



OKLAHOMA
VIRTUAL CHARTER ACADEMYSM

POWERED BY STRIDE K12



OVCA HUB

OVCA 23-24

EXPLORE

THE



POSSIBILITIES

Attendance Matters!

Attendance facts:

As a virtual public school in Oklahoma, students are expected to complete 72 instructional activities per quarter, or about 2 activities per day, under state law. This is cumulative – students are expected to work daily. At OVCA, an instructional activity is defined as:

- Completion of assignments that are used to record a grade for a student that is factored into the student's grade for the term in which the assignment is completed;
- Attending live classes;
- Attending testing, virtual or in person;
- School-sanctioned outings in-person or online
- Attending Orientations.

Students who fall below 70% of expected instructional activities at any point during the school year will receive support from staff: CFAs, paraprofessionals, counselors, engagement specialists, and/or the truancy specialists. A student who is below 45% of the expected number instructional activities for three consecutive weeks may be withdrawn for lack of attendance. If you have specific questions, please contact our Truancy Specialist Celeste Claggett at cclaggett@okvirtual.org.

Truancy facts:

Students enrolled at OVCA are expected to school daily. Once a student has missed 5 consecutive school days, OVCA staff begin contacting learning coaches to check in on the student and family to work to re-engage the student. OVCA staff will attempt to reach families via email, phone calls, and/or text messages. If a student misses 15 consecutive school days, a student may be withdrawn for truancy and the legal guardian of the student referred to the state authorities for truancy. If your student will be absent for 5 (or more) consecutive school days, please contact your Community Family Advisor (CFA) with this information so that they can make the correct staff members aware and make sure that your student has what is needed to get back on track with school work.

More details regarding OVCA's Attendance & Truancy Policies can be found at The OVCA HUB.



Bison Best 3 for Me

On each weekly page you will be given an opportunity to recognize the good stuff going on in your life right now. It will be as easy as 3.2.1. and will take as little as 10 minutes. Here is how it works:

Each week in the column on the right jot down:

- 3 things, people or places that you are thankful for

Give it a try and see how the Bison Best 3 for Me works for you!

*"A GOAL without a PLAN is just a
WISH"*

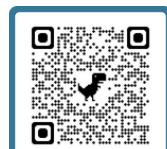
OVCA's GOAL this school year is to help each of our students PLAN for success! Let's work together to make this not just a wish, but a reality for you!

The OVCA MS/HS Planner is designed to help you structure your month and week. Along with our weekly structured class schedule, and your Week At A Glance from each of your teachers, this planner will help you feel more in control of your schedule.

Goal setting is an important life skill that we want to encourage. On the following pages you will find information about using the W.O.O.P. Goal Setting System. You will find space to enter your W.O.O.P. goals on each monthly page.

The Science of 

TO LEARN MORE ABOUT
THE SCIENCE OF W.O.O.P.
GOAL SETTING,
SCAN HERE:



SCAN ME

WOOP Overview

Character LAB
www.characterlab.org

WHAT IS WOOP?

WOOP is a practical, accessible, evidence-based activity that helps students find and fulfill their wishes. In character development terms, WOOP builds self-control.

WOOP is named for each step in the process: Identifying your Wish, Imagining the Outcome, anticipating the Obstacle, and developing a specific Plan.

More than 20 years of research shows that WOOP improves students' effort, attendance, homework completion, and GPA.

WHEN CAN I USE WOOP?

You can introduce WOOP any time of the year. It works best when it becomes a habit, not a one-off activity, so we recommend introducing it early in the semester. The earlier and more often you help students WOOP, the more they develop a habit of WOOPing. Make it a regular practice to check in about previous WOOPs and develop new ones.

WOOP can help with any kind of wish, whether it's something large ("I want to start a school newspaper") or comparatively small ("I want to get an A in Science this quarter"). WOOP works equally well for academic, athletic, or personal wishes. It can be used one-on-one, in a small group, or with an entire class.

WHO SHOULD USE WOOP?

Everyone can use WOOP, including teachers. In fact, it's most effective when teachers have first-hand experience with the process. Try WOOP yourself before teaching it to your students.

WOOP is especially helpful for anyone who procrastinates, who feels anxious about taking the first step—and the next step—toward their wish.

WHAT'S THE SCIENCE?

Developed by Gabriele Oettingen and Peter M. Gollwitzer, professors at New York University, WOOP has been tested in classrooms, gyms, and health care settings.

In schools, WOOP significantly improves effort, attendance, homework completion, and GPA. Outside of schools, WOOP has been shown to reduce stress, increase engagement, improve time management, and promote physical health.

WHAT MAKES IT EFFECTIVE?

Often, people fixate on how great it would feel to achieve their wish—but overlook the obstacles to that wish. WOOP works because it guides students through those in-between and oft-forgotten steps.

Rather than pursuing goals that feel imposed by others, WOOP taps into a student's intrinsic interests.

WHAT ELSE?

Like any skill, WOOP takes practice and patience to master. It's common to struggle at first. When practicing WOOP yourself, be willing to experiment with different approaches. When teaching WOOP, go slowly so students can WOOP thoughtfully, without interruption. It's worth it. Teaching students how to achieve important wishes is the difference between a lifetime of "I wanted to" and a lifetime of "I did."

WOOP RESOURCES:



SEE ALL AT CHARACTERLAB.ORG/WOOP



WOOP Student Example

Character LAB
www.characterlab.org

WOOP helps people do the things they really want to do.

W

WISH

What is an important wish that you want to accomplish? Your wish should be challenging but feasible.

My wish:

Get an A on my biology quiz

O

OUTCOME

What will be the best result from accomplishing your wish? How will you feel? Pause and really imagine the outcome.

Best outcome:

I'll feel proud

O

OBSTACLE

What is the main obstacle inside you that might prevent you from accomplishing your wish? Pause and really imagine the obstacle.

My obstacle:

I procrastinate

P

PLAN

What's an effective action to tackle the obstacle? Make a when-then plan.

When:

I finish dinner

Then I will:

Make 5 flash cards

WOOP Annotated Exemplar

Character LAB
www.characterlab.org

WOOP helps people do the things they really want to do.

W

WISH

What is an important wish that you want to accomplish? Your wish should be challenging but feasible.

My wish:

Specific; requires self-control; can be accomplished in time frame
Get an A on my biology quiz

O

OUTCOME

What will be the best result from accomplishing your wish? How will you feel? Pause and really imagine the outcome.

Best outcome:

Fulfilling and motivating; clearly visualized; reduced to most crucial aspects
I'll feel proud

O

OBSTACLE

What is the main obstacle inside you that might prevent you from accomplishing your wish? Pause and really imagine the obstacle.

My obstacle:

Inner obstacle, not outside barrier; clearly visualized; reduced to most crucial aspects
I procrastinate

P

PLAN

What's an effective action to tackle the obstacle? Make a when-then plan.

When:

Observable action rather than internal decision
I finish dinner
Student has all resources/tools needed to implement plan
Make 5 flash cards

WOOP

Name: _____

WOOP helps people do the things they really want to do.

W

WISH

What is an important wish that you want to accomplish? Your wish should be challenging but feasible.

My wish:

O

OUTCOME

What will be the best result from accomplishing your wish? How will you feel? Pause and really imagine the outcome.

