



# America's Young Gentlemen Mentoring Program

## Session Five:

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 # 12 - USA economics
  - a. Worksheet # 12 (Unites States economics and your future)
6. Activity # 9 - Accepting higher learning as a way of life
  - a. Worksheet #9 (Higher learning is a way of life)
7. Activity # 26 - Preparing for a medical career
  - a. Worksheet # 26 (Conditioning the mind for a medical profession)
8. Activity # 20 - Computer science and technology
  - a. Worksheet # 20 (Computer science connects your world )
9. Activity # 10 - Identifying life barriers
  - a. Worksheet # 10 (Success comes from identifying life barriers)
10. Activity # 7 - Communication opens doors
  - a. Worksheet #7 (Removing communication barriers)
11. Activity # 11 - Social acceptance
  - a. Worksheet # 11 (Social success the acceptable paradigms)
12. Activity # 18 - Five Critical Disciplines
  - a. Worksheet # 18 (Understanding the complexities of serving others)
13. Activity # 15 - Life skills
  - a. Worksheet # 15 (Developing your inherent gifts, talents and skills)
14. Activity # 31 - The Four Disciplines of STEM
  - a. Worksheet # 31 (Mandates of Science, Technology, Engineering & Mathematics - STEM)
15. Activity # 37 - The evolution of your world through the age of 60
  - a. Worksheet # 37 (Exploring the evolution of your world to the age of 60)
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