**Lesson: Staying Focused in School**

**6:30 p.m. Prayer**

Recap: Taking notes in class.

Guest speaker’s suggestions on how to study by starting with for at least 10 minutes.

1. What does it mean to focus? Directed attention; point of concentration
   1. What should you be focusing on?
      1. Seek ye first the kingdom of God and his righteousness and all these things will be added unto you.
2. Examples of activities where you focus carefully in your daily lives.
   1. Video Games: Call of Duty, NBA2K, Madden
   2. Sports Activities: Basketball, Football, Baseball, Skateboarding
   3. Field Trips: Amusement Park, Beach, Trips out of Town
3. What are ways that you use to help yourself focus?
   1. Mentors discuss.
4. How do you manage distractions?
   1. Mentors discuss.
5. Guest Speakers