Best outcome:

O

OBSTACLE

What is the main obstacle inside you that might prevent you from accomplishing your wish? Pause and really imagine the obstacle.

My obstacle:

P

PLAN

What's an effective action to tackle the obstacle? Make a when-then plan.

When:

Then I will:

My Subjects for the Semester:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

Clubs I Am In:

- 1.
- 2.
- 3.

My Daily Routine Is:

BEFORE SCHOOL:

DURING SCHOOL:

AFTER SCHOOL:

EVENING:

AUGUST 2023

SEL THEME:

GET READY!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	1	2	3 CFA-THRIVING THURSDAY OUTING
7	8	9 MEET YOUR TEACHER	10 BACK TO SCHOOL CFA-THRIVING THURSDAY OUTING FIRST DAY OF SEM. 1/QTR. 1
14	15	16	17 CFA-THRIVING THURSDAY OUTING
21 BEG. OF YEAR ASSESSMENTS BEGIN	22	23	24 CFA-THRIVING THURSDAY OUTING
28	29	30	31 CFA-THRIVING THURSDAY OUTING

Explore Oklahoma, Pic of the Month: Wichita Mountain National Reserve

FUN FACT: ONE OF OKLAHOMA'S 4 MOUNTAIN RANGES AND ONE OF THE LAST GOLD RUSHES IN THE LATE 1800'S. CRUCIAL TO SAVING THE AMERICAN BISON FROM EXTINCTION!
BRYSON SAYS "THANKS SO MUCH!"

FRIDAY	SATURDAY	SUNDAY
4 BACK 2 SCHOOL BASH VIRTUAL OUTING	5	6
11	12	13
18	19	20
25	26	27

MY W.O.O.P. GOAL

Wish:

Outcome:

Obstacle:

Plan:



Explore Your Possibilities!

DID YOU KNOW? OK COLLEGE START IS A FREE ONLINE TOOL THAT PROVIDES CAREER INTEREST QUIZZES, CAREER INFORMATION, GROWING OCCUPATION TRENDS, SCHOLARSHIP & FINANCIAL AID RESOURCES. LOOK FOR THE QR CODE ON THE RESOURCES PAGE.

MONTHLY CALENDAR KEY:

BLACK INK = FEDERAL HOLIDAYS
RED INK = SCHOOL BREAKS
BLUE INK = SCHOOL OUTINGS
BROWN INK = EXPLORE OK EVENTS
PINK INK = BENCHMARK ASSESSMENTS
ORANGE INK = P/T CONFERENCES
GREEN INK = SEMESTER/QUARTER CHANGES
TEAL INK = LOCK DATES & FINALS
PURPLE INK = MISCELLANEOUS

WEEKLY PLANS

MONDAY

July 31

TUESDAY

Aug 1

WEDNESDAY

Aug 2

THURSDAY

Aug 3

PRIORITIES
THIS WEEK:

FRIDAY

Aug 4

SATURDAY

Aug 5

SUNDAY

Aug 6

BISON BEST
3 FOR ME

Each week jot down:

**3 THINGS, PEOPLE OR
PLACES THAT YOU ARE
THANKFUL FOR.**

WEEKLY PLANS

MONDAY

Aug 7

TUESDAY

Aug 8

WEDNESDAY

Aug 9

THURSDAY

Aug 10

PRIORITIES
THIS WEEK:

FRIDAY

Aug 11

SATURDAY

Aug 12

SUNDAY

Aug 13

BISON BEST
3 FOR ME

Each week jot down:

**3 THINGS, PEOPLE OR
PLACES THAT YOU ARE
THANKFUL FOR.**

WEEKLY PLANS

MONDAY

Aug 14

TUESDAY

Aug 15

WEDNESDAY

Aug 16

THURSDAY

Aug 17

PRIORITIES
THIS WEEK:

FRIDAY

Aug 18

SATURDAY

Aug 19

SUNDAY

Aug 20

BISON BEST
3 FOR ME

Each week jot down:

**3 THINGS, PEOPLE OR
PLACES THAT YOU ARE
THANKFUL FOR.**

WEEKLY PLANS

MONDAY

Aug 21

TUESDAY

Aug 22

WEDNESDAY

Aug 23

THURSDAY

Aug 24

PRIORITIES
THIS WEEK:

FRIDAY

Aug 25

SATURDAY

Aug 26

SUNDAY

Aug 27

BISON BEST
3 FOR ME

Each week jot down:

**3 THINGS, PEOPLE OR
PLACES THAT YOU ARE
THANKFUL FOR.**

WEEKLY PLANS

MONDAY

Aug 28

TUESDAY

Aug 29

WEDNESDAY

Aug 30

THURSDAY

Aug 31

PRIORITIES
THIS WEEK:

FRIDAY

Sep 1

SATURDAY

Sep 2

SUNDAY

Sep 3

BISON BEST
3 FOR ME

Each week jot down:

**3 THINGS, PEOPLE OR
PLACES THAT YOU ARE
THANKFUL FOR.**

SEPTEMBER 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
4	5	6	7
 NO LIVE CLASS CONNECTS TODAY COURSES ARE STILL OPEN! LABOR DAY SCHOOL CLOSED			CFA-THRIVING THURSDAY OUTING
11	12	13	14
			CFA-THRIVING THURSDAY OUTING
18	19	20	21
			CFA-THRIVING THURSDAY OUTING
25	26	27	28
			CFA-THRIVING THURSDAY OUTING

Explore Oklahoma Pic of the Month: Black Mesa State Park & Nature Reserve

FUN FACT: THE HIGHEST POINT IN OK. MADE UP OF LAVA FROM AN ANCIENT VOLCANIC EXPLOSION. YOU CAN FIND DINOSAUR TRACKS HERE! SCAN THIS CODE TO READ MORE ABOUT DINO TRACKS IN OK!



SEL THEME: WE ARE CONNECTED!

FRIDAY	SATURDAY	SUNDAY
1	2	3
8	9	10
15	16	17
22	23	24
29	30	

Explore Your Possibilities!

DID YOU KNOW? THE OKLAHOMA DEPARTMENT OF CAREER TECHNOLOGY WEBSITE OFFERS A WEALTH OF FREE RESOURCES FOR STUDENTS PLANNING TO PURSUE CERTIFICATION DURING OR AFTER HS. LOOK FOR THE QR CODE ON THE RESOURCES PAGE.

