NEU SUMMER ACTIVITIES

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
The number of schools involved in No Excuses University continues to grow, and NEU now serves more than 150,000 students. We want to encourage all our students to keep their momentum going during the summer break. Whether you choose to do one activity each day, or a couple of activities each week, it all adds value. These summer activity suggestions were designed to support every student's growth in college readiness, character development, and goal setting while keeping the No Excuses mission at the forefront. Thank you. Damen Lopez Founder, No Excuses University No Excuses University Your NEU Summer Activities Calendar is designed to be used in whatever way it best supports you. You can do the activities in order or select activities at random. Add the dates as you go along, once you do the activity. Enjoy! Have a great summer!		1 Make a list of the three things that you're most proud of as a student.	2 **Choose Gratitude** Write down the word Gratitude on a piece of paper. Now decorate the page with pictures and words to show what Gratitude means to you.
		College Conversation Talk to your family and friends about a person you admire. Which traits do they have that you'd like to develop as well?	**Choose Courage** Create your own Character Superhero. Draw a picture of him/her. Then write about his/her Character Superpower and how it helps others.
Choose Kindness Write a letter to someone you know, encouraging them to reach their goals. Include at least three ideas for how they can achieve success.	**College Conversation** Talk to your family and friends about a goal you'd like to set for yourself. What steps will it take for you to achieve it?	Who is your hero? List the character traits your hero has that make her or him an inspiration to you. How are you similar to your hero? What character traits do you share with your hero?	**College Conversation** Talk to your family and friends about what you think the most important academic behaviors are for college students to have. How many of these behaviors do you already exhibit?
Next Greatest Gen Think about some negative distractions you have faced. Now, create and share a list of positive reactions that will support you when you are faced with negative distractions in the future.	Fold a piece of paper in half. On one side of the paper, write down the things that you think will help make you successful. On the other side, write down the things that might challenge you.	**College Conversation** Talk to your family and friends about a career you are passionate about. What makes that particular career so appealing to you?	**Next Greatest Gen** Think about a time when you made a decision simply because it was the right thing to do. How did that feel? Share your experience with your family and friends.
Write a newspaper article for the university newspaper that describes your first day attending classes at your university. What happened? Whom did you meet? Where did you go?	**Choose Courage** Every day, say an affirmation when you wake up, such as, "I am courageous!" or "I can do it!"	**Next Greatest Gen** Name three things you want to achieve by the time you are an adult. What steps are you willing to take to achieve those goals?	"Character is doing the right thing, even when no one is watching." As a family, discuss examples of people who demonstrate good character even when no one is watching.
Choose Compassion Ask your parents to help you find items in your home that your family no longer needs and give them to charity.	**Next Greatest Gen** Think about why friendships are more important than possessions. Write down your reasons and share your thoughts with your family and friends.	Read a book about a person who was famous for having good character. What impact did they make on others?	**Next Greatest Gen** Think about a time when you disagreed with someone. What were your differences? What did you learn from each other? Share this experience with someone.

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Next Greatest Gen Discuss with your family what it means to have high expectations of yourself. Which skills or traits support you in being your best self?	Think of a time when you saw someone showing bad character. How did you handle it? What might you do differently?	Write a paragraph about the quality that you wish you could have more of. What actions will you take to strengthen that quality?
Next Greatest Gen What makes someone a good listener? Ask three people what they think and then discuss what you've learned with your family or friends.	**College Conversation** Talk to your family and friends about the best choice you ever made. What was the choice and what were the results of that choice?	What's your passion? When you take what you are passionate about and add it to your talents, you often find your gift. Write about how your gift(s) might one day help others.
Make a list of people in your life who can help you be successful in the goals that you've set for yourself. Ask them to help you each day.	Make a list of ways you can help yourself be more successful in accomplishing your goals. Post the list where you can see it. Try to utilize one or more each day.	**Next Greatest Gen** How do you want to be thought of by others? Name three words you'd like people to use when they are describing you. Share your thoughts and feelings with family and friends.
Choose Gratitude Think of three people you are grateful for and why they are special to you. Reach out to thank them!	**Next Greatest Gen** Ask your family about the sacrifices they have made in their lives. Discuss ways you can demonstrate that you respect and care for others.	**Choose Forgiveness** Think of three things you do when you are angry that are not healthy. Now replace them with three positive things.
Choose Kindness What activities can you do in your house that might help your parents?	**College Conversation** Talk to family and friends about one big challenge you struggle with. How can those closest to you help you find success in spite of this challenge?	Name one character trait you think you are good at demonstrating. Write some suggestions to help someone else demonstrate this character trait.
Make a "change for charity" container and collect spare change throughout the summer to give to your chosen charity. What charity will you donate to? Why?	Because good character is contagious, make a list of ways that you can help spread your good character to others.	Read a book or an article about a person who was respectful to others. In what ways did they show respect?

