



# America's Young Gentlemen Mentoring Program

## Session Two:

1. Opening welcome and acknowledgements
2. Review previous session
3. Activity # 1 - 10 Guiding Principles of AYG Mentoring Program
  - a. Worksheet #1 – (Guiding principles)
4. Activity # 2 - Accelerated grades for the 21<sup>st</sup> Century
  - a. Worksheet # 2 (The journey to becoming a honors student)
5. Activity # 4 - The right value system
  - a. Worksheet #4 ( Understanding your value system)
6. Activity # 6 - Accept success understanding failure
  - a. Worksheet #6 (Accepting success understanding failure)
7. Activity # 11 - Social acceptance
  - a. Worksheet # 11 (Social success the acceptable paradigms)
8. Activity # 38 - Cognitive, analytical and critical thinking skills
  - a. Worksheet # 38 (Developing accelerated cognitive, analytical and critical Thinking skills)
9. Activity # 9 - Accepting higher learning as a way of life
  - a. Worksheet #9 (Higher learning is a way of life)
10. Activity # 17 - Anger management
  - a. Worksheet # 17 (Controlling anger is the science of humility)
11. Activity # 19 - Be the best of what it is to be human
  - a. Worksheet # 19 (Be true to all things is the best of being human)
12. Activity # 5 - Family value system
  - a. Worksheet # 5 (Family value systems)
13. Activity # 26 - Preparing for a medical career
  - a. Worksheet # 26 (Conditioning the mind for a medical profession)
14. Activity # 29 - Life Time-Line – (Now till you graduate from college)
  - a. Worksheet # 29 (Designing your blueprint for a lifetime of success)
15. Activity # 25 - Understanding the law and your rights
  - a. Worksheet # 25 (Knowing your rights as a minor under the law)
16. Activity # 36 - Martial Arts - Kung Fu as a way of life
  - a. Worksheet # 36 (The power of the mind, body, spirit and Chi Energy)
17. Closing session