MY W.O.O.P. GOAL

Wish:

Outcome:

Obstacle:

Plan:

WEEKLY PLANS

MONDAY

Sep 4

TUESDAY

Sep 5

WEDNESDAY

Sep 6

THURSDAY

Sep 7

PRIORITIES
THIS WEEK:

FRIDAY

Sep 8

SATURDAY

Sep 9

SUNDAY

Sep 10

BISON BEST
3 FOR ME

Each week jot down:

**3 THINGS, PEOPLE OR
PLACES THAT YOU ARE
THANKFUL FOR.**

WEEKLY PLANS

MONDAY

Sep 11

TUESDAY

Sep 12

WEDNESDAY

Sep 13

THURSDAY

Sep 14

PRIORITIES
THIS WEEK:

FRIDAY

Sep 15

SATURDAY

Sep 16

SUNDAY

Sep 17

BISON BEST
3 FOR ME

Each week jot down:

**3 THINGS, PEOPLE OR
PLACES THAT YOU ARE
THANKFUL FOR.**

WEEKLY PLANS

MONDAY

Sep 18

TUESDAY

Sep 19

WEDNESDAY

Sep 20

THURSDAY

Sep 21

PRIORITIES
THIS WEEK:

FRIDAY

Sep 22

SATURDAY

Sep 23

SUNDAY

Sep 24

BISON BEST
3 FOR ME

Each week jot down:

**3 THINGS, PEOPLE OR
PLACES THAT YOU ARE
THANKFUL FOR.**

WEEKLY PLANS

MONDAY

Sep 25

TUESDAY

Sep 26

WEDNESDAY

Sep 27

THURSDAY

Sep 28

PRIORITIES
THIS WEEK:

FRIDAY

Sep 29

SATURDAY

Sep 30

SUNDAY

Oct 1

BISON BEST
3 FOR ME

Each week jot down:

**3 THINGS, PEOPLE OR
PLACES THAT YOU ARE
THANKFUL FOR.**

OCTOBER 2023

SEL THEME:
100% ACCOUNTABLE!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
2	3	4	5
9	10	11	12
COLUMBUS DAY			
16	17	18	19
INTERIM ASSESSMENTS	LAST DAY OF QUARTER 1	TEACHER WORK DAY SCHOOL CLOSED	FALL BREAK SCHOOL CLOSED
23	24	25	26
FIRST DAY OF QUARTER 2	<i>RED RIBBON WEEK</i>		
30	31	<p><i>Explore Oklahoma Pic of the Month:</i> <i>Talimena Drive</i> FUN FACT: THIS 54 MILE ROUTE LIES WITHIN THE QUACHITA NATIONAL FOREST, WHICH IS THE SOUTH'S OLDEST FOREST.</p>	
<p>PT CONFERENCES 5-7PM</p>			

FRIDAY	SATURDAY	SUNDAY
		1
6	7	8
EXPLORE OK EVENT		
13	14	15
20	21	22
FALL BREAK SCHOOL CLOSED		#MS/HS LOCK DATE
27	28	29
FALL FESTIVAL OUTINGS		

MY W.O.O.P. GOAL

Wish:

Outcome:

Obstacle:

Plan:

Explore Your Possibilities!

DID YOU KNOW? DURING MIDDLE SCHOOL YOU CAN TAKE ADVANTAGE OF THE MANY RESOURCES FOUND AT OKLAHOMA EDGE. THIS WILL HELP YOU HAVE A SUCCESSFUL TRANSITION TO HIGH SCHOOL. CHECK OUT THE QR CODE AT THE BACK OF THIS PLANNER.

FOR HS ONLY—
ALL TEACHER GRADED ASSIGNMENTS & DISCUSSIONS ASSIGNED SO FAR ARE DUE BY THIS DATE AND LOCKED

WEEKLY PLANS

MONDAY

Oct 2

TUESDAY

Oct 3

WEDNESDAY

Oct 4

THURSDAY

Oct 5

PRIORITIES
THIS WEEK:

FRIDAY

Oct 6

SATURDAY

Oct 7

SUNDAY

Oct 8

**BISON BEST
3 FOR ME**

Each week jot down:

**3 THINGS, PEOPLE OR
PLACES THAT YOU ARE
THANKFUL FOR.**

WEEKLY PLANS

MONDAY

Oct 9

TUESDAY

Oct 10

WEDNESDAY

Oct 11

THURSDAY

Oct 12

PRIORITIES
THIS WEEK:

FRIDAY

Oct 13

SATURDAY

Oct 14

SUNDAY

Oct 15

**BISON BEST
3 FOR ME**

Each week jot down:

**3 THINGS, PEOPLE OR
PLACES THAT YOU ARE
THANKFUL FOR.**

WEEKLY PLANS

MONDAY

Oct 16

TUESDAY

Oct 17

WEDNESDAY

Oct 18

THURSDAY

Oct 19

PRIORITIES
THIS WEEK:

FRIDAY

Oct 20

SATURDAY

Oct 21

SUNDAY

Oct 22

BISON BEST
3 FOR ME

Each week jot down:

**3 THINGS, PEOPLE OR
PLACES THAT YOU ARE
THANKFUL FOR.**

WEEKLY PLANS

MONDAY

Oct 23

TUESDAY

Oct 24

WEDNESDAY

Oct 25

THURSDAY

Oct 26

PRIORITIES
THIS WEEK:

FRIDAY

Oct 27

SATURDAY

Oct 28

SUNDAY

Oct 29

**BISON BEST
3 FOR ME**

Each week jot down:

**3 THINGS, PEOPLE OR
PLACES THAT YOU ARE
THANKFUL FOR.**

WEEKLY PLANS

MONDAY

Oct 30

TUESDAY

Oct 31

WEDNESDAY

Nov 1

THURSDAY

Nov 2

PRIORITIES
THIS WEEK:

FRIDAY

Nov 3

SATURDAY

Nov 4

SUNDAY

Nov 5

**BISON BEST
3 FOR ME**

Each week jot down:

**3 THINGS, PEOPLE OR
PLACES THAT YOU ARE
THANKFUL FOR.**

NOVEMBER 2023

SEL THEME:
ATTITUDE OF GRATITUDE!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
		1	2 PT CONFERENCES 5-7PM
6	7	8	9
13	14	15	16
20	21	22	23 SCHOOL & OFFICE CLOSED THANKSGIVING DAY THANKSGIVING BREAK WEEK SCHOOL CLOSED - COURSES REMAIN OPEN
27	28	29	30

Explore Oklahoma Pic of the Month: Tall Grass Prairie Preserve

FUN FACT: THIS PRESERVE THAT LIES NEAR PAWHSKA, OK IS THE LARGEST PROTECTED AREA OF TALLGRASS PRAIRIE IN THE WORLD, SPANNING 40,000 ACRES. THE TRUE STARS HERE ARE THE OVER 2,100 AMERICAN BISON THAT CALL THIS HOME. THEY ARE THE LARGEST BISON HERD IN THE COUNTRY.

FRIDAY	SATURDAY	SUNDAY
3 PT CONFERENCES 8AM-12PM EXPLORE OK EVENT	4	5

10 VETERAN'S DAY ASSEMBLY VETERAN'S DAY	11	12
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17	18	19
----	----	----

24 SCHOOL & OFFICE CLOSED	25	26 
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Explore Your Possibilities!

DID YOU KNOW? YOU CAN COMPLETE YOUR 1ST YEAR OF COLLEGE WHILE YOU ARE IN HS! TULSA COMMUNITY COLLEGE PLUS ONE PROGRAM IS NOW OFFERED TO ALL OK HS JUNIORS & SENIORS WITH A FULL ONLINE OPTION. F SCAN THIS CODE FOR A VIDEO TO SEE HOW IT WORKS.



