

Name: Jankel

Identify ONE goal that you would like to begin working toward in the New Year: **Try even harder than I do in class**

What was your "A-HA Moment"? Share one thing that Sam said, or one lesson he taught that caught your attention and stuck with you.

When he talking about the story of him wanting to be a soccer player

Would you recommend that other students go through this program? **Yes**

Provide one "persuasive" sentence as to why other students should have this opportunity. **Sam is a very inspiring speaker and person and I think students should have this opportunity.**

What 1-3 things would make this program 1% better? **I don't know it was overall great**

Name: emma

Identify ONE goal that you would like to begin working toward in the New Year: **i would like to work on my mental health and start figuring out things i can help with for my community**

What was your "A-HA Moment"? Share one thing that Sam said, or one lesson he taught that caught your attention and stuck with you. dont lets other people's opinions of you define who you are

Would you recommend that other students go through this program? **Yes**

Provide one "persuasive" sentence as to why other students should have this opportunity. **sam's talks completely changed how I think of things, and gave me a more positive perspective on things. I think it could do the same for you.**

What 1-3 things would make this program 1% better? **try and be able to expand on the group of people you talk to**

Name: Keemaya

Identify ONE goal that you would like to begin working toward in the New Year: **To try and keep up my routine that we all made.**

What was your "A-HA Moment"? Share one thing that Sam said, or one lesson he taught that caught your attention and stuck with you.

When Sam said that we have to have a partner so that we have motivation to do our routine and if we don't our partner gives us something we have to do. This stuck with me because I have tried to get into routines before, but I was never motivated enough to continue them. Now that I have to tell someone about it, I tell myself I HAVE to do it.

Would you recommend that other students go through this program? **Yes**

Provide one "persuasive" sentence as to why other students should have this opportunity. **Sam is a fun and energetic person with lots of amazing stories/ life lessons and he helps motivate people to be the best version of themselves.**

What 1-3 things would make this program 1% better? **If the program was longer because it was a really great experience and it gave me something to look forward to in the morning.**

Name: Nora

Identify ONE goal that you would like to begin working toward in the New Year: **One goal is that to get more organize by knowing what ill do the day before to help my day go by smoothly.**

What was your "A-HA Moment"? Share one thing that Sam said, or one lesson he taught that caught your attention and stuck with you. **One lesson he taught us was the third one, about the morning routines.**

Would you recommend that other students go through this program? **Yes**

Provide one "persuasive" sentence as to why other students should have this opportunity. **Other students should have this opportunity because it really does help how you feel towards yourself.**

What 1-3 things would make this program 1% better? **The program was great after all but something that could make it better is adding more activities to do during the programs as in playing a game as a class.**

Name: Beteyna

Identify ONE goal that you would like to begin working toward in the New Year: **To be a better person and to feel better as myself.**

What was your "A-HA Moment"? Share one thing that Sam said, or one lesson he taught that caught your attention and stuck with you. **To just always be yourself and to always be understanding for others.**

Would you recommend that other students go through this program? **Yes**

Provide one "persuasive" sentence as to why other students should have this opportunity. **The reason other students should have this opportunity with Sam is because there are a lot of times where we don't stop to think about our goals or sometimes we stop and a minute to help someone in need like we should Sam taught us with each of his lessons to always be a good person and to do what you know is right in your heart Sam is a great human who is very kind hearted and is willing to teach others about the proper mindset and goals to have to make you a better person that's the reason other classes should be able to have the opportunity with Sam.**

What 1-3 things would make this program 1% better? **More activities, The program being a little longer, More stories**

Name: Raxelle Iskhiria

Identify ONE goal that you would like to begin working toward in the New Year: **Wake up earlier within the next month.**

What was your "A-HA Moment"? Share one thing that Sam said, or one lesson he taught that caught your attention and stuck with you.

When Sam had said "Be a taco because it can change someone's life."

