



# America's Young Gentlemen Mentoring Program

## Session Seven:

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 # 43 - Time management
  - a. Worksheet # 43 (Controlling productivity through efficient time management)
6. Activity # 21 - Advancement in Technology
  - a. Worksheet # 21 (Staying up to date on technological advancements)
7. Activity # 24 - Understanding the complexities of authoritative figures
  - a. Worksheet # 24 (Strengthening your abilities to understand authority)
8. Activity # 39 - Understanding the value of non-profit agencies
  - a. Worksheet # 39 (How the non-profit agencies serve our communities)
9. Activity # 4 - The right value system
  - a. Worksheet #4 ( Understanding your value system)
10. Activity # 6 - Accept success understanding failure
  - a. Worksheet #6 (Accepting success understanding failure)
11. Activity # 10 - Identifying life barriers
  - a. Worksheet # 10 (Success comes from identifying life barriers)
12. Activity # 26 - Preparing for a medical career
  - a. Worksheet # 26 (Conditioning the mind for a medical profession)
13. Activity # 41 - Self creativity and motivation
  - a. Worksheet # 41 (Identifying with your Inherent gifts and talents)
14. Activity # 42 - Understanding the peer pressure
  - a. Worksheet # 42 (Understanding the psychological effects of peer pressure)
15. Activity # 32 - Maintain a Healthy Body
  - a. Worksheet # 32 (Understanding human anatomy and its
16. Activity # 39 - Understanding the value of non-profit agencies
  - a. Worksheet # 39 (How the non-profit agencies serve our communities)
17. Activity # 36 - Martial Arts - Kung Fu as a way of life
  - a. Worksheet # 36 (The power of the mind, body, spirit and Chi Energy)
18. Closing Session