

ACCESS Self-Awareness Map to Unit Lesson Plans & Student Worksheets

A. Values

[Lesson Plan: The Personal Journal](#)

[Values Clarification Exercise SW](#)

[Lesson Plan: Who Am I? Let's Take An Inventory](#)

B. Self Assessment

[Activity: Introduction to Likes/Dislikes: Survey \(Teacher Instrument\)](#)

[Self-Assessment: SW - Inventory of Likes/Dislikes \(Student Worksheet\)](#)

[Self Determination Checklist- SW Student Self-Assessment](#)

[Self –Assessment LP -What's Self Esteem?](#)

[Essay: Being Content with Myself \(with discussion/writing questions\)](#)

[Essay: Never Stop Believing \(with discussion/writing questions\)](#)

[Essay: Re-Inventing Oneself, or How To Change \(with discussion/writing questions\)](#)

[Essay: Student Attitude \(with discussion/writing questions\)](#)

YouTube Videos to supplement **ACCESS self awareness lessons**. Place blinking cursor on the underlined link. Press control key and click to get to the link.

1. Zack Matere, "Growing Knowledge". Inspirational, on using the computer and sharing the internet as a source of valuable knowledge for self, and to help others

<http://www.youtube.com/watch?v=OE63BYWdqC4&NR=1> 2 minutes

2. Jack Canfield, "Positive Thinking for Self Esteem". Obstacles can be opportunities.

<http://www.youtube.com/watch?v=j7hBoa75YRs&feature=related> 1:18 minutes

3. Jack Canfield, "Successful Planning". Importance of planning the day the night before.

<http://www.youtube.com/watch?v=1FKApe9tvHw&NR=1> 1:05 minutes

C. Learning Styles

Learning Styles TR Teacher Resource Material

Self-Assessment: What's YOUR Learning Style? (16 items)

Self-Assessment: What's Your Learning Style? (30 short items with 4 point scale)

Self-Assessment: Learning Styles Inventory (70 items with 3 point scale)

YouTube Videos to supplement **ACCESS learning styles lessons**. Place blinking cursor on the underlined link. Press control key and click to get to the link.

1. Amy Whittle, A Movie About Multiple Intelligence 5:11
<http://www.youtube.com/watch?v=2stVs4mjbsU&feature=related>
2. The Simpsons, 2008, Multiple Intelligence 6:14
<http://www.youtube.com/watch?v=xMZ9YRnJJWE>
3. Song About Multiple Intelligences, 5:31 <http://www.youtube.com/watch?v=2FucqOplfVM&NR=1>
4. Multiple Intelligence Song "So Many Ways" http://www.youtube.com/watch?v=RmW_3ZhQZpc&NR=1
5. Learning Styles: Student Success Center, 2:56
<http://www.youtube.com/watch?v=ooqvgcY5VKU>

D. Hopes & Dreams

Self -Assessment: Hopes & Dreams

Essay: Follow Your Dreams (with discussion/writing questions)

Essay: A Grown Up Barbie (with discussion/writing questions)

Essay: My Accomplishments (with discussion/writing questions)

E. Motivation

Lesson Plan: Personal Motivation-LP

Motivation: How To Get It and Keep It –SW

Motivation: The 7 Habits of Highly Effective People (Steven Covey)- SW

Essay: How Cancer Changed My Motivation Level (with discussion/writing questions)

Motivational Stories- SW (12 very short stories with discussion/writing questions)

Motivational Quotes- 15 quotes for a student expression/project choice

How To React to Failure- SW

Personal Motivation- How It Works

Motivational Ideas with Personal Development & Goal Setting SW

Essay: My Sports Motivation is to See the End (with discussion/writing questions)

YouTube Videos to supplement **ACCESS lessons on Motivation**. Place blinking cursor on the underlined link. Press control key and click to get to the link.

