Adult Roles

Unit 1

Self Management

**STANDARD 1**

**Students will participate in activities that help increase their self-awareness, values, goals and**

**decision-making strategies.**

**Objective 1:** Explain how self-concept and self-esteem are built and preserved and how it relates to the perception of individual strengths and weaknesses.

a. Describe the positive and negative development of self-concept and self-esteem.

**Objective 2:** Identify personal values and explain how values impact interpersonal relationships.

a. Define and discuss values and their function.

b. Discuss personal values.

c. Explain the effect of values on relationships.

d. **ARR #1 Performance Objective** Identify 4 personal values and explain how these values

impact behavior and choices.

**Objective 3:** Classify short- and long-term goals and the steps needed to achieve them.

a. Describe the goal setting process.

b. Compare short- and long-term goals.

c. Set short-term and long-term goal that are consistent with personal values.

d. **ARR #2 Performance Objective** Set, implement and evaluate progress on one short-term goal that is necessary to complete the long-term goal.

**Objective 4:** Describe the decision-making process, including acceptance of personal responsibility

for the consequences of the decision.

1. Describe the decision-making process (identify problem, brainstorm possible solutions, explore and evaluate, make a decision and act on it, evaluate and accept responsibility for results).

Lifeboat Exercises

You and the following people are on a sinking cruise ship en route to the Bahamas. Your cruise has not yet reached the islands, but you think you are close enough to be able to reach an island in a lifeboat. The problem is that there are 14 of you left alive on board (you and the 13 people listed below) and only room for 8 on the lifeboat. Those that go in the lifeboat will possibly make it to an island where they will be faced with trying to survive until they are rescued. Those that are left on the sinking cruise ship will likely go down with the ship. You have been traveling as an employee/officer on this ship and as the highest ranking survivor, you are given the responsibility of deciding who remains on board and who goes aboard the lifeboat- including whether you go or stay. Other survivors include:

Self Group

\_\_\_\_ \_\_\_\_ \*35 year old white Catholic homemaker, mother of 5

\_\_\_\_ \_\_\_\_ \*16 year old Asian gang member

\_\_\_\_ \_\_\_\_ \*10 year old Vietnamese school girl

\_\_\_\_ \_\_\_\_ \*64 year old Rabbi- Holocaust survivor

\_\_\_\_ \_\_\_\_ \*37 year old heavy equipment operator

\_\_\_\_ \_\_\_\_ \*26 year old male Native American Military Officer with Special Forces

 Training

\_\_\_\_ \_\_\_\_ \*21 year old female drug addict nursing a 2 month old baby (these two

 count as one and cannot be separated)

\_\_\_\_ \_\_\_\_ \*42 year old male Doctor born and educated in India

\_\_\_\_ \_\_\_\_ \*29 year old female psychologist who works with

disabled children

\_\_\_\_ \_\_\_\_ \*52 year old Iranian Oil Barron and businessman

\_\_\_\_ \_\_\_\_ \*68 year old grandmother, volunteer and wealthy

philanthropist

\_\_\_\_ \_\_\_\_ \*4 year old boy tested HIV positive 2 months ago after a blood

 transfusion

\_\_\_\_ \_\_\_\_ \*28 year old gay male architectural engineer

\_\_\_\_ \_\_\_\_ \*Yourself

This is all the information you have on these people. Place an X next to the 8 people you would choose to go in the lifeboat.

**Do the things we say about people impact who they are? Why or why not? Explain your answer.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Self-Concept and Self-Esteem**

**What is Self-Concept?**

Self-concept is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. It is the way we perceive our whole selves.

1). **\_\_\_\_\_\_\_\_\_\_\_\_\_\_:** The way we think or feel about ourselves. This can change from moment to moment.

2). **\_\_\_\_\_\_\_\_\_\_\_\_\_\_**: The way we see ourselves physically.

**Self Concept Cycle**

**There are also TWO types of self-esteem:**

1). **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**: Feeling positively about yourself, your actions and your future.

2). **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_:** Feeling negatively about yourself, your actions and your future.

|  |  |
| --- | --- |
| Positive | Negative |
|  |  |

Self-Esteem True and False

True or False

1. \_\_\_\_\_\_ Identifying the causes of low self-esteem is one way to fight it.

2. \_\_\_\_\_\_ Mislabeling experiences and events is one way of avoiding self-esteem.

3. \_\_\_\_\_\_ You should not set goals if you want to establish a healthy self-esteem.

4. \_\_\_\_\_\_ “Should/Would” statements make decisions more difficult to make.

5. \_\_\_\_\_\_ Negative thoughts and feelings are always accurate.

6. \_\_\_\_\_\_ There are several illogical thoughts that can cause low self-esteem.

7. \_\_\_\_\_\_ You should not assume that a negative experience will occur over and over.

8. \_\_\_\_\_\_ You should set goals for yourself that are higher than usual.

What can you do to help build your own self-esteem?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Values**

What are values?

-

What are facts?

-

Where do you get values?

- - -

- - -

- - -

What are some characteristics of values?

- -

- -

- -

-

Types of values:

1.

 5-

 6-

 7-

 List, in order of importance, 10 values you have:

1- 6-

2- 7-

3- 8-

4- 9-

5- 10-

Why are values important? What purpose do they serve?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

YOU HAVE TO STAND FOR SOMETHING OR YOU WILL FALL FOR ANYTHING!

GOALS

Goals should be SMART:

S-

M-

A-

R-

T-

**Long Term Goal:** This needs to be a goal you can accomplish by the end of the semester! \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Short Term Goal:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What do you want to gain from this dream? (Why is this a dream of yours?):

What do you need to be doing to make this dream come true?

There is always sacrifice associated with dreams. What do you need to stop doing to make this dream come true?

What problems might you encounter while trying to reach this dream?

Who or what could help you to overcome these obstacles?

Refusal Skills

Reasons we give into peer pressure:

1.

2.

3.

Ways to stand up for what you value and still save face:

1.

2.

3.

4.

5.

6.

7.

8.

How hard is it to stand up for something you believe in?

How important is it to stand up for something you believe in?

How important is it to allow others to believe in their own values?

**Decision Making**

Why is it important to make decisions?

What kind of decisions do you make everyday?

What do you do when a difficult decision faces you?

**The Game of LIFE**

**PRE-GAME:** Before starting to play “Life” make a prediction of what you would like to accomplish by the end of the game in the following areas.

Team name and color: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. Career:

-College or Directly to Your Career (circle one)

-What career will have?

2. Family/lifestyle:

-Marriage?

-Children? \_\_\_ Boys \_\_\_ Girls

-Will you buy a house? If so, what kind of house?

-Will you travel? If so, where?

-Will your sponsor events? If so, what kind?

3. Finances: (Stock, insurance, etc.)

-How much money will you make by the end of the game?

-Will you play the stock market? What number will be yours?

Will you buy insurance? If so, what kind?

4. Health:

**GAME-TIME: Keep track of EVERYTHING that happens to your team!!!**

1. Career: (Put college and career info here) Keep track of revenges here.

2. Family: (Put family lifestyle info here… trips, events, etc)

3. Finances: (Put anything finance related here… stock info, house/vehicle info, insurance info, etc)

4. Health:

What circumstances occurred that changed your original predications? What were your final results in each area? What choices did you have to make?

**Evaluation**

List the most valuable things you learned in this unit.

What did you like about this unit? What did you dislike about this unit? What would you change if you were the teacher? Did the activities help you think about and learn the concepts that accompanied this unit?