MY W.O.O.P. GOAL

Wish:

Outcome:

Obstacle:

Plan:

WEEKLY PLANS

MONDAY

Nov 6

TUESDAY

Nov 7

WEDNESDAY

Nov 8

THURSDAY

Nov 9

PRIORITIES
THIS WEEK:

FRIDAY

Nov 10

SATURDAY

Nov 11

SUNDAY

Nov 12

**BISON BEST
3 FOR ME**

Each week jot down:

**3 THINGS, PEOPLE OR
PLACES THAT YOU ARE
THANKFUL FOR.**

WEEKLY PLANS

MONDAY

Nov 13

TUESDAY

Nov 14

WEDNESDAY

Nov 15

THURSDAY

Nov 16

PRIORITIES
THIS WEEK:

FRIDAY

Nov 17

SATURDAY

Nov 18

SUNDAY

Nov 19

**BISON BEST
3 FOR ME**

Each week jot down:

**3 THINGS, PEOPLE OR
PLACES THAT YOU ARE
THANKFUL FOR.**

WEEKLY PLANS

MONDAY

Nov 20

TUESDAY

Nov 21

WEDNESDAY

Nov 22

THURSDAY

Nov 23

PRIORITIES
THIS WEEK:

FRIDAY

Nov 24

SATURDAY

Nov 25

SUNDAY

Nov 26

**BISON BEST
3 FOR ME**

Each week jot down:

**3 THINGS, PEOPLE OR
PLACES THAT YOU ARE
THANKFUL FOR.**

WEEKLY PLANS

MONDAY

Nov 27

TUESDAY

Nov 28

WEDNESDAY

Nov 29

THURSDAY

Nov 30

PRIORITIES
THIS WEEK:

FRIDAY

Dec 1

SATURDAY

Dec 2

SUNDAY

Dec 3

**BISON BEST
3 FOR ME**

Each week jot down:

**3 THINGS, PEOPLE OR
PLACES THAT YOU ARE
THANKFUL FOR.**

DECEMBER 2023

SEL THEME:

LIVE TO GIVE!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
4	5	6	7
MIDDLE OF YEAR ASSESSMENTS			
11	12	13	14
		MS LOCK DATE	LAST DAY OF SEM. 1 & QTR. 2
18	19	20	21
WINTER BREAK - 12/18 TO 1/2 SCHOOL AND COURSES ARE CLOSED			
25	26	27	28
CHRISTMAS DAY	SCHOOL, OFFICE & COURSES ARE CLOSED		

FRIDAY	SATURDAY	SUNDAY
1 WINTER SNOWBLAST OUTINGS	2	3
8 EXPLORE OK EVENT	9 #HS LOCK DATE	10
15 TEACHER WORK DAY SCHOOL CLOSED	16	17
22	23	24
29 	30	31 NEW YEAR'S EVE

MY W.O.O.P. GOAL

Wish:

Outcome:

Obstacle:

Plan:

Explore Your Possibilities!

FUN FACT: AS OKLAHOMA'S OLDEST NATIONAL PARK AREA, THIS HAS BEEN A DESTINATION FOR OUTDOOR EXCURSIONS FOR OVER A CENTURY. VISITORS GET 2 PARKS IN ONE - THE PLATT NATIONAL PARK, WHICH IS THE 7TH NATIONAL PARK CREATED IN THE U.S., & LAKE OF THE ARBUCKLES.

DID YOU KNOW? IF YOU ARE RECEIVING SPECIAL EDUCATION SERVICES, THE OKLAHOMA DEPARTMENT OF CAREER TECHNOLOGY OFFERS A WEALTH OF RESOURCES TO ENSURE A SEAMLESS CAREER TRANSITION FOR ALL STUDENTS. CHECK OUT OUR RESOURCES PAGE.

FOR HS ONLY -
ALL WORK FOR SEMESTER 1 DUE,
EXCEPT FOR FINAL EXAMS.

WEEKLY PLANS

MONDAY

Dec 4

TUESDAY

Dec 5

WEDNESDAY

Dec 6

THURSDAY

Dec 7

PRIORITIES
THIS WEEK:

FRIDAY

Dec 8

SATURDAY

Dec 9

SUNDAY

Dec 10

**BISON BEST
3 FOR ME**

Each week jot down:

**3 THINGS, PEOPLE OR
PLACES THAT YOU ARE
THANKFUL FOR.**

WEEKLY PLANS

MONDAY

Dec 11

TUESDAY

Dec 12

WEDNESDAY

Dec 13

THURSDAY

Dec 14

PRIORITIES
THIS WEEK:

FRIDAY

Dec 15

SATURDAY

Dec 16

SUNDAY

Dec 17

**BISON BEST
3 FOR ME**

Each week jot down:

**3 THINGS, PEOPLE OR
PLACES THAT YOU ARE
THANKFUL FOR.**

WEEKLY PLANS

MONDAY

Dec 18

TUESDAY

Dec 19

WEDNESDAY

Dec 20

THURSDAY

Dec 21

PRIORITIES
THIS WEEK:

FRIDAY

Dec 22

SATURDAY

Dec 23

SUNDAY

Dec 24

**BISON BEST
3 FOR ME**

Each week jot down:

**3 THINGS, PEOPLE OR
PLACES THAT YOU ARE
THANKFUL FOR.**

WEEKLY PLANS

MONDAY

Dec 25

TUESDAY

Dec 26

WEDNESDAY

Dec 27

THURSDAY

Dec 28

PRIORITIES
THIS WEEK:

FRIDAY

Dec 29

SATURDAY

Dec 30

SUNDAY

Dec 31

**BISON BEST
3 FOR ME**

Each week jot down:

**3 THINGS, PEOPLE OR
PLACES THAT YOU ARE
THANKFUL FOR.**

My Subjects for the Semester:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

Clubs I Am In:

- 1.
- 2.
- 3.



My Daily Routine Is:

BEFORE SCHOOL:

DURING SCHOOL:

AFTER SCHOOL:

EVENING:

JANUARY 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
1 SCHOOL/OFFICE CLOSED NEW YEAR'S DAY	2 TEACHER WORK DAY SCHOOL CLOSED	3 BACK TO SCHOOL FIRST DAY OF SEM 2/QTR 3	4
8	9	10	11
15  SCHOOL/OFFICE CLOSED MLK DAY	16	17	18
22 <i>NATIONAL SCHOOL CHOICE WEEK</i>	23	24	25
29	30	31	

Explore Oklahoma Pic of the Month: Lake Texoma

FUN FACT: THIS LAKE IS ONE OF THE BIGGEST RESERVOIRS IN THE U.S. IT HAS APPROX. 1,200 MILES OF SHORELINE. IT HAS SEVERAL ISLANDS, INCLUDING HOG ISLAND, WEST ISLAND, TREASURE ISLAND, NORTH ISLAND & LITTLE ISLAND. ALTHOUGH ALLIGATOR SIGHTINGS ARE RARE, THEY DO OCCUR OCCASIONALLY.

**SEL THEME:
EVERYTHING IS POSSIBLE!**

FRIDAY	SATURDAY	SUNDAY
5	6	7
12 EXPLORE OK EVENT	13	14
19	20	21
26	27	28

MY W.O.O.P. GOAL

Wish:

Outcome:

Obstacle:

Plan:



Explore Your Possibilities!



DID YOU KNOW? THE TERM ICAP STANDS FOR INDIVIDUAL CAREER ACADEMIC PLAN. THIS IS A STUDENT-DRIVEN PROCESS THAT ENGAGES YOU TO UNDERSTAND YOUR OWN INTERESTS & STRENGTHS. IT HELPS YOU TO DEVELOP YOUR GOALS & PLANS FOR BEYOND HIGH SCHOOL. CHECK OUT THIS VIDEO QR CODE ABOVE.

