

## Focus Books

Girls want hands-on, skill based, informational, practical and interactive resources that will provide them with new experiences in the topic of their choice. This is what **STUDIO 2B** Focus Books are all about. Girls can choose their own **STUDIO 2B** Focus topic and then have the option of completing the activities either individually or in a group. The choice is theirs! Girls set goals in the topic they want to explore and once they have reached their goals, they are able to earn a **STUDIO 2B** charm representing their efforts and newly acquired skills. Charms (sold separately) can be worn on a bracelet, necklace or hung from a backpack or key ring. New **STUDIO 2B Focus Books** will be introduced regularly.

### **New! Don't Sweat It!**

Written for busy girls and packed with helpful stuff like how to deal with stress. With advice from health experts and 'lots of fun, interesting information and quizzes, this book was written to help girls like you breeze through the hallways of life without breakin' a sweat.

### **New! Mind Your Own Business**

So what makes the person who came up with the idea for a music video channel or plastic fashion doll different from you? You probably have a lot more in common than you think. *Mind Your Own Business* will help you tap into the inner-entrepreneur that's been hanging out inside of you just waiting to say, "what's up!"

### **New! Parks Matter**

You can protect and keep safe your personal treasures, but you have something even more valuable that you need to protect: your national parks and environment. This book will help you develop environmental awareness and plan and carry out an environmental action project.

### **New! Express It!**

A just-for-you journal to not only jot down your hopes, dreams and plans, but also a guide to learning more about and understanding that most important person—you!

### **New! Cashin' In**

*Cashin' In* will help girls afford what really matters in high school—things girls said was most important to them. Stuff like getting their first car, finding the perfect prom dress, and applying to college. With a little planning and some resourceful networking, girls CAN afford their high school years.

### **Got Money? Saving & Investing**

Money Rules. And if you've **Got Money** you'll be able to make your own rules. Learn how to make your money last, throughout your life! (Available in Spanish)

### **Take Charge**

The world is a crazy place sometimes and girls need to learn skills to protect themselves. This is what *Take Charge* is all about — learning how to keep themselves and their friends safe.

### **On Track**

Whether an avid runner or beginner girls who pick up *On Track* will get those sneakers moving!

### **On the Go**

For girls whose daydreams are full of exotic locales, new cultural experiences, or even a bus ride to the next town. Once they pick up *On the Go*, they'll want to start packing.

### **Write Now**

Know a girl with a secret yen to be an author? With a pen or laptop, *Write Now* will get her started. *Write Now* is also packed with tips and ideas to make writing school reports or filling out a college application a snap!

### **uniquely ME! Inside and Out**

*Inside and Out* has activities to help girls appreciate their strong points and find a style that suits them. (Available in Spanish)

## uniquely ME! The Real Deal

What's PMA? Positive Mental Attitude, of course. Everyone needs a PMA at one time or another. The Real Deal contains activities that teach girls to use their PMA to help deal with peer pressure and stress. (Available in Spanish)

## Looking In, Reaching Out

This journal is a special place for girls to learn more about themselves. Whether they do activities with an adult or on their own, girls can use *Looking In, Reaching Out* to help them record this special time in their lives. (Available in Spanish)

Information was collected from the Studio 2B website, [www.studio2b.org](http://www.studio2b.org), click on Boutique.

### Earning – Charms

[http://www.frontiercouncil.org/studio2b/studio2b\\_charms.html](http://www.frontiercouncil.org/studio2b/studio2b_charms.html)

1. Girls begin by selecting a topic in the STUDIO 2B Focus series that interests them. Girls in groups do not need to choose the same book. They can work individually, in pairs or in groups.
  2. Girls review the table of contents and flip through the book to discover its activities. Girls talk to their adult advisors about what they would like to accomplish.
  3. In most of the books, girls use the last page to set goals for what they hope to learn through the activities in the book. The books are flexible and adaptable so that each girl can create her own set of goals, depending upon her prior knowledge and skill level in that topic. For example, a girl who has never followed a running program would have very different goals for *On Track* than the girl who has run marathons- but both could enjoy the book's skill-based activities.
  4. Girls discuss the completion of the goals with their advisor (and other girls in their group if they want). In discussions consider how articles from [www.studio2b.org](http://www.studio2b.org) or the *Collections* series might relate and enhance the discussion.
  5. Girls get their charms after they have completed their goals and discussed them with their advisors. Girls can collect their charms wherever they want to- on a bracelet, on the charm holder, on a key chain, in their rooms.
- Although some of the books say "Write one or two things you learned from each activity and set a goal for yourself," girls do not have to complete all of the activities in a book nor do they need to set goals for each activity.
  - STUDIO 2B Focus: *Looking In, Reaching Out* is a guided journal and does not have a goals page. As is true with all *Focus* books, girls do not have to complete every page before earning their award. Girls may choose to discuss in depth some of the issues that matter to them most and skip the ones that aren't pertinent.

### SMART Goal Setting

<http://www.goal-setting-guide.com/smart-goals.html>

Pick up a pen and a piece of paper and jot down a goal you want to reach. Look at the goal and **evaluate** it. Make any changes necessary to ensure it meets the criteria for a **SMART goal**.

- S** = Specific
- M** = Measurable
- A** = Attainable
- R** = Realistic
- T** = Timely

## Specific

Goals should be straightforward and emphasize what you want to happen. Specifics help us to **focus our efforts** and **clearly define what we are going to do**.

