



UGYG

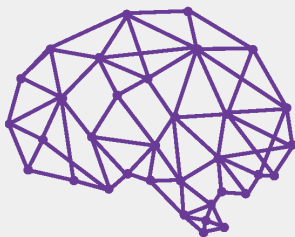
# Momentum

UpgrAde Your GrAdes, Group Program  
with SethPerler.com

## Jumpstart Bootcamp (5/6): **ADVOCACY**

### Here are the details you need NOW:

- Q& A?
  - By tonight, you should have at least gone through PDFs for SSS and know what you need.
  - Chat - What is your SSS like 1-10 now? What would make it 1 pt higher?
- SNO later
- Have fun with each other. Keep it light but focused.
- Momentum is A LOT, but trust me, it works, keep moving. Don't worry about perfection, worry about **patient persistence**.
- 2 Stage Breath x 10, ALWAYS available to you as a tool.



### **3 mindsets to keep:**

**1:** How might we resist advocacy? I've got this. I'll talk to them tomorrow at lunch (always forget). They don't like it when you go to see them. They're never available. They don't like it when parents contact them. I don't want to stand out. I'm introverted or shy.

**2:** Remember why you are here, A to B, Educare for you!

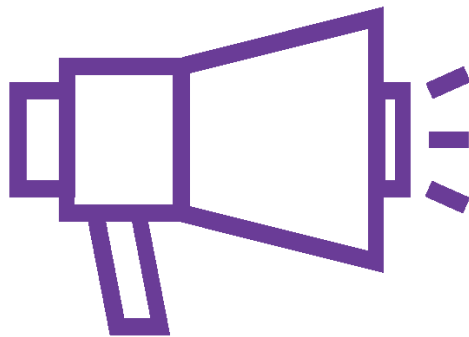
**3:** It's not magic. No shortcuts. No quick fix. Persistent, patient baby steps & micro successes lead to BIG change. I've got this!

## Jumpstart Bootcamp (5/6): **ADVOCACY**, overview:

- **Goal:** Create a RELIABLE method of organizing papers.
  - **Why:** Build a relationship with the teacher. Get key tips. Get added accountability. Asking for help IS what adults do, so you build this muscle and it becomes easy.
  - **1:00 pm MST:** Check your inbox and click on the Zoom link from me. We'll have a 30 Minute live Zoom session with the group of parents and students.
  - **1:30 pm MST, Massive Action:** Use the checklist below.
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## **ADVOCACY: Recommended Action Checklist**

**Directions:** First, take the actions in order. Don't overthink it, just try it. Next, write down what time you finished the action so you can see how long things actually take. Jot any notes if you want. Connect positively for a minute to debrief. Take a break. Finally, be on time on zoom for the next Bootcamp session. See the checklist on the next page.



## ADVOCACY: Action Checklist

TIME DONE	ACTION	NOTES
	Know it's easier and more beneficial than you think! Know the types of advocacy	
	Email proactively: Hi, pop in to see you, tips for success, any big things coming up?	
	Go in whenever they offer help	
	Say hi and bye every day, connect	
	BONUS: Give a teacher a specific compliment	
	BONUS: Use the words "will you please help me?" Asking for help is a true sign of humility and maturity.	

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