

### Hot Seat Exercise:

The attached list of questions is only a sample list to help students get started, if necessary. Students are encouraged to ask their own questions which come from their own curiosity and a desire to learn more about one another.

### Guidelines for this exercise are:

1. No question should be asked with the purpose of embarrassing or humiliating the person on the Hot Seat.
2. The person on the Hot Seat can refuse to answer any questions they are not comfortable answering.
3. This is a voluntary exercise. Students who sit in the Hot Seat do so only if they wish to.

### Classroom Set Up:

Students sit in a circle. The person in the Hot Seat sits in the middle of the circle, preferable on a swivel seat. A timer is used to limit each student in the Hot Seat. Three to four minutes seems to work as an appropriate time period.

## HOTSEAT: some questions

1. What is your earliest memory?
2. If you were to give yourself another name what would it be?
3. Favorite book? Music? Type of music? Musical group?
4. How do you like to spend your free time?
5. Time travel: What period in history would you visit if you could?
6. What problem would you solve if you had the power?
7. Who would you vote for president?
8. Favorite color? Type of food?
9. Have you travelled outside NJ? Where?
10. Where would you like to go?
11. Where is your family originally from? Have you visited? Would you like to live there?
12. Best vacation? Amusement park?
13. Dream? These are only suggestion. Use your imagination to ask other questions.

Please remember: No question should be asked with the purpose of embarrassing or humiliating the person on the Hotseat. The "Hotseater" can refuse to answer any questions they are not comfortable answering.

## Group Guidance (School Orientation)

### September:

- Introductory Exercise
  - Where they are from
  - Why High Tech
  - Personal Information
- Hot Seat
  - Students question one another, on a voluntary basis, about their lives, hopes, goals, etc.

### October:

- Hot Seat – continue/finish
- “Bullied” – The video
  - Discussion on bullying – HTHS Policy of no tolerance
  - Personal experiences – how were they resolved
  - Personal responsibility – Upstander vs. Bystander

### November:

- Teens and Freedom
  - Discussion of survey – students perception of the freedom they have or don't have in various aspects of their life
- “The Wave” – The video
  - Freedom as responsibility
  - Cults
  - Maintaining individual integrity

### December:

- Watch “The Truth About Sex”
  - Teen Pregnancy
  - Sex in high school
  - STD's and HIV
- Values clarification – The Bomb Shelter
  - Small group/large group discussion

### January:

- Moral Dilemmas
  - Case studies discussed first in small groups than in larger group. Issues include bullying scenarios, personal responsibility. i.e. Trayvon Martin, Phoebe Prince, Penn State. Case studies can change as newer and more relevant ones are taken from current issues.
- Comic appreciation – Prior to Midterms

- Abbott and Costello
- The Honeymooners

February:

- Homophobia – view and discuss “The Laramie Project” and other issues related to LGBT concerns

March:

- Violence in schools
  - Columbine, Sandy Hook, etc.
  - What can be done
  - What can we do to prevent becoming another incident
- Readings and videos that will help bring the subject to life

April:

- Racism and Bigotry
  - “The Sneetches” – Dr. Seuss
  - The New Girl – Reading
  - Discuss stereotypes

May:

- Racism/Bigotry continued
  - “A Class Divided” – where does hate begin; discuss this experiment and what we can learn from it
  - “Boston Public – The N Word” – View and discuss

June:

- Finish above – National Hate Test
- Letter to self

Often events that occur during the year in which are discussed in Guidance include:

- Course changes
- Beginning of LEAP Program
- Clubs
- Midterm, progress reports, and report cards
- Peer Tutoring and LEAP tutoring
- Periodic reminders of Parents' Nights, conferences and information available to students in the Guidance office
- Sign-ups for summer classes/additional programs
- Discussion of other events such as speakers dramatic presentations, etc. that take place in the school.
- Discussion/instruction for pre-registration for next school year.