Specific is the What, Why, and How of the SMART model.

**WHAT** are you going to do? Use action words such as direct, organize, coordinate, lead, develop, plan, build etc.

**WHY** is this important to do at this time? What do you want to ultimately accomplish?

**HOW** are you going to do it? (By...)

Ensure the goals that the girls have set are very **specific, clear and easy**. Instead of setting a goal "get more exercise"; set a specific goal to walk for 30 minutes 3 times a week for a month.

## Measurable

**If you can't measure it, you can't manage it.** In the broadest sense, the whole goal statement is a measure for the project; if the goal is accomplished, the goal is a success. However, there are usually several short-term or small measurements that can be built into the goal.

Choose a goal with measurable progress, **so you can see the change occur**. How will you see when you reach your goal? Be specific! "I want to read 3 chapter books of 100 pages on my own before my birthday" shows the specific target to be measure. "I want to be a good reader" is not as measurable.

**Establish concrete criteria for measuring progress** toward the attainment of each goal the girls set. When they measure their progress, they tend to stay on track, reach their target dates, and experience the exhilaration of achievement that spurs them on to continued effort required to reach their goals.

## Attainable

When girls identify goals that are most important to them, they begin to figure out ways to make them come true. They develop attitudes, abilities, and skills that give them the capacity to reach their goals.

Goals that are set too far out of reach probably won't be attainable. Although the girls may start out excited and with the best of intentions, the knowledge that it's too much will keep reminding them of this fact and will stop them from even giving it their best shot.

**A goal needs to stretch the girls slightly so that they can feel it can be done and that it will need a real commitment.** For instance, if a girl wants to run a 10K next week, but has never run before, that's not an attainable goal. But setting a goal to run a mile and once she has achieved that, aiming to run another mile further will keep it achievable for her.

## Realistic

**This is not a synonym for "easy."** Realistic, in this case, means "**do-able.**" It means that the learning curve is not a vertical slope; that the skills needed to do the work are available.

Have the girls **devise a plan** or a way of getting there which makes the goal realistic. The goal needs to be realistic for them and where they are at the moment. A goal of never again eating chocolate may not be realistic for someone who really enjoys it.

For instance, it may be more realistic to set a goal of eating a piece of fruit each day instead of a piece of chocolate. She can then choose to work towards reducing the amount of chocolate gradually.

Be sure that the girls set goals that can be attained with some effort! Too difficult and the stage is set for failure, but too low sends the message that they aren't very capable. **They should feel good when they have reached their goal!**

## Timely

Setting a timeframe for the goal: for next week, in three months, by 10th grade puts an end point on the goal gives the girls a **clear target** to work towards.

If a time is not set, the commitment is too vague. It tends not to happen because the girls feel that they can start at any time. Without a time limit, there's no urgency to start taking action now. **Time must be measurable, attainable and realistic.**

The girls will benefit from goals and objectives if they are SMART. SMART is the instrument to apply in setting goals and objectives.

## STUDIO 2B Focus Book Web links

### Focus: UNIQUELY ME! INSIDE AND OUT

National Eating Disorders Association [www.nationaleatingdisorders.org](http://www.nationaleatingdisorders.org)  
National Association of Anorexia Nervosa and Associated Disorders [www.anad.org](http://www.anad.org)  
The Alliance for Eating Disorders Awareness [www.eatingdisorderinfo.org](http://www.eatingdisorderinfo.org)

[www.girlpower.gov](http://www.girlpower.gov)  
[www.girlscando.com](http://www.girlscando.com)  
[www.girlscouts.org](http://www.girlscouts.org)  
[www.girlsinc.org](http://www.girlsinc.org)  
[www.gurl.com](http://www.gurl.com)  
[www.howstuffworks.com](http://www.howstuffworks.com)  
[www.media-awareness.ca](http://www.media-awareness.ca)  
[www.parent-teen.com](http://www.parent-teen.com)  
[www.smartgirl.org](http://www.smartgirl.org)  
[www.soyunica.org](http://www.soyunica.org)  
[www.thinkquest.org](http://www.thinkquest.org)

### Focus: ON TRACK

American Running Association (in conjunction with The American Medical Athletic Association)  
[www.americanrunning.org](http://www.americanrunning.org)  
Runner's World Magazine [www.runnersworld.com](http://www.runnersworld.com)  
Running Times Magazine [www.runningtimes.com](http://www.runningtimes.com)  
Women's Sports Foundation [www.womenssportsfoundation.org](http://www.womenssportsfoundation.org)

### Focus: TAKE CHARGE

National Domestic Violence Hotline 1-800-799-SAFE (7233) [www.ndvh.org](http://www.ndvh.org)  
National Center for Missing and Exploited Children [www.missingkids.com](http://www.missingkids.com)  
CyberTipLine (operated by NCMEC) 1-800-843-5678  
The National Center for Victims of Crime 1-800- FYI-CALL (394-2255) [www.ncvc.org](http://www.ncvc.org)  
The Rape, Abuse and Incest National Network 1-800-656-HOPE (4673) [www.rainn.org](http://www.rainn.org)

*This information was compiled by Amanda Slaten from Girl Scouts-Lone Star Council for Trailblazers 2004.*