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1 Name someone in your life who is respectful to others. In what ways do they demonstrate respect?	2 **Choose Forgiveness** Make a list of five people in your life whom you need to forgive. How will forgiving them help you?	**College Conversation** Talk to your family and friends about college campuses. What services do you think all colleges should have available to their students?	Name some activities you can do in your house that might help your parents. List two or three helpful things that you will commit to doing each day.
"Treat others as you would like to be treated" is the Golden Rule. When have you followed the Golden Rule? Write about a time when someone treated you as they would like to be treated.	George Washington Carver said, "Education is the key to unlock the golden door of freedom." What do you think that means? Share your thoughts with someone in your family.	**Choose Kindness** Draw and color a self-portrait. Underneath your self-portrait, write how you will show kindness and compassion this week and be good example for others.	**College Conversation** Talk to your family and friends about college applications. Name three things that will be important for you to share about yourself on your college application.
The Power of WE Think of someone, family or friend, who has outstanding character. Write something about how their good character is a positive example for you and why.	**College Conversation** Talk to family and friends about college commitment. Many students start college but never finish. What habits will you demonstrate that will guarantee your completion in college?	**Next Greatest Gen** How will character and integrity be important when you go to college? Why will they be important? Share your thoughts with your family.	**Show Gratitude** Write a letter to someone you know who serves as a role model for you. Thank this person for helping you by demonstrating good character and for being a positive role model.
What does it mean to be dependable? Do some research or read about someone who was dependable. What did they do to show they were dependable?	Create a new character trait that is a combination of two or three of your favorite character traits. What will you call it? Why is this new character trait important? How will you demonstrate it? Share your new trait with someone.	**College Conversation** Talk to family and friends about integrity. They say, "Integrity is doing the right thing even when no one is watching." Name a time when you made a choice that showed integrity.	**Next Greatest Gen** Surprise someone by doing something kind for them. How did you feel when you did something kind for them? What are some other kind things you can do?
Have a conversation about integrity with someone in your life. Share why you think integrity is important and ask them to share why they think it's important. Talk about ways to demonstrate integrity.	Choose a university that you would like to learn more about this summer. What are its colors? Make a university flag using its colors and place it on your bedroom door.	**The Power of WE** Think about a goal that's important to you and write down three ways you can work on your goal that relate to The Power of WE.	**Choose Love** From this day on, let the Choose Love Formula guide your actions, choices, and thoughts. Read more at www.jesselewischooselove.org.
Name three famous people who went to your university. Tell your family about them and about the contributions they made to society. What are some contributions you would like to make?	**The Power of WE** Now that you've made your own goal, help your younger siblings, parents, or friends make a goal for themselves.	**College Conversation** Talk to your family and friends about planning for success. A goal without a plan is just a wish. What is your plan to be successful next school year?	Write a story about a day at your university when your best friend or a family member comes to visit you. What will you do? Where will you go? What would you like to show them?

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Choose Compassion How can your family help someone else? It can be a friend, family member, or stranger. Draw a picture showing your family helping this person.	Write a letter to yourself promising to show good character next school year. Ask a parent to save your letter and mail it to you at a later date.	**College Conversation** Talk to your family and friends about a choice you made that wasn't very good. What might you do differently next time you are faced with that same choice?
Name someone you know who exemplifies good character. If you observe them, what positive character traits do they use most? What can you learn from them?	**Choose Kindness** Offer to help a friend or family member who is having a difficult time. What can you do to help them? Practice Active Listening while you are talking with them.	**Choose Mindfulness** Allow yourself to focus on something beautiful in your environment. It can be a bird singing or a flower in the garden. Try to appreciate the beauty without thinking of anything else for two minutes.
Choose Compassion Make a list of things you can do every day to demonstrate kindness and compassion.	Wendell Phillips said, "Responsibility educates." What do you think that means? How does that relate to you and your life?	**Choose Kindness** Take the time to be kind. You can make a big difference in someone else's life.
Write a paragraph about one quality or character trait that you wish you had more of. What actions can you take to strengthen and develop that quality?	**College Conversation** Talk to family and friends about homework. Homework is a necessary part of being successful in school. What routine could help you successfully complete your homework each night?	What is integrity? Read something about someone who has demonstrated integrity. What did they do to show they have integrity? How do you demonstrate integrity?
Name 10 things you would like to know about the university you are interested in. Write out 10 questions and start doing some research to find the answers. What did you learn?	Who is your favorite university's mascot? Draw and color a picture of your university's mascot. Why is this its mascot? If your university does not have a mascot, create one.	Imagine spending a day at your university with its mascot. What do you do together? Whom do you meet? What would you like the mascot to show you or share with you?
What are five reasons why you are thinking about attending your university? List your reasons and share them with your family and friends.	**College Conversation** Talk to family and friends about your potential. Potential is when you match your passion with your talent. What are you passionate about and talented in? What career might match that gift?	What year was the university you would like to attend established? Subtract that year from this year to determine how long your university has been in operation.