Would you recommend that other students go through this program? **Yes**

Provide one "persuasive" sentence as to why other students should have this opportunity. **Other students should be able to experience this complex opportunity because it has taught me that selfless acts don't need to take months, weeks, days, or even hours. As other students may also struggle with self acceptance this program will help them see and figure out who they truly are.**

What 1-3 things would make this program 1% better? **I thing in my opinion would just be to make the sessions longer, although, that is the only thing that could make this already outstanding program better.**

Name: Callahan Schaefer

Identify ONE goal that you would like to begin working toward in the New Year: **My goals is to be the best version of myself.**

What was your "A-HA Moment"? Share one thing that Sam said, or one lesson he taught that caught your attention and stuck with you.

My "AAH" moment was on the first day when he was telling this about his soccer career and about how he didn't make soccer a career but something he did on the side did so I guess the first option isn't always the best/

Would you recommend that other students go through this program? **Yes**

Provide one "persuasive" sentence as to why other students should have this opportunity. **why other students should do this is for them to realize that not every time everything goes their way and the first option isn't always the best and for their minds to be open to many different things.**

What 1-3 things would make this program 1% better? **One thing to make the program better is to be more active with the students and what I mean by that is to be asking more questions and seeing if they're on the same page.**

Name: Sumaya

Identify ONE goal that you would like to begin working toward in the New Year: **to do my morning routine everyday**

What was your "A-HA Moment"? Share one thing that Sam said, or one lesson he taught that caught your attention and stuck with you. **that do what you want to do not what other people think"**

Would you recommend that other students go through this program? **Yes**

Provide one "persuasive" sentence as to why other students should have this opportunity. **Because it is so inspirational and so nice**

What 1-3 things would make this program 1% better? **that to make it a little longer and keep talking**

Name: Ghassan

Identify ONE goal that you would like to begin working toward in the New Year: **To read and stream more.**

What was your "A-HA Moment"? Share one thing that Sam said, or one lesson he taught that caught your attention and stuck with you. **It was when he thought his career was over but then saw a cup and thought let me put this in the garbage and to be honest that was one of my aha moments cause I had a lot.**

Would you recommend that other students go through this program? **Yes**

Provide one "persuasive" sentence as to why other students should have this opportunity. **Other students should have this program because it could really inspire students to make a better version of themselves and possibly make their week because Sam was really fun and INSPIRING.**

What 1-3 things would make this program 1% better? **Maybe tell more stories because they were really fun to talk about.**

Name: jack

Identify ONE goal that you would like to begin working toward in the New Year: **workout three or four times a week by the end January**

What was your "A-HA Moment"? Share one thing that Sam said, or one lesson he taught that caught your attention and stuck with you.

The one thing that stood out to me was when he said, you may look at something like its the end of the world but another person will think it's a great opportunity for you.

Would you recommend that other students go through this program? **Yes**

Provide one "persuasive" sentence as to why other students should have this opportunity. **This program is the best because he will get your confidence up on the first day.**

What 1-3 things would make this program 1% better? **I can't really think of something that would better your program because it was really good but maybe talk a little more about confidence.**

Name: Rani

Identify ONE goal that you would like to begin working toward in the New Year: **Exercising every day**

What was your "A-HA Moment"? Share one thing that Sam said, or one lesson he taught that caught your attention and stuck with you. **I would learn to believe because if you don't believe or trust you don't have anything.**

Would you recommend that other students go through this program? **Yes**

Provide one "persuasive" sentence as to why other students should have this opportunity. **13 up to 100 should go because he makes you learn lifetime lessons.**

What 1-3 things would make this program 1% better? **It makes the program better because he teaches you important lessons. He tells his personal stories and he makes us set goals.**

Name: Michael Ring

Identify ONE goal that you would like to begin working toward in the New Year: **I would like to start exercising every day.**

What was your "A-HA Moment"? Share one thing that Sam said, or one lesson he taught that caught your attention and stuck with you. **I believe that my A-HA moment was when Sam said that small consistent actions can make a big difference.**

Would you recommend that other students go through this program? **Yes**

Provide one "persuasive" sentence as to why other students should have this opportunity. **Other students should have this opportunity because it's an educational experience, that's message will last a lifetime.**

What 1-3 things would make this program 1% better? **I think that if we had a little more time to write our goal setting, it would make the program 1% better.**

Name: Noah

Identify ONE goal that you would like to begin working toward in the New Year: **A goal that I would like to achieve is playing on a soccer team at the highest level. I am going to work hard every day for it.**

