

YEAR 9

**UNIT:
YEARBOOK**

NAME :

REFLECT AND LOOK FORWARD



Ellen Malcolm




INTRODUCTION




YEARBOOK : REFLECTING ON THREE YEARS IN SCHOOL

Welcome to "Yearbook," a unit where we'll embark on a journey to reflect on the past three years of your school life. Just like flipping through the pages of a yearbook, we'll pause to think about the moments, achievements, and growth that have shaped your time here. Through this activity, you'll have the opportunity to document your experiences, celebrate your successes, and set your sights on the future. Get ready to create your very own yearbook-style reflection pages that will serve as a cherished keepsake of your school memories.



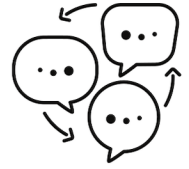
GOALS



- Reflect on your favorite memories and experiences from the past three years in school.
- Practice expressing yourself in English by answering reflection questions in complete sentences.
- Use vocabulary and grammar learned in class to articulate your thoughts and feelings effectively.
- Gain confidence in expressing yourself in English through writing and sharing your reflections with others.
- Appreciate the value of looking back on past experiences as a way to gain insight and perspective on your journey.
- Reflect on your future goals and aspirations, and consider how your past experiences have shaped them.



STARTING DISCUSSION



1. What's been your favorite subject or class over the past three years, and why?

2. What's something you've learned about yourself during your time in school?

3. Describe a challenge you faced in school and how you overcame it.

4. If you could give advice to your past self when you first started school, what would it be?

5. What are you most proud of accomplishing during your time in school?

EXPRESSING AN OPINION

- In my opinion, ...
- From my perspective, ...
- I believe that ...
- It seems to me that ...
- Personally, I think ...
- I feel strongly that ...
- It's my view that ...
- In my experience, ...
- My impression is that ...
- I'm of the opinion that ...
- I'm convinced that ...
- As I see it, ...



ARTICLE:

REFLECTING ON LIFE'S REGRETS

As people approach the end of their lives, they often reflect on the moments that shaped their journey. Some look back with contentment, while others carry regrets. **What are some of the biggest regrets people have when lying on their deathbed?**

One common regret is not staying in touch with friends and family. In the busyness of life, it's easy to lose touch with loved ones. Many people wish they had spent more time with family, reached out to old friends, or resolved conflicts before it was too late.

Another regret is not pursuing their dreams. Fear of failure or societal pressures can hold people back from following their passions. On their deathbed, some wish they had taken more risks and pursued what truly made them happy.

Some people regret working too much and not finding a balance between work and life. They realize too late that material success is not as fulfilling as spending quality time with loved ones and pursuing personal interests.

Another regret is not expressing their true feelings. Many people hold back from saying "I love you" or apologizing when they should have. They wish they had been more open and honest in their relationships.

Finally, some regret not taking better care of their health. They realize too late the importance of eating well, exercising regularly, and seeking medical help when needed. Neglecting their health can lead to a life filled with missed opportunities and regrets.

As we reflect on these common regrets, let's remember to cherish our loved ones, pursue our dreams, find balance in our lives, communicate openly, and prioritize our health. Let's live each day with intention and purpose, so we can look back on our lives with few regrets.



QUESTIONS FOR REFLECTION

ARTICLE: REFLECTING ON LIFE'S REGRETS



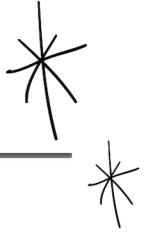
1. What are some common regrets people have when lying on their deathbed?

2. Why do some people regret not staying in touch with friends and family?



3. What holds some people back from pursuing their dreams?

4. Why do some regret working too much?



5. What do people regret about expressing their feelings?

6. Why is taking care of one's health important according to the article?

"In the end, it's not the years in your life that counts. It's the life in your years."
- Abraham Lincoln

WATCH: A PERSON WITH A TERMINAL ILLNESS GIVES LIFE ADVICE

Summarize the video either on paper or on Classroom. Remember to use different ways of expressing yourself.





INSPIRING QUOTES



"Life is not measured by the number of breaths we take, but by the moments that take our breath away."

- **Maya Angelou**

"Life is like riding a bicycle. To keep your balance, you must keep moving." - **Albert Einstein**



"The only thing that stands between you and your dream is the will to try and the belief that it is actually possible." -

Joel Brown

"Success is not final, failure is not fatal: It is the courage to continue that counts." - **Winston Churchill**

"The only way to do great work is to love what you do. If you haven't found it yet, keep looking. Don't settle." -

Steve Jobs



"There are no secrets to success. It is the result of preparation, hard work, and learning from failure." - **Colin**

Powell



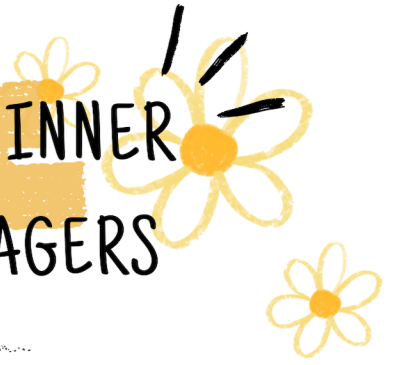
QUESTIONS WHEN ANALYZING

1. What do you think this quotation "means"? Think of the deeper meaning!
2. How can people use this quote in their life? In what way?
3. Give a "real life" example of what this quote is about.
4. How would the world be different if everyone lived by this quotation?