WEEKLY PLANS

MONDAY

Jan 1

TUESDAY

Jan 2

WEDNESDAY

Jan 3

THURSDAY

Jan 4

PRIORITIES
THIS WEEK:

FRIDAY

Jan 5

SATURDAY

Jan 6

SUNDAY

Jan 7

**BISON BEST
3 FOR ME**

Each week jot down:

**3 THINGS, PEOPLE OR
PLACES THAT YOU ARE
THANKFUL FOR.**

WEEKLY PLANS

MONDAY

Jan 8

TUESDAY

Jan 9

WEDNESDAY

Jan 10

THURSDAY

Jan 11

PRIORITIES
THIS WEEK:

FRIDAY

Jan 12

SATURDAY

Jan 13

SUNDAY

Jan 14

**BISON BEST
3 FOR ME**

Each week jot down:

**3 THINGS, PEOPLE OR
PLACES THAT YOU ARE
THANKFUL FOR.**

WEEKLY PLANS

MONDAY

Jan 15

TUESDAY

Jan 16

WEDNESDAY

Jan 17

THURSDAY

Jan 18

PRIORITIES
THIS WEEK:

FRIDAY

Jan 19

SATURDAY

Jan 20

SUNDAY

Jan 21

**BISON BEST
3 FOR ME**

Each week jot down:

**3 THINGS, PEOPLE OR
PLACES THAT YOU ARE
THANKFUL FOR.**

WEEKLY PLANS

MONDAY

Jan 22

TUESDAY

Jan 23

WEDNESDAY

Jan 24

THURSDAY

Jan 25

PRIORITIES
THIS WEEK:

FRIDAY

Jan 26

SATURDAY

Jan 27

SUNDAY

Jan 28

**BISON BEST
3 FOR ME**

Each week jot down:

**3 THINGS, PEOPLE OR
PLACES THAT YOU ARE
THANKFUL FOR.**

WEEKLY PLANS

MONDAY

Jan 29

TUESDAY

Jan 30

WEDNESDAY

Jan 31

THURSDAY

Feb 1

PRIORITIES
THIS WEEK:

FRIDAY

Feb 2

SATURDAY

Feb 3

SUNDAY

Feb 4

BISON BEST
3 FOR ME

Each week jot down:

**3 THINGS, PEOPLE OR
PLACES THAT YOU ARE
THANKFUL FOR.**

FEBRUARY 2024

SEL THEME:
PASSION FIRST!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
			1
5	6	7	8
NATIONAL SCHOOL COUNSELING WEEK EXPLORE OK EVENT			
12	13	14	15
 TEACHER WORK DAY SCHOOL CLOSED			
19	20	21	22
 SCHOOL/OFFICE CLOSED PRESIDENT'S DAY			
26	27	28	29
INTERIM ASSESSMENTS		INTERIM ASSESSMENTS	

Explore Oklahoma Pic of the Month: Glass (Glass) Mountain State Park

FUN FACT: THE STUNNING GEOLOGICAL FORMATIONS HERE ARE TRUE OKLAHOMA TREASURES. BECAUSE OF THE HIGH SELENITE CONTENT, THESE MOUNTAINS HAVE SHIMMERING, GLASS-LIKE EXTERIORS THAT HAVE ATTRACTED SCIENTISTS & PHOTOGRAPHERS FOR YEARS. IN NEARBY OKEENE, OK, THEY HOST THE OLDEST RATTLESNAKE HUNT IN THE WORLD.

FRIDAY	SATURDAY	SUNDAY
2	3	4
9	10	11
16	17	18

23	24	25
----	----	----



Explore Your Possibilities!



DID YOU KNOW? OKLAHOMA'S PROMISE ALLOWS STUDENTS WHO MEET CERTAIN INCOME, ACADEMIC & CONDUCT REQUIREMENTS TO EARN A COLLEGE OR TECH CENTER TUITION SCHOLARSHIP. APPLY IN THE 8TH GRADE! CHECK OUT THIS VIDEO QR CODE ABOVE.

MY W.O.O.P. GOAL

Wish:

Outcome:

Obstacle:

Plan:

WEEKLY PLANS

MONDAY

Feb 5

TUESDAY

Feb 6

WEDNESDAY

Feb 7

THURSDAY

Feb 8

PRIORITIES
THIS WEEK:

FRIDAY

Feb 9

SATURDAY

Feb 10

SUNDAY

Feb 11

BISON BEST
3 FOR ME

Each week jot down:

**3 THINGS, PEOPLE OR
PLACES THAT YOU ARE
THANKFUL FOR.**

WEEKLY PLANS

MONDAY

Feb 12

TUESDAY

Feb 13

WEDNESDAY

Feb 14

THURSDAY

Feb 15

PRIORITIES
THIS WEEK:

FRIDAY

Feb 16

SATURDAY

Feb 17

SUNDAY

Feb 18

**BISON BEST
3 FOR ME**

Each week jot down:

**3 THINGS, PEOPLE OR
PLACES THAT YOU ARE
THANKFUL FOR.**

WEEKLY PLANS

MONDAY

Feb 19

TUESDAY

Feb 20

WEDNESDAY

Feb 21

THURSDAY

Feb 22

PRIORITIES
THIS WEEK:

FRIDAY

Feb 23

SATURDAY

Feb 24

SUNDAY

Feb 25

BISON BEST
3 FOR ME

Each week jot down:

**3 THINGS, PEOPLE OR
PLACES THAT YOU ARE
THANKFUL FOR.**

WEEKLY PLANS

MONDAY

Feb 26

TUESDAY

Feb 27

WEDNESDAY

Feb 28

THURSDAY

Feb 29

PRIORITIES
THIS WEEK:

FRIDAY

Mar 1

SATURDAY

Mar 2

SUNDAY

Mar 3

BISON BEST
3 FOR ME

Each week jot down:

**3 THINGS, PEOPLE OR
PLACES THAT YOU ARE
THANKFUL FOR.**

MARCH 2024

SEL THEME:

THE TIME IS NOW!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
4	5	6	7
PT CONFERENCES 5-7PM			PT CONFERENCES 5-7PM
11	12	13	14
			LAST DAY OF QUARTER 3
18	19	20	21
SPRING BREAK WEEK			
SCHOOL CLOSED			
25	26	27	28
#MS/HS LOCK DATE			
FIRST DAY OF QUARTER 4			

Explore Oklahoma Pic of the Month: Illinois River

FUN FACT: WINDING THROUGH THE COOKSON HILLS OF NE OKLAHOMA IS A SPARKLING, 60 MILE PLUS SCENIC WATERWAY. IT IS A FAVORITE FLOAT TRIP DESTINATION. THE CHEROKEE SUPREME COURT BUILDING IN NEARBY TALEQUAH, OK WAS BUILT IN 1844, MAKING IT THE OLDEST PUBLIC BUILDING IN OKLAHOMA.

FRIDAY	SATURDAY	SUNDAY	MY W.O.O.P. GOAL
1	2	3	
			<i>Wish:</i>
8	9	10	
			<i>Outcome:</i>
15	16	17	
 TEACHER WORK DAY SCHOOL CLOSED			<i>Obstacle:</i>
22	23	24	
			<i>Plan:</i>
29	30	31	
	 EXPLORE OK EVENT		# FOR HS ONLY- ALL TEACHER GRADED ASSIGNMENTS & DISCUSSIONS ASSIGNED SO FAR ARE DUE BY THIS DATE AND LOCKED

Explore Your Possibilities!

