

## RECAPPING YOUR EXPERIENCES

**Purpose:** Students learn about the “universality” of life challenges and the role of positive thinking in significant growth experiences. (*Note: A pre-requisite to this lesson is an open classroom environment and trusting relationships between you and the students and among students and their peers.*)

**Time Required for Lesson:** 50 minutes

**Grade Level:** 11

### Missouri Comprehensive Guidance Program

**Strand:** Personal and Social Development

**Big Idea:** PS 1: Understanding Self as an Individual and as a Member of Diverse Local and Global Communities

**Concept:** PS.1.A. Self concept

### ASCA Standards

**Domain:** Personal and Social Development

- A. Students will acquire the knowledge, attitude and interpersonal skills to help them understand and respect self and others
- B. Students will make decisions, set goals and take necessary action to achieve goals

**Materials:** None

### Comprehensive Guidance Program Curriculum Unit/Lesson links

**Grade 11**

**Unit Who Am I and How Do I Fit Into the World?**

**Concept:** PS 1.A



### Show Me Standards: Performance Goals (check one or more that apply)

X	Goal 1: gather, analyze and apply information and ideas 10. Apply acquired information, ideas and skills to different contexts as students, workers, citizens and consumers.
X	Goal 2: communicate effectively within and beyond the classroom 3. Exchange information, questions, and ideas while recognizing the perspectives of others.
X	Goal 3: recognize and solve problems 3. Develop and apply strategies based on one's own experience in preventing or solving problems. 8. Assess costs, benefits and other consequences of proposed solutions.
X	Goal 4: make decisions and act as responsible members of society 3. Analyze the duties and responsibilities of individuals in societies. 6. Identify tasks that require a coordinated effort and work with others to complete those tasks.

**This lesson supports the development of skills in the following academic content areas.**

**Academic Content Area(s)**

**Specific Skill(s)**

X	Communication Arts	6. Participating in formal and informal presentations and discussions of issues and ideas
	Mathematics	
X	Social Studies	6. Relationships of the individual and groups to institutions and cultural traditions.
	Science	
	Health/Physical Education	
	Fine Arts	

### Enduring Life Skill(s)

	Perseverance		Integrity	X	Problem Solving
X	Courage	X	Compassion		Tolerance
X	Respect		Goal Setting		

### Lesson Assessment acceptable evidence of what learners will know and be able to do as a result of this lesson:

Students write and discuss two growth experiences and/or interests

### Lesson Preparation

**Essential Questions:** How do people grow and become wiser?

**Engagement (Hook):** What lessons have you learned?

### Procedures

<i>Professional School Counselor Procedures:</i>	<i>Student Involvement:</i>
<p><i>Note: Prior to this lesson assure that an open classroom environment and trusting relationships exists between you and the students and among students and their peers. If students are uncomfortable with each other, personal disclosure may be more detrimental than helpful to relationships.</i></p> <ol style="list-style-type: none"> <li>1. Explain that recalling and sharing growth experiences may help self and others overcome a sense of loneliness when facing difficult situations. Emphasize the importance of positive thinking. Give examples of your own growth experiences and how positive thinking helped you cope with a difficult situation.</li> <li>2. Place students in pairs. Ask each student to recall and write a description of a significant growth experience they are willing to share with partners.</li> <li>3. Still working in pairs, ask students to share their growth experience with their partners.</li> <li>4. Pair and Square: (Remind students of the option to pass in the group of 4.) Instruct each pair to join another pair and share their growth experiences and how positive thinking helped them grow stronger.</li> <li>5. Lead a whole class discussion of similarities and differences among experiences. Remind students of pass option.</li> <li>6. Summarize the purpose for sharing experiences and thank students for their openness. Welcome comments from students</li> </ol>	<ol style="list-style-type: none"> <li>1. Students listen</li> <li>2. Working in pairs, students recall and write a description of a significant growth experience.</li> <li>3. Students share one growth experience and can pass if he or she wishes.</li> <li>4. Pairs join another pair to form quads and share their experiences. Remember "I pass" is an option.</li> <li>5. Students discuss similarities and differences among experiences.</li> <li>6. Students comment if they wish.</li> </ol>