

# WOOP Prep Activity

1. Three high school sophomores would like to make Honor Roll this quarter, but their English grade is too low. Read what each student is thinking and consider: Who is most likely to make Honor Roll?

I've wanted to make Honor Roll since my freshman year and finally earning it is going to be so great. Some of my friends think I can't do it but I know that I can get my grade up and hit my goal if I just keep reminding myself of how much I want to do this.

STUDENT A

I'd really like to make Honor Roll and I know that means getting my English grade up. I really want to send good grades to colleges in a few years, but sometimes I waste time on my phone. Maybe I should put my phone away for just a little studying time every night.

STUDENT B

I know I have a low grade in English because I'm not reading every night. I just end up on my phone after school. I don't even know if I can get my grade up. Making Honor Roll would be great but it just might not be possible this quarter.

STUDENT C

2. Which student is most likely to fulfill their wish and why?
3. Learning about a powerful strategy called WOOP might change your answer. As you hear or read about WOOP, note what each step of the process involves.
4. Based on what you just learned, which student seems the most likely to fulfill their wish?

We are now ready to do WOOP together to think about how to fulfill wishes you have.