

**Strive Upward**  
*A Free Independent Educational Resource*  
**Prime Program Log**

**Name:** \_\_\_\_\_

Program Name		Date Completed	Signature
<b>Mindset and Learning: The Power of the Brain</b>			
<b>Lesson 1</b>	<b>Watch 1 Video Plus Handout</b>		
Video	Growth Mindset: What Is It and Why is It Important?		
+ Handout	You Can Grow Your Intelligence		
<b>Lesson 2</b>	<b>Watch 1 Video Plus Handout</b>		
Video	Mistakes — How They Help Us Learn and Grow		
+ Handout	Effective Effort Rubric		
<b>Lesson 3</b>	<b>Watch 1 Video: Brain Smart Study Tips</b>		

Program Name		Date Completed	Signature
<b>Health and Wellness — Power Up Your Body and Brain</b>			
<b>Lesson 1</b>	<b>Food and Brain Health: Watch 2 Videos</b>		
Video 1	How Sugar Effects the Brain		
Video 2	What Would Happen If You Didn't Drink Water?		
<b>Lesson 2</b>	<b>Carbs and Cavities: Watch 2 Videos</b>		
Video 1	How Do Carbohydrates Impact Your Health?		
Video 2	What Causes Cavities?		

Program Name		Date Completed	Signature
Health and Wellness – Power Up Your Body and Brain (Con't)			
<b>Lesson 3</b>	<b>Body Odor and Bad Breath: Watch 2 Videos</b>		
Video 1	What Causes Body Odor?		
Video 2	What Causes Bad Breath?		
<b>Lesson 4</b>	<b>How Sleep Affects Your Brain and Overall Health: Watch 2 Videos</b>		
Video 1	The Benefits of a Good Night's Sleep		
Video 2	What Would Happen If You Didn't Sleep?		

Program Name		Date Completed	Signature
Communication and Listening Skills			
<b>Lesson 1</b>	<b>The Importance of Being an Active Listener: Watch 2 Videos</b>		
Video 1	Active Listening Is a Skill		
Video 2	Improve Your Listening Skills With Active Listening		
<b>Lesson 2</b>	<b>Good Listening VS Miscommunication: Watch 2 Videos</b>		
Video 1	Listening Skills for Kids and Teens		
Video 2	How Miscommunication Happens		
<b>Lesson 2</b>	<b>Effective Communication is Respectful Communication</b>		
Video 1	Active Listening: How to Communicate Effectively		
Video 2	Respectful Communication Styles		

Program Name		Date Completed	Signature
<b>Emotional Health</b>			
<b>Lesson 1</b>	<b>Understanding Your Emotions: Watch 2 Videos</b>		
Video 1	5 Simple Ways to Develop Emotional Intelligence		
Video 2	8 Things Mentally Strong People Don't Do		
<b>Lesson 2</b>	<b>Stress Effects: Watch 2 Videos</b>		
Video 1	How Chronic Stress Affects Your Brain		
Video 2	How to Stay Calm Under Pressure		
<b>Lesson 2</b>	<b>Building Self-Confidence: Watch 2 Videos</b>		
Video 1	3 Tips to Boost Your Confidence		
Video 2	How to Stop Caring What Other People Think of You		

Program Name		Date Completed	Signature
<b>Building Healthy Relationships</b>			
<b>Lesson 1</b>	<b>Friendship Types: Watch 2 Videos</b>		
Video 1	6 Types of Friends You Will Make in Your Life		
Video 2	4 Differences Between Good Friends and Toxic Friends		
<b>Lesson 2</b>	<b>Building and Maintaining Healthy Relationships: Watch 2 Videos</b>		
Video 1	NBC Learn — Importance of Healthy Relationships		
Video 2	What Makes a Relationship Healthy?		
<b>Lesson 2</b>	<b>Setting Healthy Boundaries in Relationships: Watch 2 Videos</b>		
Video 1	Setting Personal Boundaries		
Video 2	Teen Voices — Friendships and Boundaries		

Program Name	Date Completed	Signature
<b>Rocket Kids</b> (Lessons May Vary - Write Lesson Names in Space Provided)		
Lesson 1		
Lesson 2		
Lesson 3		
Lesson 4		
Lesson 5		
Lesson 6		
Lesson 7		
Lesson 8		
Lesson 9		
Lesson 10		