ARTICLE: THE IMPORTANCE OF INNER BEAUTY: A MESSAGE FOR TEENAGERS



In today's world, it's easy to feel like the way we look on the outside is the most important thing. We see images of "perfect" people in magazines, on social media, and in movies, and it can make us feel like we need to look a certain way to be accepted or valued. However, putting too much emphasis on external looks can be dangerous, especially for teenagers.

When we focus too much on how we look, we can start to judge ourselves and others based solely on appearances. This can lead to low self-esteem, insecurity, and even mental health issues like depression and anxiety. We might feel like we're not good enough if we don't match up to the unrealistic standards we see in the media.

Instead of putting all our energy into trying to look a certain way, it's important for teenagers to prioritize inner beauty. Inner beauty is about who we are as people - our kindness, compassion, and strength of character. It's about how we treat others and how we make them feel.

Inner beauty is something that lasts long after our physical appearance has changed.



So, what can teenagers prioritize instead of focusing solely on external looks? Here are some things to consider:

Self-Confidence: Instead of seeking validation from others based on our appearance, we should focus on building self-confidence from within. This means recognizing our strengths and talents and being proud of who we are, regardless of how we look.

Healthy Relationships: It's important to prioritize relationships based on mutual respect, trust, and understanding, rather than superficial things like appearance. Surrounding ourselves with people who value us for who we are as individuals can help boost our self-esteem and overall well-being.

Personal Growth: Instead of trying to change our appearance to fit in with societal standards, we should focus on personal growth and development. This could involve setting goals, trying new things, and learning new skills that make us feel fulfilled and happy.

Kindness and Empathy: Treating others with kindness and empathy is a key aspect of inner beauty. By focusing on how we can make a positive impact on the world around us, we can cultivate a sense of inner beauty that goes far beyond our physical appearance.

Mindfulness and Self-Care: Taking care of our mental and emotional well-being is essential for overall happiness and fulfillment. Practicing mindfulness, self-care, and positive affirmations can help us cultivate a sense of inner peace and confidence that shines through in everything we do.

In conclusion, while it's natural to want to look our best, it's important for teenagers to remember that true beauty comes from within. By prioritizing inner beauty over external looks, we can build self-confidence, form meaningful relationships, and lead happier, more fulfilling lives. So let's embrace who we are, celebrate our uniqueness, and focus on what truly matters - the beauty that lies within each and every one of us.



QUESTIONS FOR REFLECTION

ARTICLE: THE IMPORTANCE OF INNER BEAUTY: A MESSAGE FOR TEENAGERS

1. What is the main message of the article?

2. Why is putting too much emphasis on external looks considered dangerous for teenagers?

3. According to the article, what are some consequences of focusing solely on appearance?

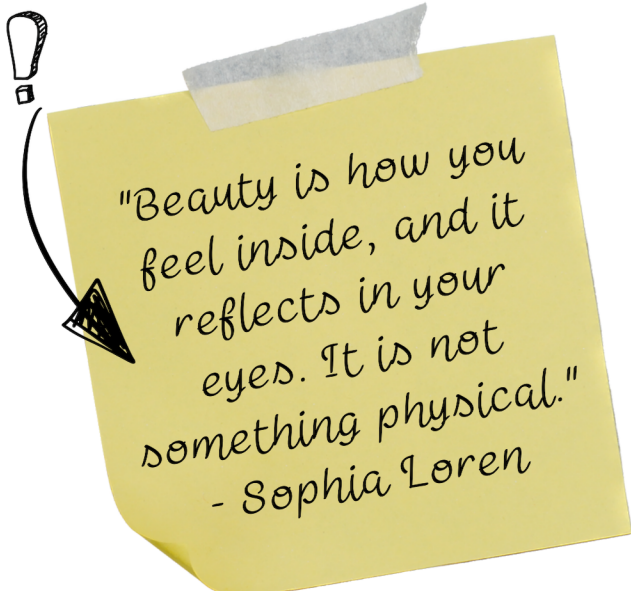


4. What is inner beauty, as described in the text?

5. List three things teenagers can prioritize instead of focusing only on external looks.

6. How can building self-confidence help teenagers?





WATCH: ABANDONED BY MY PARENTS BECAUSE OF MY FACE

Summarize the video either on paper or on Classroom.

Remember to use different ways of expressing yourself.





ARTICLE: ADVICE FOR YOUNG PEOPLE JUST STARTING IN LIFE



Starting out in life can be both exciting and daunting. As young people embark on their journey into adulthood, there are many lessons to be learned and challenges to overcome.

Here are some pieces of advice to help guide them through this transformative period:

1. Embrace Failure: Failure is not the end of the road but rather a stepping stone to success. Don't be afraid to try new things and take risks, even if it means you might fail. Each failure is an opportunity to learn, grow, and become stronger.