DID YOU KNOW? OVCA & STRIDE OFFER FREE CAREER COACHING. EVERY MONTH, LIVE WEBINARS ARE HOSTED FOR HIGH SCHOOL STUDENTS TO OFFER COLLEGE PREP AND CAREER EXPLORATION. LOOK FOR THE QR CODE TO REGISTER ON THE RESOURCES PAGE.

WEEKLY PLANS

MONDAY

Mar 4

TUESDAY

Mar 5

WEDNESDAY

Mar 6

THURSDAY

Mar 7

PRIORITIES
THIS WEEK:

FRIDAY

Mar 8

SATURDAY

Mar 9

SUNDAY

Mar 10

**BISON BEST
3 FOR ME**

Each week jot down:

**3 THINGS, PEOPLE OR
PLACES THAT YOU ARE
THANKFUL FOR.**

WEEKLY PLANS

MONDAY

Mar 11

TUESDAY

Mar 12

WEDNESDAY

Mar 13

THURSDAY

Mar 14

PRIORITIES
THIS WEEK:

FRIDAY

Mar 15

SATURDAY

Mar 16

SUNDAY

Mar 17

**BISON BEST
3 FOR ME**

Each week jot down:

**3 THINGS, PEOPLE OR
PLACES THAT YOU ARE
THANKFUL FOR.**

WEEKLY PLANS

MONDAY

Mar 18

TUESDAY

Mar 19

WEDNESDAY

Mar 20

THURSDAY

Mar 21

PRIORITIES
THIS WEEK:

FRIDAY

Mar 22

SATURDAY

Mar 23

SUNDAY

Mar 24

BISON BEST
3 FOR ME

Each week jot down:

**3 THINGS, PEOPLE OR
PLACES THAT YOU ARE
THANKFUL FOR.**

WEEKLY PLANS

MONDAY

Mar 25

TUESDAY

Mar 26

WEDNESDAY

Mar 27

THURSDAY

Mar 28

PRIORITIES
THIS WEEK:

FRIDAY

Mar 29

SATURDAY

Mar 30

SUNDAY

Mar 31

BISON BEST
3 FOR ME

Each week jot down:

**3 THINGS, PEOPLE OR
PLACES THAT YOU ARE
THANKFUL FOR.**

APRIL 2024

SEL THEME:
PERSEVERANCE!

OKLAHOMA
STATE TESTING
MONTH-GRADES
6-8 & 11

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 <small>END OF YEAR ASSESSMENTS</small>	2	3	4		6 <small>MIDDLE SCHOOL DANCE</small>	7
8	9	10	11	12 <small>EXPLORE OK EVENT</small>	13 <small>HIGH SCHOOL PROM</small>	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

Explore Oklahoma Pic of the Month: Lake Tenkiller

FUN FACT: CONSIDERED ONE OF OKLAHOMA'S MOST BEAUTIFUL LAKES, TENKILLER WITH IT'S CLEAR, EMERALD-TINTED WATER IS PERFECT FOR ALL KINDS OF WATER SPORTS, INCLUDING SCUBA DIVING. IT HAS AN UNDERWATER DIVE PARK FEATURING SUBMERGED OBJECTS SUCH AS A PLANE FUSELAGE, SUNKEN BOATS & A HELICOPTER!

DID YOU KNOW? OVCA OFFERS HIGH SCHOOL STUDENTS AN OPPORTUNITY FOR CONCURRENT ENROLLMENT. THIS MEANS YOU CAN EARN HIGH SCHOOL CREDITS WHILE YOU ATTEND A TECH CENTER OR A JUNIOR COLLEGE. UPON HS GRADUATION YOU COULD HAVE EARNED COLLEGE CREDITS OR A TECH CENTER CERTIFICATION. CHECK OUT THE RESOURCE PAGE.

MY W.O.O.P. GOAL

Wish:

Outcome:

Obstacle:

Plan:

Explore Your Possibilities!



WEEKLY PLANS

MONDAY

Apr 1

TUESDAY

Apr 2

WEDNESDAY

Apr 3

THURSDAY

Apr 4

PRIORITIES
THIS WEEK:

FRIDAY

Apr 5

SATURDAY

Apr 6

SUNDAY

Apr 7

**BISON BEST
3 FOR ME**

Each week jot down:

**3 THINGS, PEOPLE OR
PLACES THAT YOU ARE
THANKFUL FOR.**

WEEKLY PLANS

MONDAY

Apr 8

TUESDAY

Apr 9

WEDNESDAY

Apr 10

THURSDAY

Apr 11

PRIORITIES
THIS WEEK:

FRIDAY

Apr 12

SATURDAY

Apr 13

SUNDAY

Apr 14

**BISON BEST
3 FOR ME**

Each week jot down:

**3 THINGS, PEOPLE OR
PLACES THAT YOU ARE
THANKFUL FOR.**

WEEKLY PLANS

MONDAY

Apr 15

TUESDAY

Apr 16

WEDNESDAY

Apr 17

THURSDAY

Apr 18

PRIORITIES
THIS WEEK:

FRIDAY

Apr 19

SATURDAY

Apr 20

SUNDAY

Apr 21

BISON BEST
3 FOR ME

Each week jot down:

**3 THINGS, PEOPLE OR
PLACES THAT YOU ARE
THANKFUL FOR.**

WEEKLY PLANS

MONDAY

Apr 22

TUESDAY

Apr 23

WEDNESDAY

Apr 24

THURSDAY

Apr 25

PRIORITIES
THIS WEEK:

FRIDAY

Apr 26

SATURDAY

Apr 27

SUNDAY

Apr 28

BISON BEST
3 FOR ME

Each week jot down:

**3 THINGS, PEOPLE OR
PLACES THAT YOU ARE
THANKFUL FOR.**

WEEKLY PLANS

MONDAY

Apr 29

TUESDAY

Apr 30

WEDNESDAY

May 1

THURSDAY

May 2

PRIORITIES
THIS WEEK:

FRIDAY

May 3

SATURDAY

May 4

SUNDAY

May 5

**BISON BEST
3 FOR ME**

Each week jot down:

**3 THINGS, PEOPLE OR
PLACES THAT YOU ARE
THANKFUL FOR.**

MAY 2024

SEL THEME:

CELEBRATE!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
		1 <i>Principal Appreciation Day</i>	2
6 <i>TEACHER APPRECIATION WEEK</i>	7	8	9
13 <i>SENIOR EXAMS</i>	14 <i>SENIOR EXAMS</i>	15	16
20 <i>9TH-11TH GRADE FINALS</i>	21 <i>9TH-11TH GRADE FINALS</i>	22 <i>6TH & 7TH AWARDS ASSEMBLY</i> HS AWARDS ASSEMBLY	23 <i>MS LOCK DATE</i>
27 <i>SCHOOL/OFFICE CLOSED MEMORIAL DAY</i>	28	29	30

FRIDAY	SATURDAY	SUNDAY
3 <i>EXPLORE OK EVENT</i>	4	5
10	11	12
17 <i>8TH GRADE PROMOTION IN-PERSON</i>	18  <i>HIGH SCHOOL GRADUATION IN-PERSON</i>	19 <i>HS LOCK DATE</i>

MY W.O.O.P. GOAL

Wish:

Outcome:

Obstacle:

Plan:



Explore Your Possibilities!

