

Session 9
“My Parent(s) and Me”

Goals

- The purpose of this session is to bridge the gap between the student and parent to ensure academic success.
- To provide students with insight into understanding parents.

Materials

Activity 1
Activity 2
Activity 3
Parent Report Card

Procedure

Greet the students. Wait until the students are seated and quiet. Reintroduce yourself to the students if necessary. Briefly describe the goals of today’s lesson.

Script

“Good Morning! I hope all of you have had a good week so far. Let’s review quickly what we learned from the last session.” (Mentor will call upon group members to respond.)

Our topic for this session is “My Parents and Me.”

Do you ever feel like your parents don’t understand you? Why do you think they don’t understand you? (If no response, give the following possible reasons: Is it because they are too old; you are just so different from them; parents just never understand their children?)”

“What is it that your parents or guardians do that let you know they don’t understand you anymore? How do you react? Young people often feel misunderstood and they often are misunderstood. You are just approaching adolescence and have a normal desire to become more independent and be more of an individual, not “just one of the family”. Some times parents have difficulty accepting this, even though they have been through this themselves when they were young.”

“Almost all children say, at one time or another that when they have children of their own, they will not treat their children the way their parents treated them. Probably your own parents said the same thing.”

“Do you think most of them kept that promise when they became parents? Why? Why not?”

“How many of you plan to marry and have children of your own someday? At what age and how many?”

“What kind of parent do you think you might be? How will you show your children that you love them? How will you discipline them? Being a parent is an important job and not always easy. Parents don’t have all the answers and they make mistakes along the way, just like everyone else. They are individuals who have to fill a lot of different roles. Not only are they parents; they are sons, daughters, sisters, brothers, employees, employers, friends, etc. They have hopes, fears and dreams. They are sometimes happy, sad, angry, thoughtful, forgetful, etc. They love and want to be loved. They teach us values that become an important part of our lives.”

Pass out Activity 1. Complete the Values Coat of Arms activity. The other activities need to be completed with your parent/guardian.

Closing the mentor session:

“Our time is almost up. Who would like to summarize our session today? Are there any questions before we go? I have really enjoyed meeting with each of you. Thank you for allowing me to spend time with you today and I look forward to our next meeting.”

“I should see you again on _____. Have a good day and a good week.”

Session 9

Activity 1:

Parents how well do you know your child? Students how well do you know your parent? Students take two surveys home. Fill out one survey answering each question for yourself and your parent/guardian. Use your best guess regarding your parents likes and dislikes. Parents do the same. Complete the survey answering the questions for yourself and your child. Once you have both completed the survey, compare your answers.

Activity 2:

Allow your parent to complete the Parent Report Card. Go over the responses and results together. Use the report card to set some goals for improvements. Be sure to set defined and obtainable goals. Monitor your parent's progress together.

Session 9

Activity 4: Virginia Hero

Valerie June Carter Cash (June 23, 1929 – May 15, 2003) was a singer, songwriter, actress and comedian and was a member of the Carter Family, and the second wife of singer Johnny Cash. She played the guitar, banjo, and autoharp.

Cash was born Valerie June Carter in Maces Springs, Virginia. She was born into country music and performed with the Carter Family from the young age of ten. In March 1943, when the Carter Family trio stopped recording together, Maybelle Carter, with encouragement from her husband Ezra, formed "Mother Maybelle & the Carter Sisters" with her daughters Helen, Anita, and June. The new group first aired on radio station WRNL in Richmond, Virginia, on June 1. Doc and Carl rejoined them in late 1945. June, then 16, was a co-announcer with Ken Allyn and did the commercials on the radio shows for "Red Star Flour", "Martha White," and "Thalheimers Department Store," just to name a few. For the next year, the Carters and Doc and Carl did show dates within driving range of Richmond through Virginia, Maryland, Delaware and Pennsylvania. She later said she had to work harder at her music than her sisters, but she had her own special talent, comedy. A highlight of the road shows was her "Aunt Polly" comedy routine. Carl wrote in his memoirs that June was "a natural born clown, if there ever was one." She attended John Marshall High School during this period.

Johnny Cash proposed to June during a live performance at the London Gardens, in London, Ontario, Canada. Their marriage spanned 35 years until June's death in May 2003. June's stepdaughter, Rosanne Cash, once stated that "if being a wife were a corporation, June would have been a CEO. It was her most treasured role." Rosanne also remembers that June loved flowers and often wore flowered things, and kept them all around her house. June and Johnny had one child, John Carter Cash, born on March 3, 1970. He is a record producer and author.

June Carter Cash is best known for singing and songwriting, but she was also an author, actress, comedian, philanthropist and humanitarian. In 1967, June and Johnny together won a Grammy Award in the Best Country & Western Performance, Duet, Trio Or Group (vocal or instrumental) category for the song "Jackson." In 1970, they won again in the Best Country Performance by a Duo or Group with Vocal category for the song, "If I Were a Carpenter." June Carter Cash died in Nashville, Tennessee of complications following heart valve replacement surgery on May 15, 2003 at the age of 73. Johnny Cash died September 12, 2003, and June's second daughter Rosie passed away a month later.

www.wikipedia.com

Activity 5: Stress Relief

Work off that stress! Exercise can be a great method of relaxation, depending on how you do it. The trick is to find a form of exercise you enjoy. If jogging isn't your thing, try more creative outlets such as Hula Hooping, jumping rope, roller-skating, or just jumping around to your favorite music.

Activity 6: Virginia Trivia

The State flower is not really a flower, but the blossom of the dogwood, which is also the state tree.