



## Compass Charter Schools

### Scholar Leadership Council Meeting

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#### Date and Time

Tuesday December 8, 2020 at 2:00 PM PST

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CCS Central Office: 850 Hampshire Road, Suite P, Thousand Oaks, CA 91361

Please join my meeting from your computer, tablet or smartphone.

<https://zoom.us/my/jjlewis>

For questions or requests regarding accessibility, please call Miguel Aguilar at (805) 807-8199.

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#### Agenda

##### I. Opening Items

Opening Items

- A. Call the Meeting to Order
- B. Record Attendance and Guests

##### II. Consent Items

###### A. Consent Items

Consent Items – Items under Consent Items will be voted on in one motion unless a member of the Council requests that an item be removed and voted on separately, in which case, the Council Chair will determine when it will be called and considered for action. Due to the set-up of

BoardOnTrack, approval of any meeting minutes will be done through consent, unless removed and voted on separately as noted above, using the same vote count.

- Approval of the December 8, 2020 Regular Meeting Agenda
- Approval of the November 10, 2020 Regular Meeting Minutes

**B. Approval of the November 10, 2020 Regular Meeting Minutes**

**III. Special Guests**

**A. Finding Your Motivation in Challenging Times Discussion**

**IV. Public Comment**

**A. Public Comment**

Addressing the Council – Scholar Leadership Council meetings will be held in a civil, orderly and respectful manner. All public comments or questions should be addressed to the Council through the Chair of the Council. To ensure an orderly meeting and an equal opportunity for each speaker, persons wishing to address the Council must send a Speaker Request Message through the form of a text message or chat box message to Miguel Aguilar, Executive Assistant to the Superintendent (805-807-8199). Messages must contain speaker name, contact number or email, and subject matter and sent prior to the beginning of the Public Comment section of the meeting. Members of the public may address the Council on any matter relating to the school and have **three (3) minutes each** to do so. The total time of each subject will be fifteen (15) minutes, unless additional time is requested by a Council Member and approved by the Council.

The Council may not deliberate or take action on items that are not on the agenda. However, the Council may suggest direction to staff following a presentation. The Chair is in charge of the meeting and will maintain order, set the time limits for the speakers and the subject matter, and will have the prerogative to remove any person who is disruptive of the Council meeting. The Parent Advisory Council may place limitations on the total time to be devoted to each topic if it finds that the numbers of speakers would impede the Council's ability to conduct its business in a timely manner. The Scholar Leadership Council may also allow for additional public comment and questions after reports and presentations if it deems necessary.

**V. Reports**

**A.** Staff Report

**VI. Unfinished Business**

**VII. New Business**

**A.** Council Member Feedback

**VIII. Closing Items**

**A.** Upcoming Meetings

Board of Directors Regular Meeting  
Tuesday, December 8 at 5 pm

Scholar Leadership Council Meeting  
Tuesday, January 12 at 2 pm

**B.** Adjourn Meeting

# Coversheet

## Approval of the November 10, 2020 Regular Meeting Minutes

**Section:** II. Consent Items  
**Item:** B. Approval of the November 10, 2020 Regular Meeting Minutes  
**Purpose:** Approve Minutes  
**Submitted by:**  
**Related Material:** Minutes for Scholar Leadership Council Meeting on November 10, 2020

APPROVED



## Compass Charter Schools

### Minutes

#### Scholar Leadership Council Meeting

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#### **Date and Time**

Tuesday November 10, 2020 at 2:00 PM

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#### **Directors Present**

A. Gordon (remote), A. Stansbury (remote), A. Yeung (remote), E. Christopher (remote), K. Effie (remote), K. Vreeman (remote), L. Hearne-Hooker (remote), M. Effie (remote)

#### **Directors Absent**

A. Ruediger, C. Ruediger, J. Visarraga, M. Zorba

#### **Ex Officio Members Present**

J. Lewis (remote)

#### **Non Voting Members Present**

J. Lewis (remote)

#### **Guests Present**

M. Aguilar (remote)

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## **I. Opening Items**

### **A. Call the Meeting to Order**

E. Christopher called a meeting to order on Tuesday Nov 10, 2020 at 2:03 PM.

### **B. Record Attendance and Guests**

## **II. Consent Items**

### **A. Consent Items**

A. Gordon made a motion to approve the consent items on 11-10-2020.

L. Hearne-Hooker seconded the motion.

The team **VOTED** unanimously to approve the motion.