What was your "A-HA Moment"? Share one thing that Sam said, or one lesson he taught that caught your attention and stuck with you. **On the first day when he was telling his story of how he got injured playing soccer. That Caught my attention because the same thing happened to me. My team had a tournament coming up in Lansing Michigan, and we had an exhibition earlier in the week to prep for it. During that exhibition I took a cleat to my ankle, I nearly sprained, but the Doctor said I couldn't play.**

Would you recommend that other students go through this program? **Yes**

Provide one "persuasive" sentence as to why other students should have this opportunity. **Other students should have this opportunity because Sam is so relatable, he's young and more relatable. He is a great story teller, and he explains things so clearly.**

What 1-3 things would make this program 1% better? **That's tough to say. If I was nitpicking, I would say he talked a lot about goals and that he didn't explain what the outcome would be.**

Name: yousuf

Identify ONE goal that you would like to begin working toward in the New Year: **my goal that you would be, to end been in the IEP program**

What was your "A-HA Moment"? Share one thing that Sam said, or one lesson he taught that caught your attention and stuck with you. **at one point, Sam said, that if you want to be successful you need to tell someone your goals live.**

Would you recommend that other students go through this program? **Yes**

Provide one "persuasive" sentence as to why other students should have this opportunity. **Sam is a very motivating person, he also loves talking about his past experiences**

What 1-3 things would make this program 1% better? **nothing, sams program is a 100%**

Name: Lexi

Identify ONE goal that you would like to begin working toward in the New Year: **To try my best not to fall behind in school and to pay attention as best I can.**

What was your "A-HA Moment"? Share one thing that Sam said, or one lesson he taught that caught your attention and stuck with you. **That things cant change in an instant, it takes time to change something.**

Would you recommend that other students go through this program? **Yes**

Provide one "persuasive" sentence as to why other students should have this opportunity. **I think other students should for sure have this opportunity to have Sam Demma come and speak to them. This is because Sam has a way of teaching that I think needs to be shared. He explains how to be a positive and better version of yourself. To make a difference in the world. To be who you want to be. Not only that, he is funny and is wise about what he does. Sam has a very bright future ahead of him, and if we listen to what he has to say and teach... We will too.**

What 1-3 things would make this program 1% better? **I honestly cant think of anything I would change. I was truly blown away at what he did and does.**

Name: Adhil Paliot

Identify ONE goal that you would like to begin working toward in the New Year: **To be a healthier person and work out more.**

What was your "A-HA Moment"? Share one thing that Sam said, or one lesson he taught that caught your attention and stuck with you. **That something doesn't happen instantly it happens over time.**

Would you recommend that other students go through this program? **Yes**

Provide one "persuasive" sentence as to why other students should have this opportunity. **This opportunity really helped me realize I can change in a good way**

What 1-3 things would make this program 1% better? **nothing because its great**

Name: Rania

Identify ONE goal that you would like to begin working toward in the New Year: **Sam teach me to wake up in the morning and not being lazy to wake up and im going to be stuck with my morning routine.**

What was your "A-HA Moment"? **Share one thing that Sam said, or one lesson he taught that caught your attention and stuck with you. Sam teach me that I can believe in my self.**

Would you recommend that other students go through this program? **Yes**

Provide one "persuasive" sentence as to why other students should have this opportunity. **Other students should have this opportunity because I learned a lot of stuff from sam.**

What 1-3 things would make this program 1% better? **The program was all good.THANK YOU SAM FOR COMING TO OUR CLASS**

Name: Maryam

Identify ONE goal that you would like to begin working toward in the New Year: **I will fulfill my little dreams and I have to study a lot in order to achieve my biggest dream**

What was your "A-HA Moment"? Share one thing that Sam said, or one lesson he taught that caught your attention and stuck with you. **I liked the topic of achieving the goal and talked about Taco bell**

Would you recommend that other students go through this program? **Yes**

Provide one "persuasive" sentence as to why other students should have this opportunity. **What a person needs is continuous work day and night. diligent reading, study, and control over the will, for every hour of life is precious.**

What 1-3 things would make this program 1% better? **Things about science learn the most useful things the future**