



The Readiness Foundation for College and Career Readiness 7th – Grade Teacher Lesson Plans

Seventh grade marks a pivotal year in our students' academic and personal development. This 36-week lesson plan is designed to further enhance their readiness for college and careers, building on the foundation laid in the previous year. By continuing to emphasize study skills, behavior management, and character education, we will guide our students through this crucial stage, equipping them with the knowledge and abilities necessary to succeed in higher education and future careers. Our goal is to foster a growth mindset, encourage personal responsibility, and instill the values that will help them navigate the challenges and opportunities ahead.

36-Week Lesson Plan

Weeks 1-4: Introduction and Goal Setting

Week 1: Welcome and Review

- Lesson: Introduction to the year and review of 6th-grade concepts
- Activity: Icebreakers and review games
- Study Skills: Refreshing organizational skills
- Behavior Management: Establishing classroom norms
- Character Education: Respect

Week 2: Goal Setting for 7th Grade

- Lesson: Setting academic and personal goals for the year
- Activity: Creating goal-setting worksheets
- Study Skills: Goal-setting techniques
- Behavior Management: Tracking progress
- Character Education: Responsibility

Week 3: Time Management Revisited

- Lesson: Advanced time management strategies
- Activity: Creating detailed weekly planners
- Study Skills: Prioritizing and scheduling

- Behavior Management: Time tracking
 - Character Education: Discipline
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Week 4: Introduction to Career Pathways

- Lesson: Exploring different career clusters
 - Activity: Career interest surveys and discussions
 - Study Skills: Researching career paths
 - Behavior Management: Active participation
 - Character Education: Curiosity
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Weeks 5-8: Study Skills and Academic Excellence

Week 5: Advanced Note-Taking Techniques

- Lesson: Different methods of note-taking
- Activity: Practice note-taking from lectures and readings
- Study Skills: Cornell notes, mind mapping
- Behavior Management: Active listening
- Character Education: Attentiveness

Week 6: Enhancing Reading Comprehension

- Lesson: Strategies for deeper understanding of texts
- Activity: Reading circles and comprehension questions
- Study Skills: Annotating texts
- Behavior Management: Focused reading sessions
- Character Education: Patience

Week 7: Math and Problem-Solving Skills

- Lesson: Applying math in real-world scenarios
- Activity: Group problem-solving exercises
- Study Skills: Analytical thinking
- Behavior Management: Cooperative learning
- Character Education: Persistence

Week 8: Effective Study Habits

- Lesson: Reinforcing good study habits
- Activity: Creating study plans

- Study Skills: Study schedules
 - Behavior Management: Self-monitoring
 - Character Education: Self-discipline
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Weeks 9-12: Career Exploration and Planning

Week 9: Career Research Projects

- Lesson: Researching chosen careers
- Activity: Career research presentations
- Study Skills: Research and presentation
- Behavior Management: Independent work
- Character Education: Responsibility

Week 10: Guest Speakers Series

- Lesson: Learning from professionals in various fields
- Activity: Guest speaker sessions
- Study Skills: Note-taking and questioning
- Behavior Management: Respectful listening
- Character Education: Respect

Week 11: Career Pathways Exploration

- Lesson: Detailed look at career clusters
- Activity: Career pathway exploration projects
- Study Skills: Research skills
- Behavior Management: Focused research
- Character Education: Curiosity

Week 12: Reflection on Career Interests

- Lesson: Reflecting on career exploration
- Activity: Writing reflections on career interests
- Study Skills: Reflective writing
- Behavior Management: Self-reflection
- Character Education: Self-awareness

Weeks 13-16: Enhancing Academic Skills

Week 13: Science and Technology Skills

- Lesson: Importance of science and technology

- Activity: Hands-on science experiments
- Study Skills: Scientific method
- Behavior Management: Safe lab practices
- Character Education: Curiosity

Week 14: Writing for Different Purposes

- Lesson: Different types of writing (persuasive, narrative, etc.)
- Activity: Writing assignments with peer reviews
- Study Skills: Writing techniques
- Behavior Management: Revision and editing
- Character Education: Clarity

Week 15: Critical Thinking and Analysis

- Lesson: Developing critical thinking skills
- Activity: Analyzing texts and media
- Study Skills: Critical analysis
- Behavior Management: Thoughtful discussion
- Character Education: Open-mindedness

Week 16: Using Technology Effectively

- Lesson: Digital literacy and responsible use of technology
- Activity: Research projects using digital tools
- Study Skills: Digital literacy
- Behavior Management: Responsible use of technology
- Character Education: Integrity

Weeks 17-20: Behavioral Skills and Character Education

Week 17: Building Self-Esteem

- Lesson: Strategies for boosting self-esteem
- Activity: Self-esteem building exercises
- Study Skills: Positive self-talk
- Behavior Management: Encouraging positivity
- Character Education: Confidence

Week 18: Effective Communication Skills

- Lesson: Improving communication abilities
- Activity: Group discussions and role-playing

