

Dates to Remember:

All-State Student Council
applications: March 1st

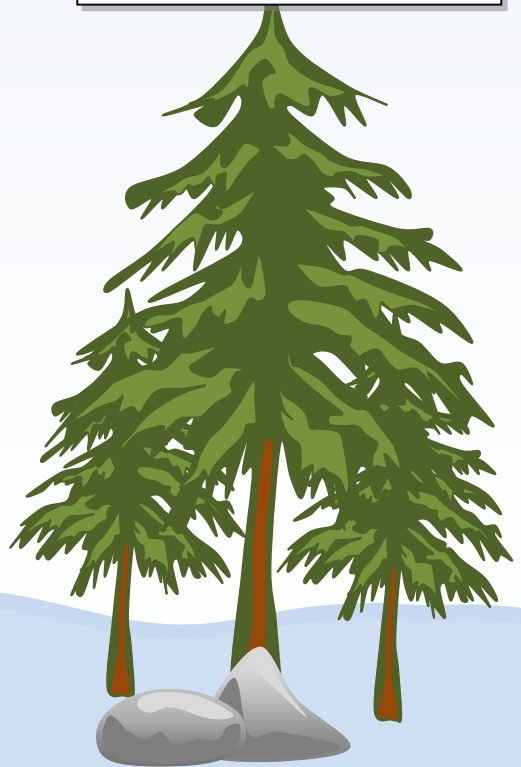
SDSCA Convention Registration,
Rapid City: March 1st

SDSCA Outstanding Student
Council: March 1st

SDSCA Officer Intent Form:
March 1st

SDSCA Convention: March 31st
and April 1st: Tuesday and
Wednesday
CMN donations

Welcome back! Hope you all had a great holiday! Please note the dates to remember as they have a tendency to sneak up on us all! Your SDSCA Board has been busy planning this year's convention and have lined up some great events and speakers! Hope all your councils can attend! As it has been awhile since we all had a gathering!! That's all I'm going to say about that!



HEALTHY MEETING CHECKLIST

Productive

1. Everyone comes to meetings.
2. Task is clearly communicated to everyone.
3. Small enough group to work on task.
4. Deep interest in and commitment to each other, the group and the task.
5. Relationship of caring members one to another.
6. Planned and actual movement toward goals.
7. Work goes on between meetings.
8. Problem analysis and decision making takes place.
9. Members have a feeling of achievement/low frustration level
10. Communication channels are open and trust between members is high.
11. Disagreement and controversy occur but usually move the group onward.
12. Members develop loyalty to group organization and cause.
13. The leadership function and style(s) are carried in a way that helps the group productively.
14. Regular "stock taking" happens.

Non-productive

1. People come sporadically.
2. Unclear charge and task and agenda.
3. Too large a group for the task.
4. Lack of interest in group.
5. Members remain fairly unrelated to one another.
6. No clear movement toward goals- one meeting not related to the next.
7. Members rarely get together to work between meetings.
8. Little or no problem analysis making.
9. Frustration feelings are evident little or no feeling of success.
10. Communication is clogged.
11. Little agreeable disagreement.
12. Little or no loyalty to group.
13. Leadership function is not clearly or decisively carried through.
14. No evaluation or summary before moving on.

Better Choices, Better Me

Activity Directions:

This is a silent, individual activity. Students work alone and reflect inward, no sharing during the process.

Steps:

1. Prepare 16 plain squares per student (or 4 each of 4 colors).
2. On the first 4 squares → Write **one goal** on each square.
3. On the next 4 squares → Write **one role or identity** (student, athlete, dancer, best friend, sister, etc.) on each square.
4. On the next 4 squares → Write **one material object** you value (phone, jewelry, favorite shoes, letter, etc.).
5. On the last 4 squares → Write **the names of people you love or care about** (one per square).
6. After completing all 16 squares, pause and notice: **This is your world. These choices represent your identity, values, and life right now.**

Round 1 – Intentional Choice

- Choose **one square from each category** to give up (1 goal, 1 role, 1 object, 1 person).
- Teacher collects them.
- **Reflection:** How did it feel to make those choices on purpose? Was it easier or harder to choose intentionally?

Round 2 – Blind Choice

- Turn all squares upside down. Now, give away **4 random squares** without knowing what you're losing.
- **Reflection:** What happened when you didn't get to choose? Did you lose something important to you? How is this like making careless or unintentional decisions in real life? What are some examples of this?

Round 3 – Fate

- Teacher (as "fate") takes 4 more squares at random.
- **Reflection:** Sometimes things happen beyond our control; accidents, tragedies, natural disasters. How does this feel compared to when you chose intentionally?

Discussion:

- Which losses were the hardest? Which were the easiest?
- What does this activity show about the difference between making intentional choices and making "blind choices" in life?
- How do your decisions shape the person you're becoming?
- What role does gratitude play in becoming your best self?
- How do good choices help reveal your true identity?
- What's one intentional choice you can make today that brings you closer to the best version of yourself?
- Does it matter who you hang out with to help you make better choices? Why or why not?

Key Lesson:

Life is a series of choices. Some we make on purpose, some we make blindly, and some are made for us by fate. To become your truest self, you must be intentional about your decisions. When you make choices that align with your values and goals, you grow into the best version of yourself, because you did it on purpose.