DID YOU KNOW? OVCA OFFERS HIGH SCHOOL STUDENTS AN OPPORTUNITY TO EARN HS CREDITS FOR THEIR PART-TIME JOB. CONTACT THE CAREER & COLLEGE READINESS COUNSELOR FOR MORE INFO.

Explore Oklahoma Pic of the Month: Robbers Cave State Park

FUN FACT: LOCATED IN THE SCENIC, HILLY WOODLANDS OF THE SANS BOIS MOUNTAINS OF SE OKLAHOMA NEAR WILBURTON. THIS IS A RELAXING DESTINATION FOR THOSE LOOKING TO RECONNECT WITH NATURE. THE PARK IS NAMED FOR THE FAMOUS OUTLAW CAVE THAT WAS USED AS A HIDEOUT. DID YOU KNOW-YOU CAN RENT A YURT AT NEARBY LAKE CARLTON?

WEEKLY PLANS

MONDAY

May 6

TUESDAY

May 7

WEDNESDAY

May 8

THURSDAY

May 9

PRIORITIES
THIS WEEK:

FRIDAY

May 10

SATURDAY

May 11

SUNDAY

May 12

BISON BEST
3 FOR ME

Each week jot down:

**3 THINGS, PEOPLE OR
PLACES THAT YOU ARE
THANKFUL FOR.**

WEEKLY PLANS

MONDAY

May 13

TUESDAY

May 14

WEDNESDAY

May 15

THURSDAY

May 16

PRIORITIES
THIS WEEK:

FRIDAY

May 17

SATURDAY

May 18

SUNDAY

May 19

**BISON BEST
3 FOR ME**

Each week jot down:

**3 THINGS, PEOPLE OR
PLACES THAT YOU ARE
THANKFUL FOR.**

WEEKLY PLANS

MONDAY

May 20

TUESDAY

May 21

WEDNESDAY

May 22

THURSDAY

May 23

PRIORITIES
THIS WEEK:

FRIDAY

May 24

SATURDAY

May 25

SUNDAY

May 26

BISON BEST
3 FOR ME

Each week jot down:

**3 THINGS, PEOPLE OR
PLACES THAT YOU ARE
THANKFUL FOR.**

WEEKLY PLANS

MONDAY

May 27

TUESDAY

May 28

WEDNESDAY

May 29

THURSDAY

May 30

PRIORITIES
THIS WEEK:

FRIDAY

May 31

SATURDAY

Jun 1

SUNDAY

Jun 2

BISON BEST
3 FOR ME

Each week jot down:

**3 THINGS, PEOPLE OR
PLACES THAT YOU ARE
THANKFUL FOR.**

JUNE 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
3	4	5	6
10	11	12	13
17	18	19	20
24	25	26	27

JUNETEENTH

Explore Oklahoma Pic of the Month: Beaver's Bend State Park

FUN FACT: THIS BEAUTIFUL CORNER OF SE OKLAHOMA, NEAR BROKEN BOW, IS QUICKLY BECOMING ONE OF THE MOST POPULAR VACATION DESTINATIONS IN THE SOUTHERN U.S. IN NEARBY HONOBIA, OK, THERE IS A BIGFOOT FESTIVAL EVERY OCTOBER!

SEL THEME:
SCHOOL'S OUT!

FRIDAY	SATURDAY	SUNDAY	MY W.O.O.P. GOAL
	1	2	
7	8	9	
14	15	16	
21	22	23	
28	29	30	

Explore Your Possibilities!



DID YOU KNOW? OVCA OFFERS HIGH SCHOOL STUDENTS AN OPPORTUNITY TO EARN HS CREDITS FOR INTERNSHIPS. THIS ALLOWS YOU TO GAIN WORK EXPERIENCE WHILE SATISFYING THE REQUIREMENTS FOR COURSE CREDITS. ASK YOUR COUNSELOR FOR MORE INFO.

Wish:

Outcome:

Obstacle:

Plan:

JULY 2024

SEL THEME:

SUMMER VACATION!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
1	2	3	4 INDEPENDENCE DAY
8	9	10	11
15	16	17	18
22	23	24	25
29	30	31	

FRIDAY	SATURDAY	SUNDAY
5	6	7
12	13	14
19	20	21
26	27	28

MY W.O.O.P. GOAL

Wish:

Outcome:

Obstacle:

Plan:

Explore Your Possibilities!

DID YOU KNOW? BY EARNING YOUR HS DIPLOMA YOU ARE LIKELY TO EARN 40% MORE INCOME THAN SOMEONE THAT DID NOT GRADUATE. YOUR CHANCES OF BEING EMPLOYED AFTER GRADUATION RISE BY 33% TOO. INVEST IN YOURSELF AND YOUR FUTURE BY WORKING TOWARD YOUR GRADUATION!

Explore Oklahoma Pic of the Month: Beaver's Bend State Park

FUN FACT: THIS 77 FT. TALL WATERFALL DROPS INTO A NATURAL SWIMMING POOL. IT IS LOCATED IN THE ARBUCKLE MOUNTAINS, WHICH ARE AMONG THE OLDEST MOUNTAINS ON EARTH. THIS MOUNTAIN RANGE HAS BEEN DESCRIBED AS ONE OF THE THREE GEOLOGICAL WINDOWS INTO OUR PAST, ALONG WITH THE GRAND CANYON & THE BLACK HILLS OF S. DAKOTA.

Pack Your Kit

EXPLORERS ALWAYS PACK A KIT. ESPECIALLY AN EMERGENCY KIT. AN EMOTIONAL EMERGENCY KIT IS DESIGNED TO PROVIDE YOU WITH THE NECESSARY SUPPLIES TO SUPPORT YOU THROUGH A DIFFICULT & CHALLENGING SITUATION.

LET'S PACK THIS KIT TOGETHER WITH YOU OWN SET OF EMOTIONAL WELLNESS TOOLS!

1. FOOD & WATER - DAILY SELF CARE CAN BE LIKE FOOD & WATER TO US. WHAT IS ONE FAVORITE ACTIVITY YOU CAN DO TO TAKE CARE OF YOURSELF EACH DAY?



WHAT IS IN YOUR KIT?

2. FLASHLIGHT - IDENTIFY SOMETHING THAT REMINDS YOU TO FOCUS ON HOPE. THIS TOOL COULD CREATE A FAMILY MANTRA OR A MOTTO YOU CAN RECITE.



WHAT IS IN YOUR KIT?

3. BATTERIES - GOOD SLEEP IS IMPORTANT TO RECHARGE. TRY ADDING AN EXTRA 30 MINS. TO YOUR SLEEP. INCLUDE A SOOTHING ACTIVITY BEFORE BED, SUCH AS LISTENING TO RELAXING MUSIC, WRITING YOUR BISON BEST 3 FOR ME, OR READING.



WHAT IS IN YOUR KIT?

4. CELL PHONE - STAY SOCIALLY CONNECTED BY MAKING A LIST OF PEOPLE YOU CAN CALL FOR SUPPORT OR IN AN EMERGENCY. REGULARLY CHECK-IN WITH THEM!



WHAT IS IN YOUR KIT?

5. CHARGER - TAKE A 10-15 MIN. BREAK WHEN YOU FEEL OVERWHELMED. THIS TYPE OF TIME-OUT CAN REJUVENATE YOU.



WHAT IS IN YOUR KIT?

