<table>
<thead>
<tr>
<th>Grade: High School</th>
<th>Duration: 50 minutes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Activity: Overcoming Obstacles</td>
<td></td>
</tr>
<tr>
<td>Topic: The Game Plan for College: Assessing your Talents and Skills</td>
<td></td>
</tr>
</tbody>
</table>

**Lesson Goals:**
- Students will identify the relationship between their interests and how they spend their time.
- Students will identify the skills that relate to their interests.
- Students will identify and categorize personal, career, and professional skills.
- Students will use their skills and interests to determine career options.

**Procedures:**

**Understanding Your Time**
You spend time on your personal interest and the things you enjoy doing. In order to accomplish your goals and dreams you will need to make sure you are spending your time wisely. Use a blank sheet of paper or Word document to reflect on the things you have to complete each week in your life.

1. Label the document with the days of the week
   - Sun, Mon, Tue, Wed, Thurs, Fri, & Saturday.
2. List the activities you have to do in the morning, afternoon, and evening of each day
3. Next, Write the total amount of time you spend each day participating in the following activities/task:
   - Sleeping, School, Eating, TV, Phone, Social Media, and other activities.

**What do you enjoy most?**
Identify the five activities you enjoy the most and order the activities from one to five, with (one) being the most enjoyable and (five) being the least enjoyable. Reflect on why you enjoy these activities the most and least.

**Understanding Your Skills**
In a dictionary or online, look up the definition of the word “Skill”

Using your list of your top 5 activities you enjoy doing, identify at least five skills that are needed to be successful in each activity/task. Additionally, answer the questions below:

1. If you work with people or animals, what types of skills might you need?
2. If you work with equipment and machines, what type of skills might you need?
3. If you work with information and data, what type of skills might you need?

Next, identify five occupations/jobs each that work with the following things:
- People
- Animals
- Equipment/Machines
- Information/Data

Skills people bring to a job are the talents, gifts, and abilities that they possess. Knowing your gifts, talents, or abilities—and how these things translate into jobs—will help you target potential careers and professions.
Questions for Assessment:
1) List one of your favorite after-school activities and the skills that you use for it.
2) How do your skills compliment your most favorite activity?
3) How can knowing your skills and interest help you in the future?

Grade: High School  Duration: 50 minutes
Activity: Expect Respect: Kindness
Topic: Kindness
Lesson Goals:
• To help students practice their writing while embracing positivity and kindness into the school environment

Procedures:
Activity #1:
Think of someone you appreciate, respect, or care about. Write a positive message, thank-you note, or a note of appreciation or encouragement to them.

Consider the following prompts:
• Thank you for the...
• I am grateful for...
• I am thankful for...
• I appreciate the...

Explain in detail what they have done that makes you thankful for them. After you have proofread your note feel free to send it to their email address.

Activity #2:
Think about what kindness means to you. Reflect on what kindness looks like, sounds like, and feels like. Create a visual representation of what kindness means to you. This representation can be designed digitally with your computer software or you can create it on paper.

Questions for Assessment:
• Why do you believe it’s important to practice kindness?
• How will you continue to practice kindness moving forward?