### **B. Approval of the October 13, 2020 Regular Meeting Minutes**

A. Gordon made a motion to approve the minutes from Scholar Leadership Council Meeting on 10-13-20.

L. Hearne-Hooker seconded the motion.

The team **VOTED** unanimously to approve the motion.

## **III. Special Guests**

### **A. Curriculum & Instruction Discussion with Erin Smith**

Mrs. Erin Smith, Director of Curriculum & Instruction, shared an overview of new updates on UC Requirements, Options A-G Courses, and Accelerate Education A-G Online Classes and Protering.

## **IV. Public Comment**

### **A. Public Comment**

No public comment.

## **V. Reports**

### **A. Staff Report**

Mr. Lewis led the council in an overview of the Staff Report. He shared an update on fundraising centered around awarding graduating seniors with scholarships. He also shared an update on the Energy Bus Book Club initiative for parents and scholars. Compass will also be providing more workshop opportunities throughout the spring semester.

## **VI. New Business**

### **A. Council Member Feedback**

Mr. Mick Effie asked for an update on adding transcript information to the portal. Mr. Lewis shared that transcripts are still being worked on and loaded to the Student Information System.

## **VII. Closing Items**

### **A. Upcoming Meetings**

The next Scholar Leadership Council Meeting will be on Tuesday, December 8 at 2 pm.

### **B. Adjourn Meeting**

There being no further business to be transacted, and upon motion duly made, seconded and approved, the meeting was adjourned at 2:46 PM.

Respectfully Submitted,  
M. Aguilar

# Coversheet

## Finding Your Motivation in Challenging Times Discussion

**Section:** III. Special Guests  
**Item:** A. Finding Your Motivation in Challenging Times Discussion  
**Purpose:** Discuss  
**Submitted by:**  
**Related Material:**  
SLC - Finding Your Motivation in Challenging Times Presentation 2020.pdf





**COMPASS**  
CHARTER SCHOOLS



# **Finding Your Motivation in Challenging Times**

**Presented by  
Mrs. Helton & Mrs. Schwartzberg**

**COMPASS**  
CHARTER SCHOOLS



# Agenda

- What is Motivation?
- Finding your “Why”- Simon Sinek
- Golden Circle
- Activity: Buggin’ Out!
- Cycle of Inactivity
- How to find motivation
- Behavioral Activation Planning



# What is motivation?



mo·ti·va·tion

/,mōdə'vāSH(ə)n/

*noun*

the reason or reasons one has for acting or behaving in a particular way.  
"escape can be a strong motivation for travel"

Similar:

motive

motivating force

incentive

stimulus

stimulation



- the general desire or willingness of someone to do something.

"keep staff up to date and maintain interest and motivation"

Similar:

enthusiasm

drive

ambition

initiative

determination

enterprise





# Your "Why"- Simon Sinek

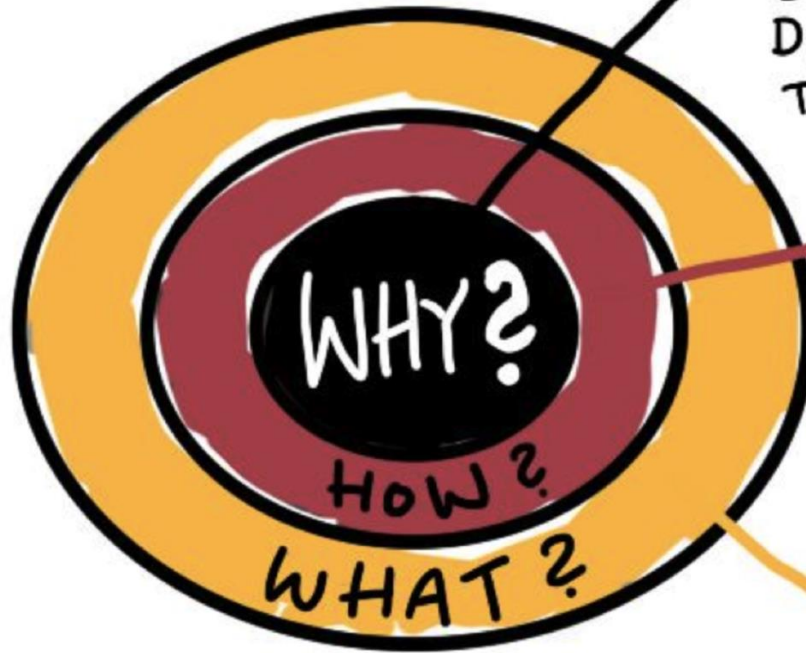


<https://www.youtube.com/watch?v=fSLrhTw2tQA>





# GOLDEN CIRCLE



WHY DO YOU DO WHAT YOU DO? WHAT IS THE PURPOSE?

HOW DO YOU DO WHAT YOU DO?

WHAT

IDEA: SIMON SINEK

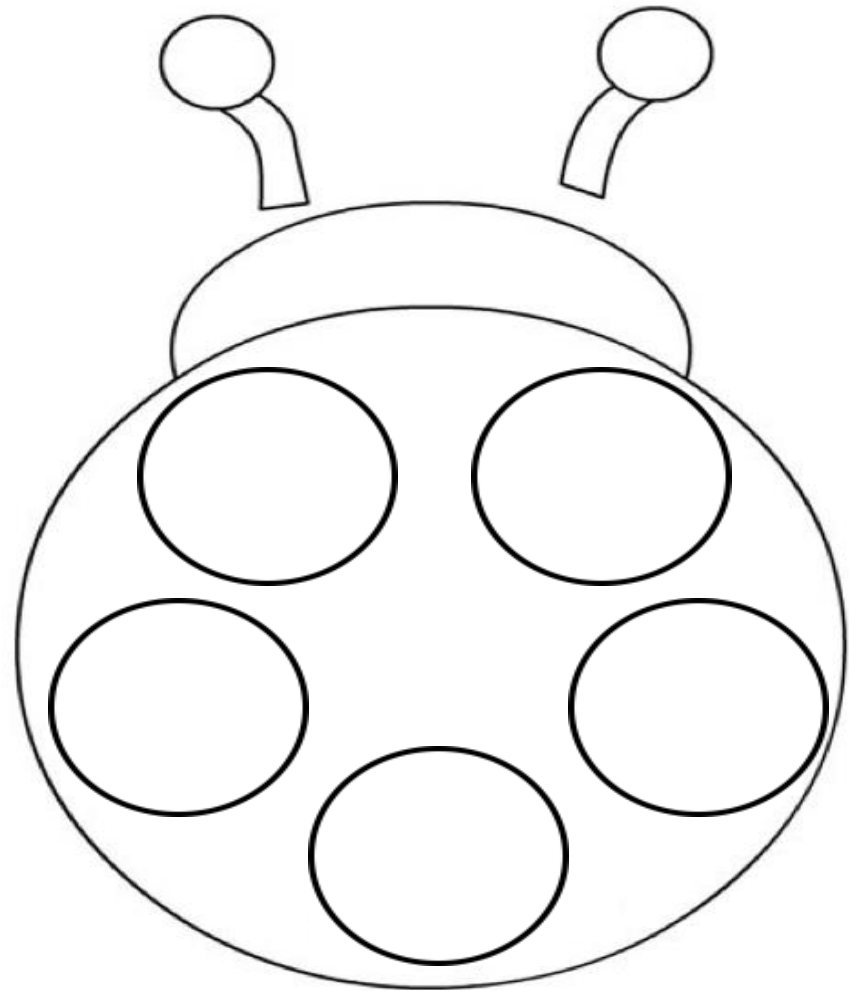
DO YOU DO?