6. BLANKET - SPEND TIME DOING SOMETHING THAT MAKES YOU FEEL GOOD, LIKE PLAYING WITH YOUR PET, READING YOUR FAVORITE BOOK, DANCING, SPENDING TIME WITH YOUR FAMILY & FRIENDS.



WHAT IS IN YOUR KIT?

7. MAP - HAVING AN OVERALL GOAL FOR MOVING THROUGH A DIFFICULT TIME CAN BE BENEFICIAL. TRY CREATING A VISUAL IMAGE OF YOUR PRIMARY GOAL. WHAT IS YOUR VISION FOR YOURSELF AT THE END OF THIS JOURNEY?



WHAT IS IN YOUR KIT?

RESOURCE: [HTTPS://GIRLSLEADERSHIP.ORG/BLOG/EMOTIONAL-FIRST-AID-KIT/](https://girlsleadership.org/blog/emotional-first-aid-kit/)

Resources

VIDEO OVERVIEW OF MS/HS PLATFORM TOUR



VIDEO OVERVIEW OF CLASS CONNECTS-GRADES 6-12



VIDEO OVERVIEW OF QUIZZES & TESTS-GRADES 6-12



VIDEO OVERVIEW OF TEACHER GRADED ASSIGNMENTS -GRADES 6-12



VIDEO OVERVIEW OF DISCUSSIONS-GRADES 6-12



TO SEE CURRENT
OK PROMISE INFORMATION,
SCAN HERE:



SCAN ME

TO SEE A
CONCURRENT ENROLLMENT
TOOLKIT, SCAN HERE:



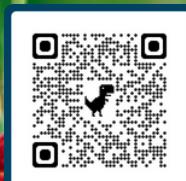
SCAN ME

TO SEE INFO ABOUT
STUDENT AID FOR
CAREER TECH CENTERS
SCAN HERE:



SCAN ME

TO SEE INFO ABOUT
OK COLLEGE START
SCAN HERE:



SCAN ME

TO REGISTER FOR
CAREER COACHING
SCAN HERE:



SCAN ME

My Road to Graduation:



2024 CORE Curriculum Graduation Requirements

Student Full Name

Career Goal

23 units or sets of competencies are required to meet state graduation requirements.

70 O.S. § 11-103.6; OAC 210:35-25-2

Mark beside each course upon successful completion of required unit or set of competencies as each semester credit for course is earned. Refer to the most recent [Subject Codes list](#) for approved courses in each area, and the [OSDE's Instruction page](#) for more information regarding each subject area.

Coursework Requirements

English (4)

- English I
- English II
- English III
- English IV
- Other Approved Course

Laboratory Science (3)

- Biology I
- Other Life Sciences Course
- Physical Sciences Course
- Earth/Space Sciences Course
- Principles of Technology
- Qualified Agriculture Course
- Approved STEM Block Course (grades 10-12)
- OR Contextual Science Course That Enhances Technology Preparation

World Language OR Computer Technology (1)

- World Language
- Computer Technology

Excludes keyboarding or typing courses.

Fine Arts (1)

- Music, Art, Dance, or Drama
- Humanities

Electives (8)

- 1/2 Oklahoma History
- 1/2 Government
- U.S. History
- Other Approved Course

It is highly recommended that Electives include 2 units of the same World Language and 2 units of Physical/Health Education.

Mathematics (3)

3 are required in grades 9-12.

- Algebra I
- Geometry
- Algebra II
- Other Approved Math Course
- Approved Computer Science Course
- OR 3-hour Approved CTE Program
- Contextual Math Course That Enhances Technology Preparation
- Approved STEM Block Course (grades 10-12)

History & Citizenship (3)

- 1/2 Oklahoma History
- 1/2 Government
- U.S. History
- Other Approved Course

23 units or sets of competencies are required to meet state graduation requirements.

Total Units Upon Final Check must match Total Units Earned on Page 2.

Total Units Upon Final Check:

Page 1 of 2



2024 CORE Curriculum Graduation Requirements

Other Requirements

State law requires that students meet the additional requirements below in order to graduate from a public high school with a standard diploma. 70 O.S. § 1210.508

Assessments

<input type="checkbox"/> Taken in 11th Grade:	<input type="checkbox"/> ACT OR <input type="checkbox"/> SAT
<input type="checkbox"/> Science Assessment	<input type="checkbox"/> U.S. History

Certificates or Endorsements (if any)

<input type="checkbox"/>

Additional Requirements

- Personal Financial Literacy Passport 70 O.S. § 11-103.6H
- CPR/AED 70 O.S. § 1210.199

Individual Career Academic Plan (ICAP)

Beginning with students entering the ninth grade in the 2019-2020 school year (class of 2023), each student is required to complete the process of an [Individual Career Academic Plan \(ICAP\)](#) in order to graduate from a public high school with a standard diploma. 70 O.S. § 2320.508-4

The ICAP Career Assessment, Career Goal, and Coursework are to be reviewed annually. Enter the date the student completed each requirement below.

Goal	9th Grade	10th Grade	11th Grade	12th Grade
Career Assessment				
Written Career Goal				
Courses Reflect Goal				

Students are also required to participate in Service Learning and/or Work-Based Learning Activities at least once in grades 9-12. Mark each grade level the student participated in this requirement; not limited to one activity or grade level. **Internship codes are reserved for 11th and 12th grade.**

Goal	9th Grade	10th Grade	11th Grade	12th Grade
Service or Work-based Learning				

Date of Check	Student Initial	Total Units
		Total Units Earned:

23 units or sets of competencies are required to meet state graduation requirements.

Total Units Earned must match **Total Units Upon Final Check** on Page 1.



Page 2 of 2

Graduation & Beyond

TO UNDERSTAND YOUR GRAD PLAN IN YOUR ACCOUNT, SCAN THIS:



SCAN ME

TO SEE OK DEPT. OF EDUCATION GRADUATION RESOURCES, SCAN THIS:



SCAN ME

OVCA OFFERS APPROVED HS STUDENTS THE OPPORTUNITY TO #1 EARN COLLEGE CREDITS WHILE IN HS #2 ATTEND CAREER TECHS AROUND THE STATE #3 PARTICIPATE IN A WORK INTERNSHIP FOR HS CREDIT. IF YOU WOULD LIKE TO LEARN MORE, PLEASE WATCH THESE VIDEO INTERVIEWS BELOW.

INTERVIEW WITH MS. MCASKILL PART 1, SCAN HERE:



SCAN ME

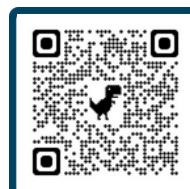
INTERVIEW WITH MS. MCASKILL PART 2, SCAN HERE:



SCAN ME

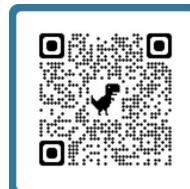
Graduation & Beyond

TO VISIT THE OKLAHOMA EDGE WEBSITE SCAN HERE:



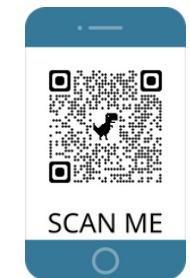
SCAN ME

TO SEE MORE INFO ON OK CAREER & TECHNOLOGY PROGRAMS AROUND THE STATE, SCAN HERE:



SCAN ME

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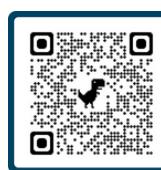
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