

UGYG

UpgrAde Your GrAdes

with Seth Perler

SPRING SEMESTER 2020

HI, FROM SETH

If you prioritize this Momentum program this semester, you won't see perfection but you'll see **BIG** results. Now let's do this!

This document has everything you need for the semester. Please **print** a copy or two to keep handy. You may want to **post** the calendar where you can see it. I email you throughout the semester with plenty of updates and reminders, so make sure my emails aren't in spam accidentally.

FAQ's

What if we are not on the same semester schedule?

Do not worry! Just focus on going through the content with quality at your own pace.

How do we use the Facebook group?

This UGYG FB group is for parents only. When you visit, read the pinned post at the top and it will guide you. Basically, use the group to give and get support. See the link on the Secret page.

How do we use the Secret page for UGYG Group families on your site?

Bookmark the secret page. You must be logged in to use it. This is where I share updates, special resources, and webinar replays.

Bonus: Mindfulness for emotional regulation, a live parent webinar.

CALENDAR NOTES

Jumpstart Bootcamp (JB): These days will be used to help your child get completely set up for the semester like never before. I encourage you to dedicate most of the day to this and to take it seriously. This investment in MASSIVE ACTION will pay big dividends in the end. I will invite you to join on Zoom via email 3x a day on these.

Watch Party (WP): Families schedule these to help with accountability. Families can watch together online or meet on Zoom to discuss the lessons they watched.

Sunday Night Overhaul (SNO): Students should overhaul their systems on a weekly basis. Use the printable PDFs in UGYG to guide you through the process. SNO is one of the most powerful actions my students take to stay on top of things. When they do NOT do these, things fall apart fast.

Parent Q&A Calls (Q&A): These are live group sessions I host on Zoom for parents, to help answer any questions. These are recorded for you.

Laser Strategy Session (LSS): These are live 1:1 Zoom sessions where you and/or your child choose a specific area to ask me about and I give you a quick, powerful laser-focused coaching session to help you with your question. These can be recorded just for you.

Student Accountability and Motivation (SAM): These are live group calls for students, to help them through the program and give them encouragement and motivation to take more action. These are recorded for you.

Touch Up: Live group video call with Seth, for students, midway through the semester to help keep up with the momentum going. *(Parents may watch, but only students interact).*

JANUARY 2020

Su	Mo	Tu	We	Th	Fr	Sa
30	30	31	1 New Years Day	2	3	4
5	6 Semester begins for most schools	7	8	9	10 12 pm: Email update #1	11 12 pm: WP 1/9
12	13	14	15	16	17 12 pm: Email update #2	18 12 pm: WP 2/9
19 11 am: JB 1/6 1 pm: JB 2/6 3 pm: JB 3/6	20 MLK Jr Day	21	22	23	24 12 pm: Email update #3	25 12 pm: WP 3/9
26 11 am: JB 4/6 1 pm: JB 5/6 3 pm: JB 6/6	27	28	29	30	31 12 pm: Email update #4	1 12 pm: WP 4/9

FEBRUARY 2020

UGYG Group Semester Schedule - Spring 2020

Su	Mo	Tu	We	Th	Fr	Sa
26 11 am: JB 4/6 1 pm: JB 5/6 3 pm: JB 6/6	27	28	29	30	31	1 12 pm: WP 4/9
2 7 pm: SNO	3	4	5	6	7	8
9 9 am: Laser Session Day 7 pm: SNO	10	11	12	13	14 Valentine's Day	15 12 pm: Bonus Touch-Up Webinar
16 9 am-5 pm: LSS <i>*RESERVE SPOT*</i> 7 pm: SNO	17 President's Day	18	19	20	21	22 12 pm: WP 5/9
23 7 pm: SNO	24	25	26	27	28	29 12 pm: WP 6/9

Time Zones: All times are in MST
SethPerler.com



MARCH 2020

Su	Mo	Tu	We	Th	Fr	Sa
1 4:30 pm: Q&A 1/6 5 pm: SAM 1/6 7 pm: SNO	2	3	4	5	6	7
8 7 pm: SNO Daylight Savings Spring forward	9	10	11	12	13	14 12 pm: WP 7/9
15 4:30 pm: Debbie Reber 7 pm: SNO	16	17 St. Patty's Day	18	19	20	21
22 7 pm: SNO	23	24	25	26	27	28
29 7 pm: SNO	30	31	1	2	3	4 12 pm: WP 8/9

APRIL 2020

Su	Mo	Tu	We	Th	Fr	Sa
29 7 pm: SNO	30	31	1	2	3	4 12 pm: WP 8/9
5 7 pm: SNO	6	7	8	9	10	11
12 4:30 pm: Q&A 2/6 5 pm: SAM 2/6 7 pm: SNO Easter	13	14	15 Tax Day	16	17	18 12 pm: WP 9/9
19 7 pm: SNO	20	21	22	23	24	25
26 4:30 pm: Q&A 3/6 5 pm: SAM 3/6 7 pm: SNO	27	28	29	30	1	2

MAY 2020

Su	Mo	Tu	We	Th	Fr	Sa
26 4:30 pm: Q&A 3/6 5 pm: SAM 3/6 7 pm: SNO	27	28	29	30	1	2
3 4:30 pm: Q&A 4/6 5 pm: SAM 4/6 7 pm: SNO	4	5 Cinco de Mayo	6	7	8	9
10 7 pm: SNO Mother's Day	11	12	13	14	15	16
17 4:30 pm: Q&A 5/6 5 pm: SAM 5/6 7 pm: SNO	18	19	20	21	22	23
24 4:30pm: Celebrate6/6 7 pm: SNO/let go	25 Memorial Day	26	27	28	29	30 _____ 31 7 pm: SNO