# BUGGIN' out!

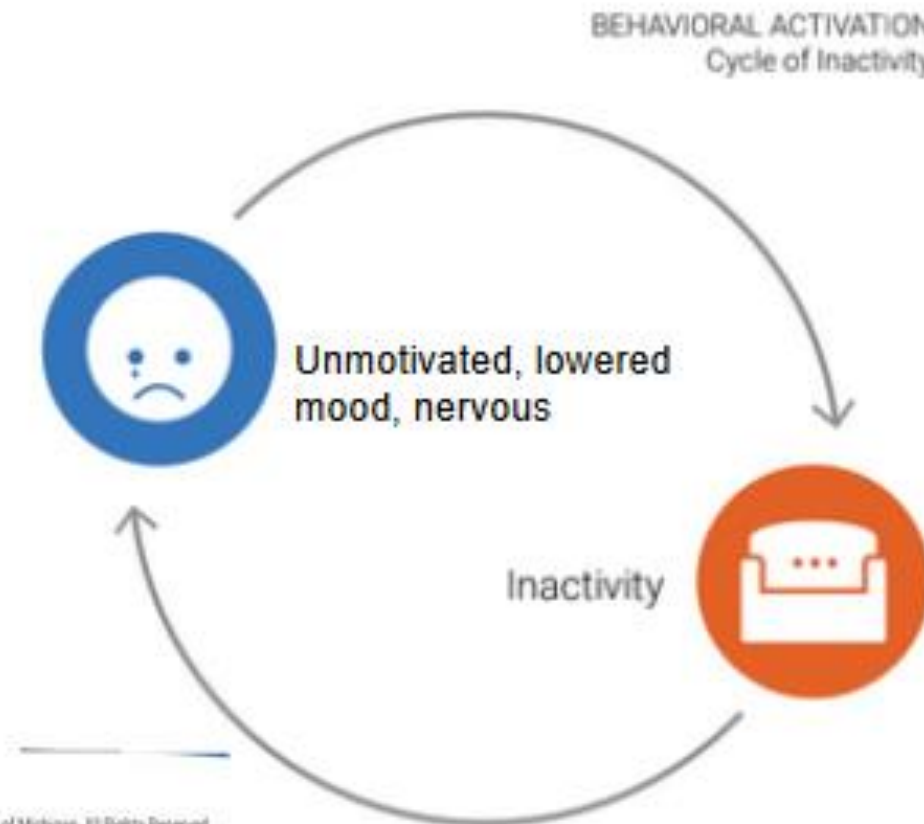
**There are many reasons why you might be lacking motivation.**

**What are you getting stuck on - or what is bugging you?**





# What happens when we lack motivation?



[TMA.Stanford.org](http://TMA.Stanford.org)

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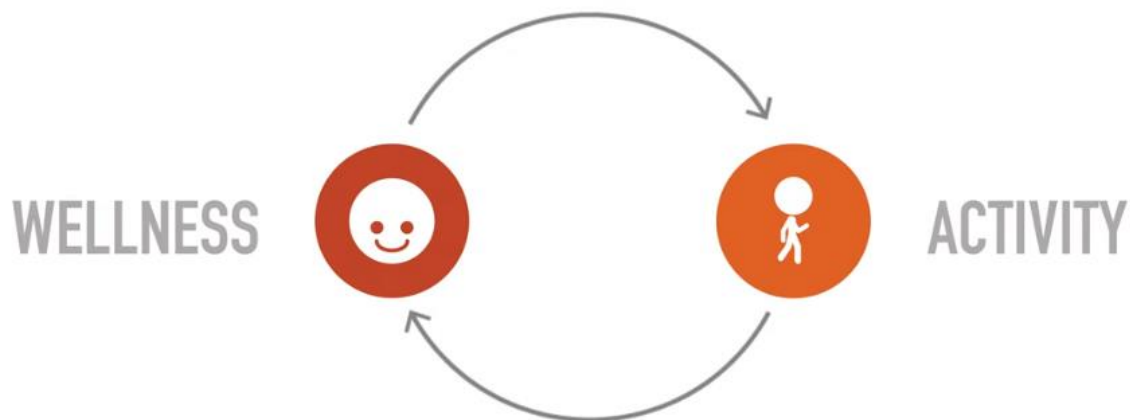


<https://www.youtube.com/embed/CvMnf2MwBcE>





# What happens when we feel motivated?



[DIAL Insights.com](https://www.dial.com/insights.asp)

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BEHAVIORAL ACTIVATION  
Behavioral Activation Planning

# Behavioral Activation Planning

Behavioral activation is a skill that helps us interrupt the cycle of inactivity in our lives by planning activities that help us feel more energized and accomplished. Plan some activities for your week below, and use the [Coping Skills Practice Log](#) to track your practice and see how activities impact your mood!

Activities I might like to do:

1.

3.

5.

2.

4.

