



**UpgrAde Your GrAdes**  
with SethPerler.com

## Course Overview

(print me)

### **Important directions - read carefully:**

I created this document to help you navigate the course since everyone has different needs. Here are very important considerations:

1. **Pacing #1:** This course can be overwhelming because it's robust and in-depth. Be careful not to overwhelm your child since the point is to help them move forward, and overwhelm may keep them stuck. Therefore, print this overview and refer to it often to help you plan how you go through it and to help you track what you've done and what you want to revisit. You may want to make a UGYG folder to keep the PDF's handy.
2. **Pacing #2:** I built this course around "traditional" semesters. However, I have many homeschool families, families who are in schools with non-traditional calendars and families in other countries with different schedules. Simply adapt the course to what makes sense in your situation. This should be pretty easy to figure out after you dive in a bit.
3. **Anomalies:** Be sure to factor in vacations, holidays and daylight savings. If you enrolled mid-semester, simply dive in now. It's actually pretty easy to navigate.
4. **Revisiting lessons:** There will be some lessons that you will watch once and you never need to watch it again. However, you'll find some that you want to rewatch. You may want to make note of this in the charts below. Consider tracking the dates you and your child go through lessons.
5. **What to watch?:** Parents should watch every single lesson and read every word from both the student and parent lessons. The devil is in the details - you're going to benefit from this course by learning about the nuances I've spent 20 years learning. You do this by diving into all of the content. Also, you'll want to hear how I communicate with

students, and how I address the resistance. Finally, the parent lessons are not intended for students, but there may be some content you want your child to see because it may be helpful. You know your child best, so use your discretion.

6. **Resistance:** The biggest problem your child will have is their own resistance. They will resist using planners, being forthcoming with you, advocating for themselves, organizing, doing homework, and much more. I address resistance in almost every lesson because it's the core of all of their problems. Pay particular attention to how I teach about resistance so you can adapt it to your parenting style effectively.
7. **Perfection:** Don't worry about doing the course perfectly. Just do all of it to the best of your ability. This is not a linear process, I revisit topics over and over in many different ways. You'll find that it's more about underlying principles rather than a perfect recipe. So trust the process, trust that this is what I do, trust that if you want your child to gain the skills needed to navigate school and life, this course is truly designed to get you on the right track. Again, just trust the process and do all of it to the best of your ability, then let it go.
8. **Watch with my child?:** It depends on your relationship with your child. Some of you will be able to watch with your child, some won't. Either way, it's a good idea to communicate about the lessons. Communication is everything, but pick your battles wisely.
9. **PDFs:** In Parent Module 7, Lesson 6, there is a collection of all of the PDFs in one place.
10. Again, trust the process! Now let's dive in...



# Lesson Outline

<b>MODULE 1 - Prep Your Brain</b>			
Lesson	Topic	Length	Printable PDF Info
0	START HERE UGYG: Before Module 1, click the “start here UGYG” button for the intro vid	04:00 m	N/A
1	How it Works: This tells you how to use the course	04:44 m	Print and post the Focus PDF, it’s actually a homework routine
2	Resistance: The Core Problem	07:44 m	Resistance Cheat Sheet
<b>MODULE 2 - Foundations &amp; Frankenstudy</b>			
1	Your Brain (Executive Function)	20:17 m	N/A
2	Foundations - What are they?	03:06 m	Foundations for Students
3	How to Frankenstudy	04:43 m	Frankenstudy Reference Sheet <i>and</i> Help Sheet
4	Paper Management (2 videos)	10:00 m	Paper Management Guide
5	The Dip	04:14 m	N/A
6	Planner Setup (7 videos)	26:00 m	Printable Planner
7	SSS Sacred Study Space (2 videos)	11:00 m	Sacred Study Space <i>and</i> Supply List
8	Foundations Assessment	06:21 m	The Foundations Assessment
9	Review - Zoom Out	01:58 m	N/A
<b>MODULE 3 - Implementing Your New Systems</b>			
1	About Implementation	02:18 m	N/A
2	Routine - Daily Planning (2 videos)	08:00 m	Daily Plan
3	Monday Check-in (2 videos)	07:00 m	Homework Routine <i>and</i> Daily Questions Poster

