

## Lesson 1 **Preparing for Take Off** - *Setting Reachable Goals*

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### Journal Assignments

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Write a paragraph explaining one of the following quotations:

**"You gotta have goals."** *Zig Ziglar*

**"They can do all because they think they can."** *Virgil*

**"Climb high, climb far, your goal the sky, your aim the star."** *Anonymous*

## Lesson 2 **Rocket Science** - *Making Responsible Decisions*

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### Journal Assignments

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Write a paragraph explaining one of the following quotations:

**"I discovered I always have choices, and sometimes it's only a choice of attitude."** *Judith Kowlton, Chicken Soup for the Kid's Soul*

**"Don't make decisions based on the advice of friends who won't have to deal with the outcome."** *Anonymous*

## Lesson 3 Systems Check - Identifying and Managing Emotions

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### Journal Assignments

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Write a paragraph explaining one of the following quotations:

**"Your day will go the way the corners of your mouth turn."** *Anonymous*

**"Music is what feelings sound like."** *Anonymous*

## Lesson 4 This is Your Captain Speaking - Effective Communication

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### Journal Assignments

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Write a paragraph explaining one of the following quotations:

**"Say what you mean and mean what you say, but don't say it mean."** *Anonymous*

**"The most important thing in communication is to hear what isn't being said."** *Peter Drucker*

## Lesson 5 My Flight Crew - Bonding and Relationships

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### Journal Assignments

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Write a paragraph explaining one of the following quotations:

**"Friendship is not a big thing...it's a million little things."** *Author Unknown*

**"The secret to friendship is being a good listener."** *Anonymous*

**"True friendship is when two friends can walk in opposite directions, yet remain side by side."**  
*Author Unknown*

## Lesson 6 Prescription for Life - *Safe Use of Prescription and OTC Medicines*

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### Journal Assignments

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Write a paragraph explaining one of the following quotations:

"Sometimes a 'mistake' can end up being the best decision you ever made." *Many Hale*

"Fall seven times, stand up eight." *Anonymous*

"Medicine is a science of uncertainty and an art of probability." *William Osler*

## Lesson 7 Decompression - *Peer-Pressure Refusal*

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### Journal Assignments

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Keep a peer-pressure refusal journal. If or when you encounter a peer-pressure situation, record what happened and what strategy you used. Write what you said to refuse the pressure and describe how you said it. Include the following information in each entry: 1) date 2) time 3) place 4) what happened 5) the name of the refusal strategy used 6) how the situation ended and 7) what, if anything, you would do differently next time.

## Lesson 8 System Malfunction - *Effects of Alcohol Use*

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### Journal Assignments

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Each of the statements below gives incorrect information about alcohol. Correct each statement using information about the effects of alcohol use on the brain.

Drinking alcohol doesn't affect a young person's brain.

Using alcohol does not affect a person's ability to reach his or her goal.

It is easier for people who drink alcohol to make good decisions.

A person under the influence of alcohol is better able to learn.

## Lesson 9 Smoke Screen - *Effects of Nicotine Use*

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### Journal Assignments

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Write a paragraph explaining one of the following quotations:

**"You're always better off if you quit smoking; it's never too late."** *Loni Anderson*

**"It's easy to quit smoking. I've done it hundreds of times."** *Mark Twain*

**"If you ever lit a cigarette in your life, you have very little will to live."** *Neale Donald Walsch*

## Lesson 10 Way Off Course - *Effects of Marijuana Use and Course Review*

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### Journal Assignments

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Each of the statements below gives incorrect information about marijuana. Correct each statement with a fact about the effects of marijuana use.

**Marijuana use does not affect a person's ability to reach his or her goals.**

**The chemicals in marijuana do not affect the development of a young person's brain.**

**Marijuana use will not affect a person's ability to play sports.**

**Marijuana use will not affect a person's ability to drive a car.**