6.

This week I'm going to focus on: \_\_\_\_\_

Some things that might make it harder for me to reach my goal are: \_\_\_\_\_

The best time of day for me to do this is: \_\_\_\_\_

In order to have it count, I will need do my activity for at least \_\_\_\_\_ minutes.

\_\_\_\_\_

My goal is to do my activity at least \_\_\_\_\_ times before next group.

I can overcome those barriers by: \_\_\_\_\_

\_\_\_\_\_



Reward

If I reach my goal, I will: \_\_\_\_\_

[TRAILStoWellness.org](http://TRAILStoWellness.org)  
Last edited: 07/17/2019





# Strategies for when the “Stuckies”-strike

## Get Active

Motivation often follows action. Even a few minutes of being active can have a ripple effect – each positive action is an investment toward recovery!

## Track Your Progress

Keep activity and mood logs so you can start to see the relationship between what you do and how you feel. Set goals, and use meaningful rewards to stay motivated – then document your success. This can be hard work, so be proud even of small steps!

## Pay Attention to Your Choices

Making a good choice can help your body and mind begin to recover! When we aren't sleeping or eating well, or when we use substances, we leave ourselves vulnerable to negative emotions. In moments of decision, which choice will move you toward wellness?

## Be Kind to Yourself

Depression can be incredibly frustrating and discouraging. It's so much harder to do anything, and you may feel like a failure because of that. Plus, depression can make it hard to enjoy things, so it can take a while for activities to feel fun again! Treat yourself kindly while you try to get better.

## Set Small Goals

Self-care is a great place to start. If you've gotten out of the habit of showering, take a shower. Brush your teeth. Clean your room. Notice if it makes you feel better. Even if it isn't enjoyable immediately, try it again the next day! Even small steps count!

[TRAILstoWellness.org](https://www.trailstohealth.org)

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Last edited: 02/05/2020





## Counseling Services

Contact is as easy as 1 -2- or 3

**Reminder: Live LLS @ Noon**  
**Tuesday:** [High School](#)  
**Thursday:** [Middle School](#)  
**M-Th:** Morning Starter and Afternoon Firebird Talks (connect with counselor)

### 1. Click for Appointment

**A-Co** [Mrs. Gabriela "Gabby" Ayala](#)  
**Cr-G** [Mrs. Kiki Helton](#)  
**H-Me** [Mr. Jacob Samples](#)  
**Mi-Ro** [Mrs. Mandi Schwartzberg](#)  
**Ru-Z** [Ms. Michelle Bateman](#)

*College & Career Support*

**All Scholars** [Ms. Mataya Olson](#)

**\*\* Daily Sessions:**

College Roadtrip (connect with College Career Readiness Counselor)  
2:30PM-3:00PM

### 2. Call or Text

**A-Co** (805) 405-4834  
**Cr-G** (805) 358-4745  
**H-Me** (805) 405-3049  
**Mi-Ro** (805) 807-8201  
**Ru-Z** (805) 807-8241

*College & Career Support*

**All Scholars**

(805) 807-8173

### 3. Email or G-chat

**A-Co**  
[gayala@compasscharters.org](mailto:gayala@compasscharters.org)  
**Cr-G**  
[khelton@compasscharters.org](mailto:khelton@compasscharters.org)  
**H-Me**  
[jsamples@compasscharters.org](mailto:jsamples@compasscharters.org)  
**Mi-Ro**  
[aschwartzberg@compasscharters.org](mailto:aschwartzberg@compasscharters.org)  
**Ru-Z**  
[mbateman@compasscharters.org](mailto:mbateman@compasscharters.org)

*College & Career Support*

**All Scholars**

[molson@compasscharters.org](mailto:molson@compasscharters.org)





# Questions?

**Book a meeting with your counselor** → Click the link below (last name)

[A-Co](#)

[Cr-G](#)

[H-Me](#)

[Mi-Ro](#)

[Ru-Z](#)

Mrs. Kiki Helton | Counselor, Cr-G

805-358-4745

[khelton@compasscharters.org](mailto:khelton@compasscharters.org)

Mrs. Mandi Schwartzberg | Counselor, Mi-Ro

805.807.8201

[aschwartzberg@compasscharters.org](mailto:aschwartzberg@compasscharters.org)

