



SAGE ADVICE FOR EVERY TWENTY-SOMETHING IN THE 2020s!!!

Intermediate+/Advanced-

Motivator:

- **Ask - *Who do you go to for advice? Explain*** (call on 2-3 people to answer).
Place on the whiteboard with a dry erase marker.
- Read the following quote to students after placing it on the whiteboard with a dry erase marker. May Sarton was a well-known American poet and novelist who once said, *"We have to dare to be ourselves, however frightening or strange that self may prove to be."* What is she suggesting? Call on one or two students to answer.

I. Introduction:

1. Read to the students the following: *"A new year and a new decade causes one to reflect upon earlier life decisions and choices made. For many in their twenties it is a time that presents (offers) one with many choices of paths to begin down - and many exits to depart (leave) one path, and to start journeying along a fresh (new) path. The twenties is a watershed decade, with childhood in the rearview mirror, and a whole lot of responsibility being added. It is a time period when many don't want parental advice."*

- Marybeth Bock (paraphrased)

- You will need to explain what this means as you read it or ask students what it means to them.
- In the back of the lesson is an enlarged copy of the above quote if you choose to copy it instead of writing it on the whiteboard with a dry erase marker.

II. Activity 1- Vocabulary:

1. sage advice 2. watershed moment 3. in the rearview mirror
4. contemplate 5. nuggets 6. cumbersome 7. consequence 8. reflect

- A. This is going to be a lot more ____ (6) ____ than my usual costume.
- B. I would like some time to just sit and ____ (4) ____.
- C. Words of wisdom can also be ____ (5) ____.
- D. Wow, thanks for the ____ (1) ____.
- E. Some say many jobs will be lost as a ____ (7) ____ of the trade agreement.
- F. Pavlo's response to the question was a ____ (2) ____ in his professional life.
- G. I tend not to spend a lot of time looking ____ (3) ____.
- H. Before choosing a vacation spot, the family decided to ____ (8) ____ on their choices.

Suggestions: There are a couple of different ways to go over the vocabulary with the students:

1. Pair students up or place them in groups of 3. Give each group an envelope with the vocabulary words/phrases and sentences for them to match. When the pair or group finishes have them raise their hand or call your name for you to check their matches. If you decide to pair students or place them into groups of 3 you will need to make at least 5-7 copies of the words/phrases and sentences. Place the vocabulary and sentences in an envelope for each pair or group. *They are ready for you to print at the end of the lesson.* OR

2. Write the vocabulary words/phrases on the white board and below the word/phrases write the sentences, using a dry erase marker. With your guidance go over each sentence and allow students to raise their hand and tell you which vocabulary word/phrase fits into the sentence.

III. Print off the quote by Marybeth Bock in the back of the lesson:

"Here are some simple nuggets of life advice that I'm tucking into your backpack's pocket, should you wish to contemplate them on your journey."

Ask students what this means and allow 1 or 2 to answer.

- This could be written on the whiteboard with a dry erase marker if you choose.

IV. Activity 2 - 15 Simple Nuggets of Life Advice

Directions: *There are 15 statements in the back of this lesson that need to be run off -- OR you may choose to borrow them from a teacher who has already run them off. It may be necessary to time.*

- Place each piece of advice around the walls in the classroom using blue painter's tape to attach. Place students in pairs or groups of 3 and the groups will rotate around the room. Suggest they go to a piece of advice where there is not another group.
- If no wall space, place students in pairs or groups of 3. Give each pair or group one or two of the statements with questions to answer. Students then pass them to another group after they finish discussing the statement with the questions.
- If you would prefer, you could run off the statements and questions on a sheet of paper and give a copy (class set of 20) to each pair or group. Collect at the end of the activity. (*This is an option.*)

Activity 2

15 Pieces of Life Advice

1. ***“Make getting a good night’s sleep a priority, as it affects every aspect of your life.”***
 - ❖ Do you get at least 7- 9 hours of sleep at night?
 - ❖ Have you found that it makes a difference in your life?
2. ***“People over technology. Always!”***
 - ❖ What does this mean?
3. ***“Travel now, as far as you can and as much as your finances allow. Life will soon bring you commitments that will likely make travel much more cumbersome.”***
 - ❖ Why would this be really good advice?
4. ***“Learn how to cook at least two really good meals .”***
 - ❖ Why is this an important suggestion?
5. ***“Your twenties may take you far from family, both physically and perhaps emotionally, but work hard to keep connected with them as they will become even more important to you with each passing decade.”***
 - ❖ Why would this be good advice?
6. ***“SUNSCREEN!!! SUNSCREEN!!! SUNSCREEN!!! (ALSO, WATER!!! WATER!!! WATER!!!”***
 - ❖ What would be the long term consequences of not applying sunscreen as well as not drinking enough water?
7. ***“Marry someone with your same sense of humor. You will need laughter throughout your lifetime, in good and bad times.”***
 - ❖ Why?
8. ***“Always be open to advice and criticism from others. But realize that what might be effective for someone else, may be meaningless to you.”***
 - ❖ Why might it be meaningless to you?

9. ***“Exercise. Regularly.”***

- ❖ What are the benefits?

10. ***“Read at least 4 good books a year.”***

- ❖ What do you gain from reading?

