! \cdot 38^{0.5} = 234.1$
 F. $285! \cdot 285^{0.5} = 4611.3$

③ A. $2^5 \cdot 2^3 = 2^8$ B. 12^5 C. 6^5 D. $\frac{1}{3}$ E. 2^3
 F. $4^{-2} = \frac{1}{16}$ G. 10^0 H. 3^0 I. 4^{-2} J. 6^2

④ A. $(x^2)^3 = x^6$ B. $x^7 \div x^3 = x^4$ C. $x^5 \cdot x^{2.5} = x^{7.5}$ D. $x^{-1} \cdot x^3 = x^2$
 E. $(3x)^2 = 9x^2$ F. $4x^2$ G. $8x^9$ H. x^{-4}

⑤ A. True B. False C. True D. **FALSE**

9. Details, following instructions



10. Juggling, working memory



11. Transitions, pivoting activities, being prepared, on time and ready



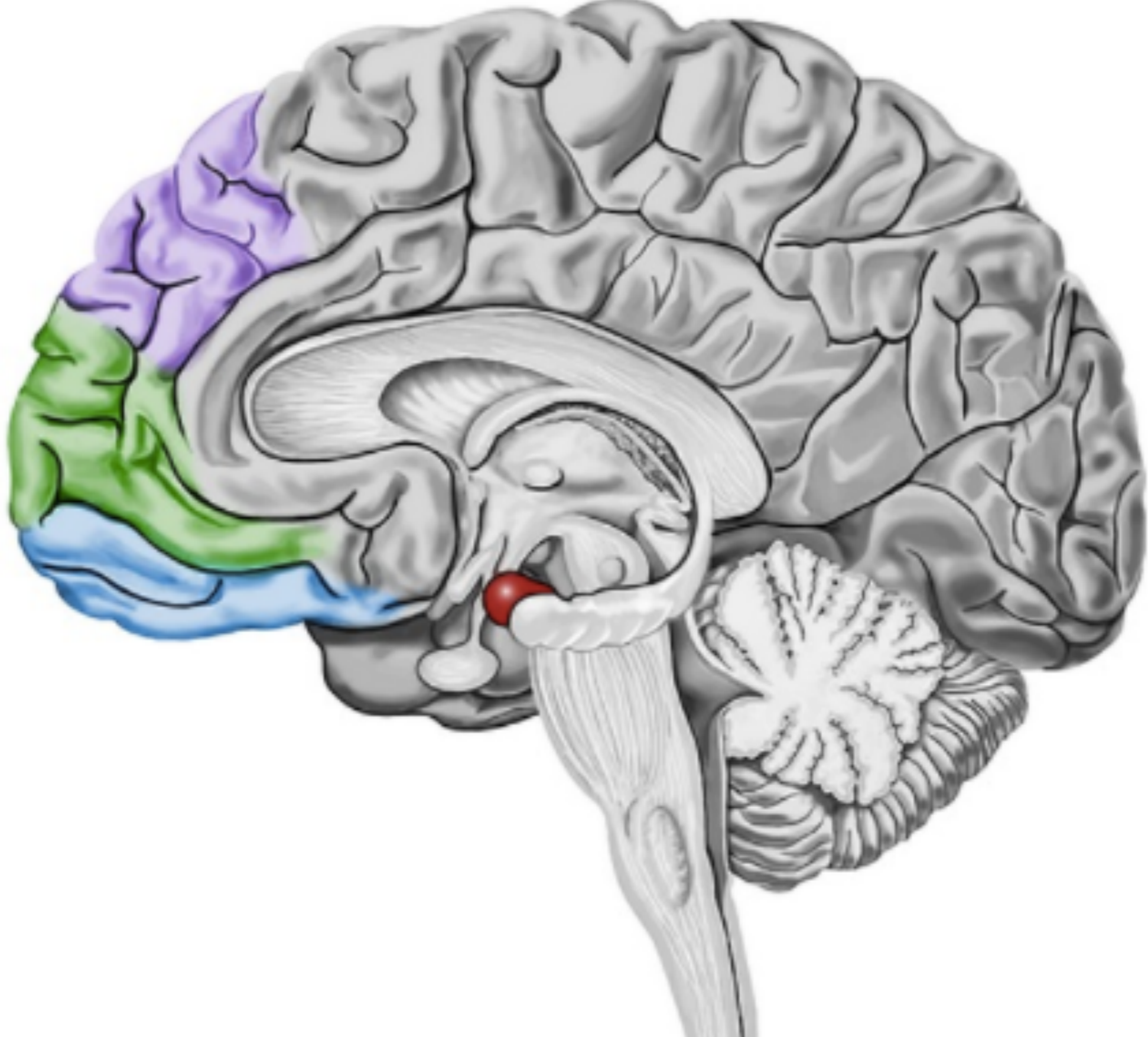
**12. Self starting: Get momentum, not derailed,
Procrastination, Motivation, Self-starting: hw, papers,
reading, studying, projects**



13. Follow through: Os, inc, missing, corrections, turn completed work in on time



14. Metacognition, Self-awareness



15. Overwhelm



16. Advocacy

Asking for help



Seth's program:

1. Foundations

2. Implementation

3. Maintenance



Frankenstudy

To personalize your systems, customize, your preferences, workarounds

PERLER

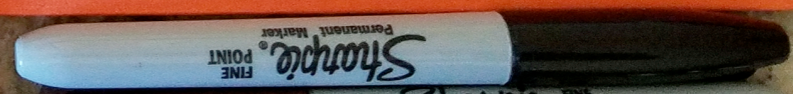
SETH
PELLER

LA.

HISTORY

H

RM 500
MS.



Folders

Backpack organization





SNO

“Sunday Night Overhaul”

TODAY

- 3 HISTORY RESEARCH 45
- ~~1 MATH STUDY 20~~
- 2 ENG READ CH 3-7 30
- 4 BIO PROJECT 90

CLEAN BEDROOM



GET FIELD TRIP PERMISSION
SLIP SIGNED!

TODAY | 8/10/18

- ③ MATH P. 65, 1-10
- ① ~~SCI LAB~~
- ② LA DRAFT
- ④ ORG BKPK

TODAY

- ④ FRENCH SHEET
- ① ~~MATH QUIZ~~
- ③ SS READ
- ② ~~EMAIL MS. W~~

Today's Plan - Date 8 / 10 / 2018

#1 Priority: HIST READ CH. 5 Time? 30

Order	Tasks	Time?
③	WRITE LA ESSAY	45
①	DO SPANISH	20
②	SCI STUDY GUIDE	20

Backburner:

GET MOM FLOWERS
UPDATE INBOX

Daily plans

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SSS: Sacred Study Space

**Principle:
Ownership and Buy-in
needed**

**Today,
parents help
with
accountability**

THE DIIP

Part 2

Takeaways

&

Wins?

Sunk costs - what do they cost you?

Invest in learning, projects, art, creativity, friends, fitness, mental health, reading, doing things that make me the best person i can be”

Mindset:

You don't need to do everything perfectly in
UGYG, MMNTM, school or life.

**“Do your best.
Then do a bit
better.”**

Patience & Persistence

Take baby steps patiently & persistently

**You do not
have to agree.**

**Just listen to
one another.**

**More
action...**