- Study Skills: Effective communication
- Behavior Management: Respectful conversation
- Character Education: Empathy

Week 19: Teamwork and Collaboration

- Lesson: Importance of working together
- Activity: Group projects and team-building exercises
- Study Skills: Collaboration techniques
- Behavior Management: Cooperative work
- Character Education: Teamwork

Week 20: Conflict Resolution

- Lesson: Techniques for resolving conflicts
- Activity: Conflict resolution role-plays
- Study Skills: Negotiation skills
- Behavior Management: Peaceful conflict resolution
- Character Education: Empathy

Weeks 21-24: Financial Literacy

Week 21: Basics of Budgeting

- Lesson: Introduction to budgeting
- Activity: Creating a personal budget
- Study Skills: Financial planning
- Behavior Management: Financial responsibility
- Character Education: Responsibility

Week 22: Understanding Money Management

- Lesson: Saving and spending wisely
- Activity: Money management games
- Study Skills: Money management
- Behavior Management: Wise decision-making
- Character Education: Prudence

Week 23: Banking and Credit

- Lesson: Basics of banking and credit
- Activity: Simulating banking transactions
- Study Skills: Understanding credit

- Behavior Management: Responsible credit use
- Character Education: Integrity

Week 24: Long-Term Financial Planning

- Lesson: Importance of long-term financial planning
 - Activity: Planning for future expenses
 - Study Skills: Long-term planning
 - Behavior Management: Thinking ahead
 - Character Education: Foresight
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Weeks 25-28: Health and Wellness

Week 25: Physical Health

- Lesson: Importance of physical health
- Activity: Designing a personal fitness plan
- Study Skills: Goal setting for health
- Behavior Management: Maintaining physical health
- Character Education: Self-care

Week 26: Mental Health

- Lesson: Understanding mental health
- Activity: Mindfulness exercises
- Study Skills: Managing stress
- Behavior Management: Mindfulness practices
- Character Education: Resilience

Week 27: Nutrition and Healthy Eating

- Lesson: Importance of nutrition
- Activity: Creating a healthy meal plan
- Study Skills: Planning for nutrition
- Behavior Management: Healthy eating habits
- Character Education: Responsibility

Week 28: Healthy Relationships

- Lesson: Building healthy relationships
- Activity: Role-playing healthy interactions
- Study Skills: Interpersonal skills
- Behavior Management: Respectful interactions

- Character Education: Kindness
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Weeks 29-32: Civic Engagement and Community Service

Week 29: Understanding Civic Responsibility

- Lesson: Importance of civic engagement
- Activity: Researching local government
- Study Skills: Civic knowledge
- Behavior Management: Active citizenship
- Character Education: Citizenship

Week 30: Volunteering and Community Service

- Lesson: Benefits of volunteering
- Activity: Planning a community service project
- Study Skills: Project planning
- Behavior Management: Volunteering commitment
- Character Education: Generosity

Week 31: Leadership Skills

- Lesson: Developing leadership skills
- Activity: Leading a group project
- Study Skills: Leadership techniques
- Behavior Management: Leading by example
- Character Education: Leadership

Week 32: Reflection on Community Service

- Lesson: Reflecting on the impact of community service
 - Activity: Writing a reflection on community service experience
 - Study Skills: Reflective writing
 - Behavior Management: Reflecting on actions
 - Character Education: Humility
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Weeks 33-36: Review and Preparation for Next Year

Week 33: Reviewing Study Skills

- Lesson: Review of key study skills learned throughout the year
- Activity: Study skills scavenger hunt
- Study Skills: Reinforcing effective study habits
- Behavior Management: Consistency in study routines
- Character Education: Reflectiveness

Week 34: Preparing for 8th Grade

- Lesson: Transitioning to 8th grade
- Activity: Creating a personal action plan for 8th grade
- Study Skills: Goal setting for the next academic year
- Behavior Management: Adapting to change
- Character Education: Adaptability

Week 35: Self-Assessment and Personal Growth

- Lesson: Assessing personal growth over the year
- Activity: Self-assessment worksheets and discussions
- Study Skills: Self-evaluation techniques
- Behavior Management: Reflective practices
- Character Education: Growth mindset

Week 36: Celebration and Reflection

- Lesson: Celebrating achievements and reflecting on the year
- Activity: End-of-year celebration and award ceremony
- Study Skills: Reflecting on learning experiences
- Behavior Management: Positive reinforcement
- Character Education: Gratitude

As we conclude this transformative year, it is essential to recognize the growth and accomplishments of our students. Through this comprehensive 36-week program, we have not only prepared them for the academic challenges ahead but also instilled valuable life skills and character traits. By focusing on college and career readiness, enhancing study skills, managing behavior, and fostering character education, we have laid a solid foundation for their future success. Let us continue to support and inspire our students as they move forward, confident in their abilities and prepared to achieve their goals.