11. ***“Seek out friends with differing viewpoints and backgrounds so you can listen and learn from them.”***

- ❖ What are the advantages of having friends that think differently than you and come from a different background?

12. ***“Always read the entire article, not just the headline or tweet.”***

- ❖ Is it possible that the headline or tweet may be misleading? Clarify.

13. ***“Educate yourself on issues and candidates and get in the lifelong habit of voting.”***

- ❖ Why is this important to you and the country you live in?

14. ***“Never be afraid to ask silly or stupid questions. Because it’s almost certainly not silly or stupid.”***

- ❖ Have you ever felt that the question(s) you want to ask, might sound silly or stupid to someone else? Explain.

15. ***“There are multiple reasons to be grateful every single day. Acknowledge and focus on them.”***

- ❖ Why is it suggested that one think about what they are thankful for each day?

V. Conclusion:

- Have the class come back together and pass out the class set of the lyrics for *“The Climb”* - and play, if possible, using your computer or cell phone *“The Climb”* with lyrics by Miley Cyrus.
- If you don’t have a cell phone or computer OR if you prefer--show the picture which says *“Every Accomplishment Starts With The Decision to Try.”* End with a few words of encouragement. Dismiss class back to the big room.



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TWENTY-SOMETHING IN THE
2020s*



“ A new year and a new decade causes one to reflect upon earlier life decisions and choices made. For many in their twenties it is a time that presents one with many choices of paths to begin down - and many exits to depart one path, and to start journeying along a fresh path. The twenties is a watershed decade, with childhood in the rearview mirror, and a whole lot of responsibility being added. It is a time period when many don't want parental advice.”

- Marybeth Bock (paraphrased)



“Here are some simple nuggets of life advice that I’m tucking into your backpack’s pocket, should you wish to contemplate them on your journey.”

-Marybeth Bock

Activity 1- VOCABULARY

**sage
advice**

**watershed
moment**

**in the rearview
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contemplate

nuggets

cumbersome

consequence

reflect

**This is going to be
a lot more _____
than my usual
costume.**

**I would like some
time to just sit and
_____.**

**Words of wisdom
can also be _____.**

**Wow, thanks for the
_____ _____.**

Some say many jobs will be lost as a _____ of the trade agreement.

Pavlo's response to the question was a _____ in his professional life.

I tend not to spend a lot of time looking _____.

Before choosing a vacation spot, the family decided to _____ upon their choices.



“Make getting a good night’s sleep a priority, as it affects every aspect of your life.”

★ Do you get at least 7-9 hours of sleep at night? Have you found that it makes a difference in your life?



***“People over technology.
Always!”***

★ What does this mean?



“Travel now as far as you can and as much as your finances allow. Life will soon bring you commitments that will likely make travel much more cumbersome.”

★Why would this be really good advice?



“Learn how to cook at least two really good meals.”

★ Why is this an important suggestion?



“ Your twenties may take you far from family, both physically and perhaps emotionally, but work hard to keep connected with each passing decade.”

★ Why would this be good advice?



“Always be open to advice and criticism from others. But realized that what might be effective for someone else, may be meaningless to you.”

★ Why would it be meaningless to you?



***“SUNSCREEN!!! SUNSCREEN!!!
SUNSCREEN!!! (ALSO, WATER!!!
WATER!!! WATER!!!)”***

★ What would be the long term consequences of not applying sunscreen as well as not drinking enough water?



“Marry someone with your same sense of humor. You will need laughter throughout your lifetime, in good and bad times.”

★ Why?



“ Exercise. Regularly.”

★ What are the benefits?



“Read at least 4 good books a year.”

★ What do you gain from reading?



“ Seek out friends with differing viewpoints and backgrounds so you can listen and learn from them.”

★ What are the advantages of having friends that think differently than you or come from a different background?



***“Always read the entire article,
not just the headline or the
tweet.”***

**★ Is it possible that the headline or
tweet may be misleading? Clarify.**



“ Educate yourself on issues and candidates and get in the lifelong habit of voting.”

★ Why is this important to you and the country you live in to vote?



“ Never be afraid to ask silly or stupid questions. Because it’s almost certainly not silly or stupid.”

★ Have you ever felt that the question(s) you want to ask, might sound silly or stupid to someone else? Explain.



“There are multiple reasons to be grateful every single day. Acknowledge and focus on them.”

★ Why is it suggested that one think about what they are thankful for each day?

The Climb

Miley Cyrus

I can almost see it

That dream I'm dreaming but

There's a voice inside my head saying

You'll never reach it,

Every step I'm taking,

Every move I make feels

Lost with no direction

My faith is shaking but I

Gotta keep trying

Gotta keep my head held high

There's always gonna be another mountain

I'm always gonna wanna make it move

Always gonna be an uphill battle

Sometimes I'm gonna have to lose

Ain't about how fast I get there

Ain't about what's waiting on the other side

It's the climb

The struggles I'm facing

The chances I'm taking

Sometimes might knock me down but

No I'm not breaking

I may not know it

But these are the moments that

I'm going to remember most yeah

Just got to keep going

And I

I gotta be strong

Just keep pushing on, 'cause

There's always gonna be another...

A person wearing a purple hoodie is seen from behind, looking out over a landscape. The background shows a road, trees, and a hazy sky. The text is overlaid on the right side of the image.

Every
Accomplishment
Starts With the
Decision to

Try.

