

## Lesson 1 Graduation Day - Goal Setting

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### Putting it in Writing

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Write a paragraph about one of the following quotations:

**“When it is obvious that the goals cannot be reached, don’t adjust the goals, adjust the action steps.”** *Confucius*

**“Our greatest weakness lies in giving up. The most certain way to succeed is always to try just one more time.”** *Thomas Edison*

**“You measure the size of the accomplishment by the obstacles you had to overcome to reach your goals.”** *Booker T. Washington*

## Lesson 2 Who’s in Charge Here? - Decision Making

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### Putting it in Writing

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Write a paragraph about one of the following quotations:

**“Do the best you can until you know better. Then when you know better, do better.”** *Maya Angelou*

**“In any moment of decision, the best thing you can do is the right thing, the next best thing is the wrong thing, and the worst thing you can do is nothing.”** *Theodore Roosevelt*

**“The only person you are destined to become is the person you decide to be.”** *Ralph Waldo Emerson*

### Putting it in Writing

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*Write a paragraph about one of the following quotations:*

**"Let's not forget that the little emotions are the great captains of our lives and we obey them without realizing it." Vincent Van Gogh**

**"I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel." Maya Angelou**

**"The emotions aren't always immediately subject to reason, but they are always immediately subject to action." William James**

## Lesson 4 Say What You Mean, Mean What You Say

### *Effective Communication*

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### Putting it in Writing

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*Write a paragraph about one of the following quotations:*

**"When the eyes say one thing, and the tongue another, a practiced man relies on the language of the first." Ralph Waldo Emerson**

**"Everything becomes a little different as soon as it is spoken out loud." Hermann Hesse**

**"We have two ears and one mouth so that we can listen twice as much as we speak." Epictetus**

## Lesson 5 The Ties That Bind - Bonding and Relationships

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### Putting it in Writing

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Write a paragraph about one of the following quotations:

**"Whenever you're in conflict with someone, there is one factor that can make the difference between damaging your relationship and deepening it. That factor is attitude." William James**

**"Love does not claim possession, but gives freedom." Rabindranath Tagore**

**"It is not our purpose to become each other; it is to recognize each other, to learn to see the other and honor him for what he is." Hermann Hesse**

## Lesson 6 Time Wasted - Effects of Alcohol Use

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### Putting it in Writing

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Write a paragraph about one of the following quotations:

**"I would not put a thief in my mouth to steal my brains." William Shakespeare**

**"Health—what my friends are always drinking to before they fall down." Phyllis Diller**

**"Alcohol is barren. The words a man speaks in the night of drunkenness fade like the darkness itself at the coming of day." Marguerite Duras**

## Lesson 7 Vaporware - *Effects of Nicotine on the Brain and Body*

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### Putting it in Writing

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*Write a paragraph about one of the following quotations:*

**"Giving up smoking is the easiest thing in the world. I know because I've done it thousands of times."** *Mark Twain*

**"The best way to stop a bad habit is to never begin it."** *J. C. Penney*

**"Habits gradually change the face of one's life as time changes one's physical face; & one does not know it."** *Virginia Woolf*

## Lesson 8 Truth or Consequences – *Effects of Marijuana Use*

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### Putting it in Writing

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*Write a paragraph about one of the following quotations:*

**"So many writers make dope glamorous; a form of romantic transgression, or world-weariness, or poetic sensitivity, or hipness. Mainly it's the stuff of ritualistic communion among inarticulate bores."** *Leonard Michaels*

**"Look, just in the context of school, we know that marijuana negatively affects concentration, focus, memory and retention. Hello out there? Concentration, focus, memory, and retention. If you were in school, arguably, concentration, focus, memory, and retention are important things."** *Author Unknown*

**"In the long run, we shape our lives, and we shape ourselves. The process never ends until we die. And the choices we make are ultimately our own responsibility."** *Eleanor Roosevelt*

## Lesson 9 The Evidence Speaks for Itself

### *Prescription, OTC, and Street Drugs*

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### Putting it in Writing

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*Write a paragraph about one of the following quotations:*

**“One of the reasons people stop learning is that they become less and less willing to risk failure.”**

*John W. Gardner*

**“Well, when you’re trying to create things that are new, you have to be prepared to be on the edge of risk.”** *Michael Eisner*

**“And the day came when the risk to remain tight in a bud was more painful than the risk it took to blossom.”** *Anaïs Nin*

## Lesson 10 Consider the Alternative

### *Alternative to substance Use / Course Review*

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### Putting it in Writing

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*Write a paragraph about one of the following quotations:*

**“A good laugh and long sleep are the best cures in the doctor’s book.”** *Irish Proverb*

**“Take care of your body. It’s the only place you have to live.”** *Jim Rohn*

**“Life is not merely to be alive, but to be well.”** *Marcus Valerius Martial*