**EXTRA CREDIT!**

**Motivational Videos & Inspirational Quotes**

**- Journals**

Directions: You may choose to do just videos, just quotes, or a combination of both. FOLLOW THE DIRECTIONS AND FORMAT EXACTLY, if you want the grade!!! After watching each motivational video or reading each inspirational quote, reflect and write a journal entry.  You must do at least 5 (total) for credit. **I do not give half credit on this. Go all out or don’t bother.** Staple them all together and submit them by Friday, October 14. Each journal entry must be half to a whole page of thoughtful reflection and deliberate focus on how you can use the information learned to better something in yourself and/or your life. Follow the formats below.

Video Format:  Title, summary of the video, identify 1-3 specific parts with which you connected and why, and how you are specifically going to apply it to better yourself and life.  Be specific and go deep!

Quote Format:  Quote, interpretation of the quote (if symbolic or inference needed), follow the directions/questions in the reflection piece immediately following the quote. You may also add more if you have not reached the half to whole page such as identifying what you connected with and why, revealing the intended lesson, and explaining how you are specifically going to apply the lesson learned it to better yourself and life.

Grading: Right before grades are due, I will add it to your grade overall. (It will help you more this way than just putting it in as an assignment.) If you are very close to the next grade, this will bump you up (example: 67 D+, I will bump up to 70 C-).

**Video Titles/Links and Quotes:**

These are found on my website:

<http://mchone1617.weebly.com/quarter-1.html>

MAKE SURE YOU ARE LOOKING IN THE RIGHT QUARTER!!!