



**Alaska Military Youth Academy: Class 2016-1**

**Break Assignment**

**Date Assigned: Week 13**

**Due Date: 12-28-15**

**Instructions:**

*Congratulations on completing week 13 of the 22 weeks of the AMYA's 2016-1 cycle!* By now you've probably noticed and experienced significant improvements in many areas of your life. With those improvements/experiences in mind, now is the time to take this opportunity to demonstrate and reflect on just how far you've come in such a short time. Included in this packet you will find:

- 1) One Eight Core Component Self Reflection Assignment (55 points);
- 2) One Physical Fitness Assignment (5 points)

Please check each of them off and complete them one by one. This entire project is worth 60 points and will be evaluated by the Lead Instructor Mr. Monroe. These assignments are to be completed while on your Holiday pass and are due back to the Principal the morning of: **Academic formation (7:30am) Monday 12-28-15**

**1. Eight Core Component: Self Reflection Essay**

**Instructions:** Below you have a list of the AMYA's Eight Core Components. As you know they are guides in helping you improve your life in ways many of you thought was impossible. They also help you become more aware of the roles and responsibilities each of us have to each other, but more importantly to ourselves. With this in mind your assignment is to do a self-reflection and assessment of how these "eight core components" have positively impacted your life.

**Directions:**

- Use the sections provided below to write 5-8 bullets each of your thoughts on what each core component means to you.
- With the bullets for each Core Component, follow the directions in the Essay Road Map at the end of this paper to develop a personal essay of what they mean to you. For each of the eight core components listed below, please write one paragraph that is a minimum of 5 sentences in length defining in your own words what each core component means to you.

**Eight Core Components:**

- 1.) Academic Excellence:

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- 2.) Life Coping Skills:

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3.) Job Skills:

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4.) Health and Hygiene:

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5.) Responsible Citizenship:

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6.) Service to the Community:

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7.) Leadership / Followership:

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8.) Physical Fitness:

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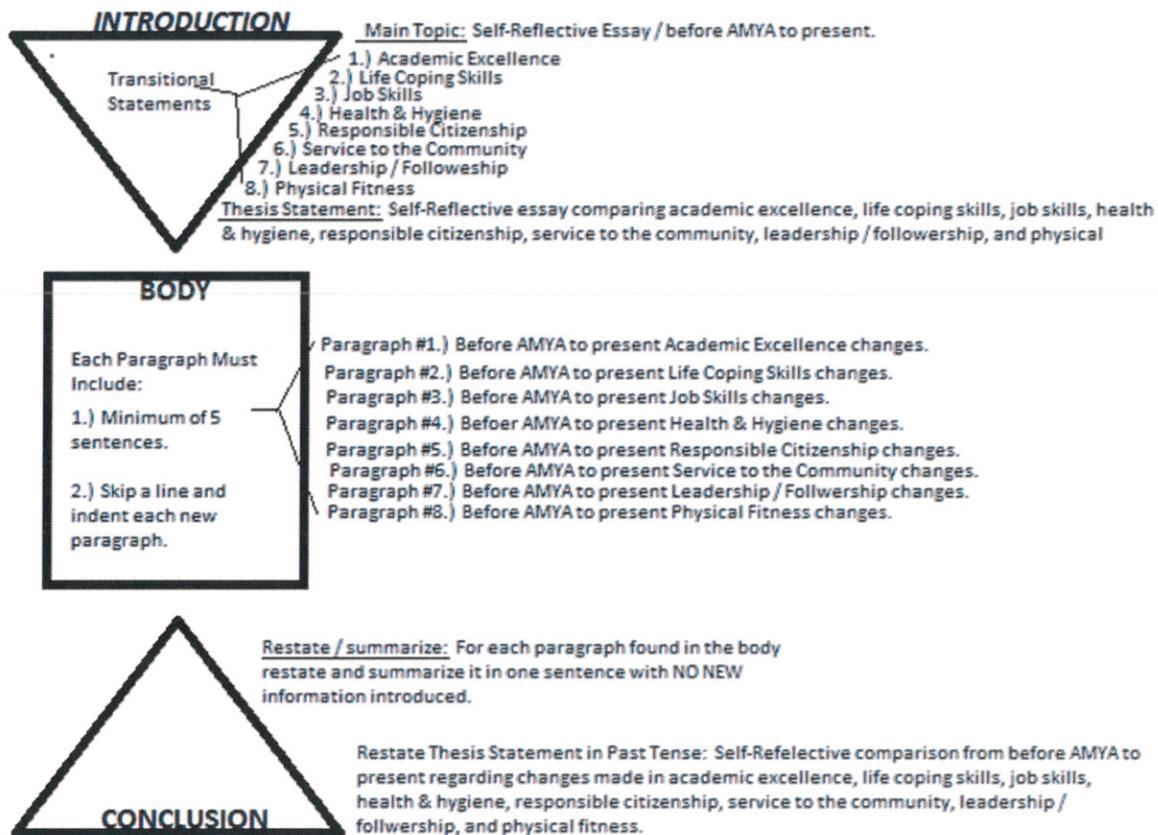
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## Instructions:

Now that you've defined each AMYA core component in your own words and in a minimum of 5 sentences in length you have a strong start on the self-reflective essay. In this self-reflective essay your goal is to compare just how your life has changed from before the academy to the present. In describing these changes please dedicate a paragraph per core component to assist you in highlighting changes you've made since enrolling into the AMYA. Please neatly hand-write and complete your self-reflective essay on a separate piece of paper and remember your essay should include a total of ten paragraphs as shown below.

The introduction is one paragraph, body is eight paragraphs and conclusion is one paragraph (each paragraph is a minimum of five sentences long). Please refer to the essay road map below for assistance in organizing your self-reflective essay.

## ESSAY ROAD MAP:



## **2. Physical Fitness Assignment**

Take the time to do some kind of physical activity or exercise each day of your pass. Hikes, sporting game participation, running, gym work, snow skiing, snow shoeing are all satisfactory. If you can encourage your family to join you, all the better! Fill out the log below.

<b>Date</b>	<b>Physical Activity Description</b>