



America's Young Gentlemen Mentoring Program

Session Nine:

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 # 4 - The right value system
 - a. Worksheet #4 (Understanding your value system)
5. 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)
6. Activity # 26 - Preparing for a medical career
 - a. Worksheet # 26 (Conditioning the mind for a medical profession)
7. Activity # 27 - Understanding psychology
 - a. Worksheet # 27 (Conditioning the mind for a psychology profession)
8. Activity # 15 - Life skills
 - a. Worksheet # 15 (Developing your inherent gifts, talents and skills)
9. Activity # 10 - Identifying life barriers
 - a. Worksheet # 10 (Success comes from identifying life barriers)
10. Activity # 41 - Self creativity and motivation
 - a. Worksheet # 41 (Identifying with your Inherent gifts and talents)
11. Activity # 6 - Accept success understanding failure
 - a. Worksheet #6 (Accepting success understanding failure)
12. Activity # 9 - Accepting higher learning as a way of life
 - a. Worksheet #9 (Higher learning is a way of life)
13. Activity # 29 - Life Time-Line – (Now till you graduate from college)
 - a. Worksheet # 29 (Designing your blueprint for a lifetime of success)
14. Activity # 45 - Substance abuse prevention
 - a. Worksheet #45 (Understanding the lifelong impact of substance abuse)
15. Activity # 43 - Time management
 - a. Worksheet # 43 (Controlling productivity through efficient time management)
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