2. Follow Your Passion: Pursue your interests and passions wholeheartedly. Whether it's art, music, science, or entrepreneurship, follow your heart and do what makes you truly happy. Your passion will drive you to work hard and achieve your goals.

3. Invest in Yourself: Take care of your physical, mental, and emotional well-being. Prioritize self-care, exercise regularly, nourish your mind with knowledge, and surround yourself with positive influences. Investing in yourself is the best investment you can make.

4. Build Relationships: Cultivate meaningful connections with others. Surround yourself with people who support and uplift you, and be there for them in return. Building strong relationships is essential for personal and professional growth.





5. Be Financially Responsible: Learn the basics of money management early on. Save and invest wisely, live within your means, and avoid unnecessary debt. Developing good financial habits now will set you up for a secure future.

6. Stay Curious: Never stop learning and exploring the world around you. Stay curious, ask questions, and seek out new experiences. The more you learn, the more opportunities you'll discover.

7. Practice Gratitude: Take time to appreciate the blessings in your life, no matter how small. Gratitude fosters happiness and contentment, and helps you maintain a positive outlook, even in challenging times.

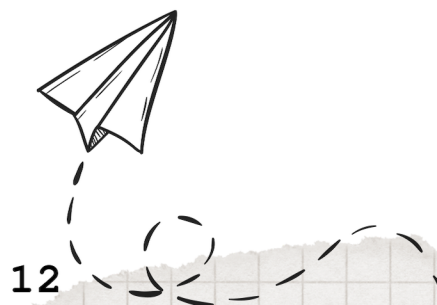
8. Embrace Change: Life is full of unexpected twists and turns. Embrace change with an open mind and a positive attitude. Adaptability is a valuable skill that will serve you well throughout your life.



9. Be Patient: Rome wasn't built in a day, and neither is success. Be patient with yourself and the process. Great things take time, effort, and perseverance. Stay focused on your goals and keep moving forward, one step at a time.

10. Believe in Yourself: Above all, believe in yourself and your abilities. You are capable of achieving great things, and you deserve to pursue your dreams with confidence and determination. Trust in yourself and your journey, and never underestimate your potential.

As young people embark on the journey of adulthood, these pieces of advice can serve as guiding principles to help them navigate the challenges and opportunities that lie ahead. With courage, resilience, and a positive mindset, they can create a bright and fulfilling future for themselves.





QUESTIONS FOR REFLECTION



ARTICLE: ADVICE FOR YOUNG PEOPLE JUST STARTING IN LIFE



1. What is the main purpose of the article?

2. According to the text, why is failure considered an important part of success?

3. Name two pieces of advice mentioned in the article for young people just starting in life.



4. How can practicing gratitude benefit young people?

5. Why is it important for young people to embrace change, according to the text?

6. What is the big message conveyed through the advice provided in the article?



**WATCH: NICK VUJICIC
SPEECH - NEVER GIVE UP,
JUST BE YOURSELF**

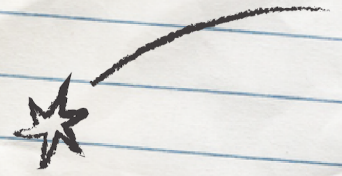
Summarize the video either on paper or on Classroom.

Remember to use different ways of expressing yourself.





MY OWN YEARBOOK



Welcome to my yearbook reflection! Over the past three years, I've had countless experiences, made lasting memories, and grown in many ways. Join me as I reflect on my journey through school.

Section 1: Favorite Memories

What was one moment from each school year that stands out as your favorite memory?

Year 1:

Year 2:

Year 3:

Section 2: Academic Achievements



Reflect on your academic journey. What subjects did you excel in? Any particularly challenging ones?

Strengths:

Challenges:

Section 3: Personal Growth



How have you grown personally over the past three years? Describe a specific instance or experience that contributed to your growth.

- *Discuss a challenge you faced and how you overcame it.*
- *Describe a moment when you felt proud of yourself this year.*

Section 4: Future Goals



Looking ahead, what are your aspirations for the future? How has your time in school shaped these goals?

Discuss any plans or steps you're taking to achieve your future goals.

Section 5: Advice for new students



As you are leaving there are new students starting their own journey at högstadiet. Give them advice and encouragement as they start their journey in our school.

- *Three pieces of advice for the new students to help them adjust and succeed at the school.*
- *Examples or personal experiences to support each piece of advice.*
- *Words of encouragement to reassure them.*

Section 6: Reflect on a quote



Choose a quote from this workbook, our bell ringers or somewhere else and reflect on it using the questions below.

My quote:

- 1. What do you think this quotation "means"? Think of the deeper meaning!
- 2. How can you use this quote in your current and future life?

Section 7: Someone I admire



Think about someone you admire - it could be a family member, a friend, someone from one of the videos we have watched, a teacher, or someone famous. Write about this person and why you admire them. What qualities or characteristics do they have that you admire? How do they inspire you? Finally, explain how you can learn from them and apply their positive qualities to your own life.
