

CLASSROOM MENTORING Sessions

Week #6- The 8 Keys of Excellence

(Adapted from Quantum Teaching By Bobbie DePorter, Mark Reardon, Sarah Singer-Nourie, Allyn and Bacon Publishing, page 48)

(See attached Prep worksheet Materials) (some preparation is necessary)

- Today we will find the keys that unlock 8 special cars. These are not everyday cars, they are special vehicles to success and when a special key is placed in the ignition – Pure Excellence occurs! No driver’s license or insurance is needed to drive these cars just a brain that is engaged and working. These cars have clues on them that relate with 8 different Keys to Excellence. So who would like one of these cars and keys?
- When researchers study Successful people that are leading a life of EXCELLENCE, they have found 8 key distinctions that set these people apart from the rest of society. Your research for today, will be to read the clues on each car and match them up with the behavior on each key.
- Exercise:
 - Pass out one card to each student (Either a Key or Car card)
 - Explain that there are 8 different cars. Each Car has phrases that relate with a specific key and your job is to match up the key that fits with each car.
 - Have the students with the cars stand in front or one side of the room.
 - Explain that there are Two Task to perform:
 - First read all the car phrases and find the one that goes with your key.
 - Second, work with your matching partner(s) to create (pick one option)
 - 1 minute role playing demonstration of the specific key of excellence.
 - OR
 - Share with each other an example of an event in your own life when you used the key to excellence or could have used it. Be ready to report an example to the whole group.
- Have each group share their Key to Excellence and the phrases explained on each car. Then perform or report.
- Wrap Up- The 8 Keys of Excellence provide a framework for success in life. Success in all aspects of life depends on you. You are truly the driver of your world. You create the direction and outcome of your life. So how will you use these new keys to run your life?

8 Keys to Excellence- Notes

LIVE IN INTEGRITY

Align your actions with your values

Live what you value.

If you value honesty, be truthful.

If you value keeping your word, follow through.

If you value being fair, do what you expect others to do.

FAILURE LEADS TO SUCCESS

View failures as information for learning

The only real failure is not learning from your mistakes.

Ask yourself:

What have I learned from this experience?

What value can I find in it?

What will I do differently next time?

SPEAK WITH GOOD PURPOSE

Give positive, honest and direct communication

Speaking with Good Purpose is the cornerstone of healthy relationships.

When you give someone honest, direct feedback with good intention, what results?

You cut through the "chatter."

You build trust.

You make people sit up and listen when you speak.

THIS IS IT! — LIVE IN THE NOW

Make the most of every moment

By making something else IT, you miss what's going on around you in the moment. Each moment, each task, counts.

AFFIRM YOUR COMMITMENT

Do whatever it takes

By being willing to do whatever it takes, you can literally change the world.

TAKE OWNERSHIP

Be accountable and responsible

Be someone who can be counted upon, someone who responds.

STAY FLEXIBLE

Change to get your outcome

Get off what's not working. Shift perspectives.

the ability to change what you're doing to get the outcome you desire.

KEEP YOUR BALANCE

Life a fulfilled life by aligning your mind, body and spirit

Create balance in your life by apportioning your time according to your highest priorities.