4	Tuesday Check-in	00:58 m	N/A
5	Wednesday Check-in	00:56 m	N/A
6	Thursday Check-in	00:53 m	N/A
7	Friday Check-in / Reflect / Celebrate	02:20 m	N/A
<i>Note: Watch all of the check-ins for 2 weeks minimum. Now we're building <u>habits</u>. Don't skip this step.</i>			
8	SNO Sunday Night Overhaul	12:00 m	Sunday Night Overhaul
<i>Note: Do this <u>every</u> week for the rest of the semester.</i>			
9	Goal Setting	01:28 m	Goal Setting
10	The 1% Rule	11:26 m	The 1% Rule
<b>MODULE 4 - Maintenance, Sharpening the Sword</b>			
1	Accepting Help	06:22 m	N/A
<b>MODULE 5 - The Dip and How to Get Out of a Nose Dive</b>			
1	The Dip & 19 Ideas to Help You Through It	06:37 m	The Dip 2
2	Mid-Semester Inspiration. <i>Watch this halfway through the semester!</i>	02:02 m	N/A
3	Putting out Fires (3 videos)	15:00 m	Put Out Fires
4	The Q: A Way to Make Things Easier	04:09 m	N/A
<b>MODULE 6 - Finishing Strong &amp; Celebrating Growth</b>			
1	PEPR Strategies (5 videos)	44:00 m	N/A
2	The Final Stretch	05:56 m	N/A
3	Tying Up Loose Ends	05:12 m	N/A
4	Let Go of the Semester	02:26 m	N/A
5	Inspiration for that LAST Minute	06:57 m	N/A
6	Prepare for the Next Semester	04:01 m	N/A
7	My Final Thoughts!	03:41 m	N/A

<b>MODULE 7 - Parent Lessons</b>			
1	Parents, How to Help Your Student	19:24 m	How To Help Your Student Support Sheet
2	How to Help with Clean Slating	03:45 m	N/A
3	How to Have Difficult Conversations	01:40 m	N/A
4	3:1 Rule Temperature Check HiLo Countless Sincere Compliments	04:17 m 07:03 m 03:24 m 05:22 m	N/A
5	What Do You Think?	02:38 m	N/A
6	Printable PDF Index	N/A	23 Printable PDFs
7	Where Should You Be?	07:21 m	N/A
8	Parents, What to Ask?	06:52 m	Daily Questions Poster
9	Medication?	15:42 m	Medication
10	Proactive Advocacy Email	05:12 m	Parent Advocacy Email
11	Emotional Regulation	09:53 m	Emotional Regulation for Parents
12	Webinar Replays	N/A	N/A
13	Wait Time	12:22 m	N/A
14	The Parent Dip	09:39 m	N/A
15	Parents, How to do the Final Stretch	08:02 m	N/A
16	Trust Your Kid?	03:11 m	N/A
17	How to Celebrate the End	05:13 m	N/A
18	Parents, My Final Thoughts	10:00 m	N/A
<b>MODULE 8 - Next Level: Bonus Lessons</b>			
1	IEP Tips for Parents (504, RTI, Conferences)	12:47 m	N/A

# Proposed Schedule & Planning Guide

## Background:

1. Use this guide to plan intentionally. Remember, this is not a linear process and it is self-paced, so feel free to jump around a bit and revisit favorites. Just be sure to track the lessons accurately.
2. A “typical” school year is about 180 days, 36 weeks or 10 months.
3. A semester is about 90 days or 18 weeks.
4. Reminder: Parents, you’ll want to watch all the student videos.

## Weeks 1 - 3 / 18 total weeks, Foundations Phase

During the first 3 weeks of a semester, you may want to “binge” watch the foundational videos because you’ll want to use this time to get a good foundation for the year. This means setting up systems that will work for your child and getting the right mindsets. Here are the lessons I’d recommend:

### TO-DO:

1. “Start Here” video Lesson, 4 min.
2. Module 1: 2 Lessons in total, 15 min.
3. Module 2: 9 Lessons in total, 90 min.  
You’ll need a few hours to do all of the tasks.

**Parent Lessons:** M7, Lessons 1 - 4, 45 min.

### PRINT:

- Focus PDF
- Resistance Cheat Sheet
- Foundations PDF
- Frankenstudy Reference & Help PDF
- Paper Management Guide
- Printable Planner
- Sacred Study Space & Supply List
- Foundations Assessment

*Continue...*



## Weeks 3 - 5 / 18 total weeks, Implementation Phase

Very important: This is a time where you are building HABITS. You will want to watch these videos multiple times. Here are the lessons I'd recommend:

### TO-DO:

1. Module 3: Lessons 1 - 10, 45 min.  
*Split between 2 nights.*
2. See note.

**Parent Lessons:** M7, Lessons 5 - 8 (but feel free to go beyond that.)

### PRINT:

- Daily Plan
- Homework Routine and Daily Question Poster
- Sunday Night Overhaul
- Goal Setting
- 1% Rule

NOTE: Do the nightly check-ins for at least 2 weeks! Do the Sunday Night Checkin for the rest of the semester! Parents and students, these habits are key. Do not ignore this, regardless of how mundane it might feel. Please trust me here. Don't think about it too much, just take the actions - watch the check-ins and do them.

