

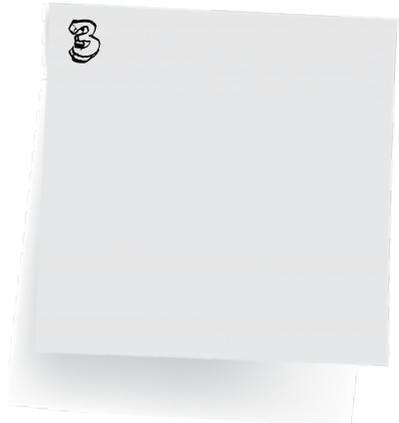


PEERS

## Decide what you want



List 3 key takeaways from this video



# STORY



When I met Cassandra she was anxious, overwhelmed and upset. It was 12 weeks before her leaving cert. She needed close to 500 points.

"Do you think it is possible to go up by 200 points in the leaving cert?" she asked. I told her it was and I myself had gone up by 150 points.

"My friends told me you can't," she responded. "Then I suggest you get new friends," I said.

Did you know you are the sum of the people you spend most of your time with? What I mean is who surround yourself with is so important. If you hang out with people that are positive, motivated and focused, then you become more positive, motivated and focused. If you hang out with 5 people who are smokers then you start to smoke. If you hang out with people who are bitching, moaning and complaining then you start to bitch, moan and complain.

It was at this point Cassandra made a decision. She decided the Leaving Cert was over-hyped. She decided he was going to get the points to go to her dream college. She decided not to listen to

# Story

her friends but to listen to herself.

Going into those last 3 months of school she was so focused. She created a plan and went back to basics. She kept her diet right and got good sleep. She went back over her notes. She went through a lot of past papers and marking schemes. When her friends called and asked if she was going out, she told them she couldn't. She had to be selfish. She decided not to focus on short-term fun but on the bigger picture. She was focused on her future.

“ Focus on your future. ”

# Game 1

## MY INNER 5

Write down who the 5 people are that you spend most time with. (This can be both offline and online).

In other words who do you listen to and spend most of your time with?

1.

2.

3.

4.

5.



## Game 2

### WHAT'S NEXT

Here are a few questions to get you thinking.

1. What type of results do I want to get this year?

- Good results
- Better than last year
- Excellent Results
- My Best Results

3. What is your dream course after you finish school?

---

---

2. What do you want to do when you finish school?

- Go to college, university
- 3rd level placement
- Repeat
- Get an apprenticeship
- Go travelling
- Take time out

4. What would you like to work at or have a career as in the future?

---

---

5. Who do you know is working in the type of job that you would like to have now?

---

---

## Game 3

### MINGLE MINGLE

Everyone has to stand. Students mill about the room saying, in a quiet voice, "Mingle, mingle, mingle." (have fun with this)

Then, the teacher calls out a group size, for example, groups of three. Students must break into groups of that size. The goal is to form different groups of individuals every time.

If a person tries to join a group with whom they have already partnered, they must find a different group.

Discuss afterwards what you learned from this game. Remember: who you surround yourself with is crucial to your success in life.

# Reflect and Connect

Rate each of the learning intentions below by shading each section. Read each statement and shade in the area to get a visual on how today's lesson was for you.

1 = Lowest level

5 = Highest level

6. I did my best and didn't give up

5. I worked well with others

1. I enjoyed today's story

