


| Smithson Valley Rangers |  | Entering the classroom | Individual | Whole Class Activities | Lab Activities | Exiting the Classroom |
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| R | <p>Re-learn the material</p> | <ul style="list-style-type: none"> Review material before coming to class. Relate previous knowledge with new knowledge. Have lecture notes ready for cooking labs to relate content material. | <ul style="list-style-type: none"> Relate the cooking labs to lecture/discussions. Constantly review the policy and procedures for the class. Take notes on related material content. Practice re-learning the material using different learning strategies. | <ul style="list-style-type: none"> Utilize whole class activities as a reinforcement mechanism. Re-learn the material with a different perspective. Use a graphic organizer to group concepts together. | <ul style="list-style-type: none"> Re-teach the material to other students. Write down new connections from the lab activity to lecture notes. Use cooking labs as a way of re-enforcing the material taught during lecture. | <ul style="list-style-type: none"> Plan on reviewing the material outside the classroom. Review the homework assignment for understanding. Refer to the lab checkoff list before leaving. Consider re-doing cooking labs at home. |
| A | <p>Ask for help when you need it</p> | <ul style="list-style-type: none"> Ask for help from your peers or teacher if you are unsure about what to do. Check whether it will be a lecture or lab day. Ask the teacher to borrow supplies if needed . | <ul style="list-style-type: none"> Write down anything you are unsure about. Advocate for yourself. Have questions ready at hand. | <ul style="list-style-type: none"> Inquire about others' ideas. Ask for suggestions from others. Ask for personal examples related to content. | <ul style="list-style-type: none"> Ask for clarification about others' ideas. Ask to switch lab roles if your task is too difficult . Ask your lab partners to carry their own weight. | <ul style="list-style-type: none"> Ask for clarification of the material before leaving. Make sure you understand the homework assignment. Make sure all of your questions have been answered before leaving class. Ask group members to help clean up the work - station before leaving. |

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| <p>N</p> | <p><u>N</u>ever give up</p> | <ul style="list-style-type: none"> • Come-in with a positive outlook. • Obtain a growth-mind set ability. • Believe that you will understand the material. | <ul style="list-style-type: none"> • Put in your best effort. • Use previous knowledge to connect new knowledge. • Try different strategies for learning. • Challenge yourself. | <ul style="list-style-type: none"> • Push yourself to participate. • Understand that you are not alone. • Have faith the activity has a purpose. | <ul style="list-style-type: none"> • See small group activities as learning opportunities. • Believe in your group. • Be optimistic that lab activities will come out as expected. | <ul style="list-style-type: none"> • Leave the classroom with an optimistic attitude. • Think about things you might want to improve next class. • Reflect on what went wrong during a cooking demonstration. |
| <p>G</p> | <p><u>G</u>ratitude is everything</p> | <ul style="list-style-type: none"> • Show gratitude towards what your will be learning. • Set a positive tone. • View lab days as a privilege. | <ul style="list-style-type: none"> • Have an appreciation for the material. • Understand how the material impacts you. • Be patient when learning new material. | <ul style="list-style-type: none"> • Be open-minded towards others. • Learn from others. • Appreciate differences. | <ul style="list-style-type: none"> • Appreciate your peers. • Be grateful for constructive feedback from peers. • Be grateful to work with your peers. | <ul style="list-style-type: none"> • View set-backs as a learning opportunity. • Reflect on learning material. • Think about what went well. |
| <p>E</p> | <p><u>E</u>xpect to learn</p> | <ul style="list-style-type: none"> • Come to class ready to learn. • Have all supplies/materials ready. • Come to class with all pre-work completed. • Wear appropriate lab clothing during lab days. | <ul style="list-style-type: none"> • Relate learning content to personal life. • Take notes. • Keep all distractions out of sight. | <ul style="list-style-type: none"> • Engage in whole class discussions. • Be ready to share personal stories. • Separate opinions from facts. | <ul style="list-style-type: none"> • Reframe from private discussion. • Use group activities as an opportunity to learn about others' cooking preferences. • Learn about your group members backgrounds and culture related to food. | <ul style="list-style-type: none"> • Do not leave early. • Be prepared to review material at home. • Turn in exit tickets. |

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| R | <u>R</u>espect others | <ul style="list-style-type: none"> • Enter quietly • Patiently wait until class begins • Respect your peers | <ul style="list-style-type: none"> • Keep your hands to yourself • Respectfully communicate your ideas • Rude attitudes are not allowed | <ul style="list-style-type: none"> • Do not engage in side-conversations • Accept others' differences • Be open to new perspectives • Be respectful of other's opinions | <ul style="list-style-type: none"> • Treat everyone as equals • Allow others to speak without interruptions • Encourage others to share their thoughts • Compliment others | <ul style="list-style-type: none"> • Be mindful of the people around you when exiting • Do not rush out the door • Do not touch other people's work when exiting |
| S | <u>S</u>tay on task | <ul style="list-style-type: none"> • Go straight to your work station • Know whether it will be a lecture or lab day • Read all laboratory directions before starting cooking demo | <ul style="list-style-type: none"> • Actively listen • Do things in a timely manner • Complete each lab step accordingly • Finish laboratory work | <ul style="list-style-type: none"> • Keep engaged • Participate in group discussions • Offer insight during group discussions | <ul style="list-style-type: none"> • Remain in your work station until everyone in your group is finished • Engage in conversations related to food and nutrition • Make sure every group member understands the assignment | <ul style="list-style-type: none"> • Make sure all laboratory equipment is put away before leaving • Think about how you might redo an experiment next time • Do not leave labs until everyone in your group is done |