## Weeks 6 - 10 / 18 total weeks, The DIP Phase

At around week 6, your child WILL hit the DIP. The goal isn't to avoid the DIP perfectly, it's to navigate it better! This is a critical time in the semester. Here are the lessons I'd recommend:

### TO-DO:

1. Module 4: 1 lesson
2. Module 5: 4 lessons, 40 min.

**Parent Lessons:** M7, Lessons 9 - 14  
(there are 3 more parent PDF's.)

### PRINT:

- The Dip
- Putting Out Fires

*Continue...*

## Weeks 11 - 14 / 18 total weeks, Maintenance Phase

During this stretch, you don't have to worry about new content. Feel free to move forward with lessons or rewatch old lessons, but remember to focus on habit building. Here are the lessons I'd recommend:

**TO-DO:**

1. Review old lessons

**Parent Lessons:** M7, Lessons 15 - 16 (and rewatch your favorites.)

## Weeks 15 - 18 / 18 total weeks, Hail Mary Phase

Finally, it's the end of the semester. Finish strong and celebrate. If you've been doing what I recommend, you're seeing a lot of growth. Here are the lessons I'd recommend:

**TO-DO:**

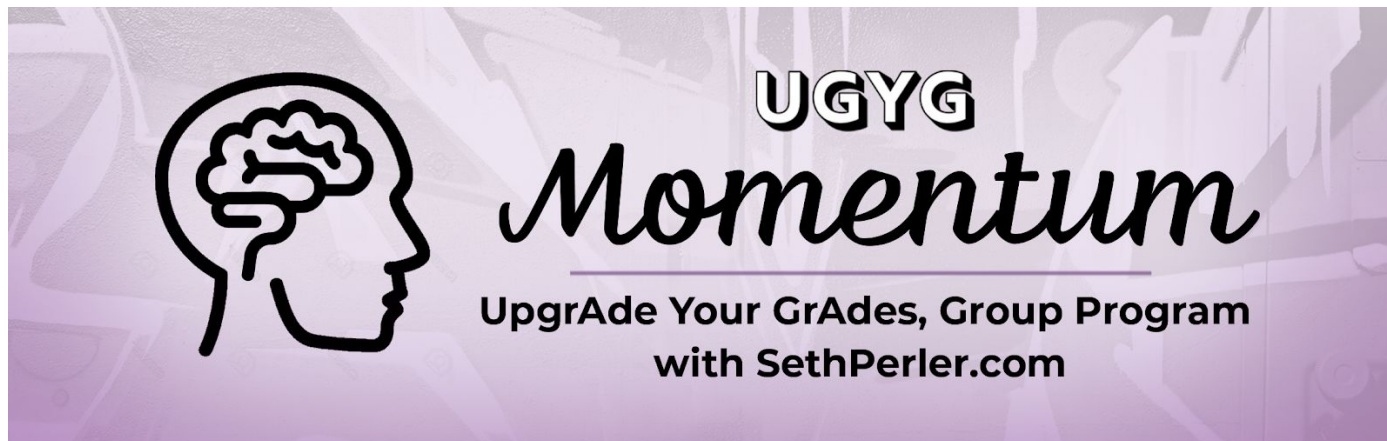
1. Module 6: Lessons 1 - 7, 75 min.  
*You can split them up, but watch all of PEPR in one day.*

**Parent Lessons:** M7, Lessons 17 - 18 (and rewatch your favorites.)





## Group & Premium Students Only



### Welcome!

Here are some of the special events for people who enrolled in the Group or Premium course. There is a special calendar that will be posted for the semester you enroll in.

### Important notes:

- You'll receive an email invite before our live Zoom meetings
- Group Coaching Calls for students are typically on Sundays at 5:30 pm PST
- Parent Group Coaching Calls are usually at 6:30 pm PST

### Topics:

Here are the main topics covered in group calls-

- How to deal with your resistance effectively
- The Right Foundations
- The Dip Pattern
- Persistence, Maintaining & Refining Systems
- Preparing for Finals/Projects

### How to download the videos:

1. Use this link: <https://vimeo.com/album/5385839>
2. Password: sethperler

From here you should be able to access, view, and download any and all UGYG videos.