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College Conversation 1 Talk to your family and friends about everyday struggles. Ask family members about the small daily challenges they face. What do they do in order to still find success?	Think about your favorite book character who demonstrated good character. Which character is it? Write about that character's best qualities. 2	**Next Greatest Gen** Why are goals important? What goals are important to you? Do you have a plan to help you accomplish your goals? Start a conversation about goals with your family.	Think about some jobs that require good character. What are those jobs and why is good character important? Share your thoughts with someone in your family.
As you learn more about the university you are interested in, what kind of clubs or activities do students at your university participate in? If you could start a new club at your college, what would it be?	**Choose Compassion** Think about a cause, issue, or organization you care about. Then write down three ways you can help make a difference.	**College Conversation** Talk to family and friends about saving money. Name something you'd like to buy (under $20). How can you earn and save the money to buy that item in the next two months?	If your parents write you a letter while you are away at college, what will they ask you about? What will they want to know about your college experience? What will you write back to them?
Think of someone, family or friend, who has outstanding character. Write something about how their good character is a positive example for you and why.	What could you do if you really wanted to speak with a student who is currently attending the university you are researching? Write down five steps you could take to make that possible. What would you ask them?	**Choose Compassion** Practice self-compassion. Make a list of 10 things you love about yourself!	Start a discussion with your family about who will be proudest of you when you graduate from your university. Why will they feel so proud? How will you feel?
What is grit? Read something about someone who has demonstrated grit. What did they do to show they have grit? How do you demonstrate grit?	Have a conversation about grit with someone in your life. Share why you think grit is important and ask them to share why they think it's important. Talk about ways to demonstrate grit.	**Choose Compassion** Practice deep breathing today. As you breathe in and out, imagine letting go of anger and filling your heart with love and compassion.	Researching the university you are interested in, find out how many miles away this university is from where you live. Draw a map that shows your college, your home, and some interesting places in between.
It's time to think about your goals for the coming school year. Choose one academic goal (in one subject) that you can work on.	To succeed at any goal, you need a plan. Without a plan, it's difficult to be successful. Why do you think a plan is important? Write down one goal and your plan for accomplishing that goal.	Think about a goal that's important to you and write down three ways you can work on your goal that will help you succeed.	List some goals you have accomplished. What are some of the things you have done to accomplish those goals? Make a list of things (plans, behaviors, attitudes) that have helped you reach your goals.
What can you include in your daily routine to help you work on your goals at home, a little each day?	**Choose Courage, Kindness, and Compassion** If you see others alone or left out, engage and include them.	What is compassion? Read about someone who has demonstrated compassion. What did they do to show they have compassion? How do you demonstrate compassion?	Have a conversation about compassion with someone in your life. Share why you think compassion is important and ask them to share why they think it's important. Talk about ways to be compassionate.

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What careers seem interesting to you? How will good character help someone in that career? Write one paragraph about the importance of having good character in this career.	**College Conversation** Talk to your family and friends about college classes. What do you know about the classes college students take? How are college students' schedules different from yours?	What are your best qualities? How do you know they are your best qualities? Why are these qualities important? Ask someone in your family what they think your best qualities are.
Three things in human life are important. The first is to be kind. The second is to be kind. And the third is to be kind. —Henry James What does this quote mean? How do you think it relates to you? Why is it important? How can you show kindness to others?		Look up the definition of success. There are many types of success. What does success look like to you? What contribution would you be making? How would you make things better for others and for your community?
College Conversation Talk to your family and friends about being accepted into the college of your dreams. How do you think you will feel when that happens? How will you celebrate your achievement?	What is persistence? Read something about someone who has demonstrated persistence. What did they do to show they have persistence? How do you demonstrate persistence?	Have a conversation about persistence with someone in your life. Share why you think persistence is important and ask them to share why they think it's important. Talk about ways to demonstrate persistence.
Next Greatest Gen Write a story about a real or fictional character who made sacrifices. Why was this important? What did they learn? What can you learn from them?	**College Conversation** Talk to your family and friends about dedication. While college is a lot of fun, it's also a lot of hard work. Make a list of five commitments you will make in order to be a great college student.	Think about goals you have accomplished and one you would like to accomplish. Cut out pictures from magazines and newspapers that show your new goal in action. Post them somewhere in your room as a daily reminder to you.
How can you tell if you have been successful? What data — facts and information — will confirm that you have been successful? Make a timeline for achieving a goal.	Dear NEU Student, Remember—start your school year knowing that the adults at your NEU School believe in your potential! Have a great year!	
Choose Compassion No negatives today. Let every word you say be kind and positive!		

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