1. Simon Webbe, "20 Words That Can Change Your Life". Visual overlaid with some thoughts on change and being inspired to change. <http://www.youtube.com/watch?v=PLZxJZ70MQ4&feature=related> 4:29 minutes
2. Al Pacino, "Inspirational Speech" from Any Given Sunday. The inches we need...on teamwork
<http://www.youtube.com/watch?v=WO4tIriBDkk&feature=related> 4:41 minutes
3. Momo, "This Video Will Change Your Life, Part I". Inspirational, motivational presentation.
<http://www.youtube.com/watch?v=rib0TU2hkxA&feature=relmfu> 19:02 minutes
4. Lead Out Loud, "Be Unsinkable". Good visuals with music and words overlaid on the theme of being 'unsinkable' when challenged. <http://www.youtube.com/watch?v=1UePW8hMD3w&feature=related> 2:31 minutes
5. Rocky Balboa's inspirational speech to his son.
<http://www.youtube.com/watch?v=Z5OokwOoY&NR=1&feature=fvwp> 3:20 minutes
6. *** "I'ma Show You How Great I Am" Be great, be powerful beyond measure. Video clips brought together with music and audio. Entire script to the video could be used as basis of discussion or writing later.
<http://www.youtube.com/watch?v=OSYtQy9EqTA&feature=related> 4:19 minutes
7. Edgevolution, "Overcoming Adversity", Music with powerful word overlays.
<http://www.youtube.com/watch?v=1kGmjb9Qhgz&feature=related> 2:15 minutes
8. *** 60 Minutes CBS "The Player: NFL Super Agent Drew Rosenhaus", http://www.cbsnews.com/8301-504803_162-2011747410391709.html?tag=cbsnewsMainColumnArea.3 14:07 minutes

F. Work Values

Lesson Plan: Everybody Works-LP

Everybody Works- SW

Self -Assessment: Work Values-SW (13 personal values related to the workplace ranked on a 1-3 scale by students) *(Next page- Work Values continued.)*

Work Values Survey-SW (52 items with a scale of not true to very true, and a self-scoring tool at the end)

Lesson Plan: Dreams of the Future-LP

Why Do People Work? TI, SW

G. Goal Setting

Lesson Plan: Success- LP

What Is the Meaning of Success To Me?- SW

Identifying Successful People That I Know- SW

Classroom Success- SW

Goal Setting and Motivation with Personal Development-SW

DETERMINED Acronym (Post in classroom, and in student personal space: locker, bedroom, bath, etc.)

YouTube Videos to supplement **ACCESS lessons on Goal Setting (failure)**

FAILURE

1. Jeffrey Gitomer, "Learn From Rejection". How can I get better? Ask, why was I rejected?
<http://www.youtube.com/watch?v=wsrhfdZ9zJw&feature=related> :30 seconds
2. ***Canfield, Jack. "Getting Over Failure", Canfield tells us that we have to stop blaming and making excuses and ask what our part was in the problem.
http://www.youtube.com/watch?v=ejyD3_gBhYw&NR=1 1:19 minutes

LOSS, DEATH

Many students whom you may work with experience loss through death, abandonment, or relationships which don't work out. Here are two YouTube videos on death and loss:

1. Joe Hurley, "One Minute Left To Live, What Would You Do?" Music and words with visuals.
<http://www.youtube.com/watch?v=PLZxJZ70MQ4&feature=related> 1:07 minutes
2. The Light Beyond, "Do Not Stand At My Grave and Weep." Quiet music, visuals with a poem overlaid. Made especially for those experiencing grief and loss of a loved one.
<http://www.youtube.com/watch?v=wxawiWqf4gA&feature=related> 4:01 minutes

YouTube Videos to supplement **ACCESS lessons on Goal Setting**. Place blinking cursor on the underlined link. Press control key and click to get to the link.

1. Teachertube MS, "If It's To Be, It's Up To Me!" Song/Music
<http://www.youtube.com/watch?v=uThBb3kGf4k&feature=related> 3:49 minutes
2. Venture Guide, "S.M.A.R.T. Goals", bear and squirrel with goal of "Helping the Homeless"
<http://www.youtube.com/watch?v=3y0Jja52B2o&feature=related> 2:29 minutes
3. Jack Canfield, "Setting Career Goals". Determining the right niche for you that may be fulfilling.
http://www.youtube.com/watch?v=8_GlwPYDNNQ&feature=related 1:22 minutes
4. Jack Canfield, "First Step to Achieve Your Dreams". Complaining and blaming others are topics.
<http://www.youtube.com/watch?v=n3rmiqyM79E&feature=related> 3:11 minutes
5. Jack Canfield, "On Never Giving Up". 144 rejections on his book, Chicken Soup.... Be willing to persevere. Believe it's possible. Take action. <http://www.youtube.com/watch?v=CqgGIQtFkgs> 2:19 minutes
6. Jack Canfield, "How To Accelerate Your End Result". Ask, believe, receive. Focus on the opposite of your irritations. What are your goals? <http://www.youtube.com/watch?v=8jS8knNjsgQ&feature=related> 7:17 minutes
7. Jeffrey Gitomer, "Positive Mental Attitude". Positive attitude you give yourself over time. Negative is instant. Believe you can achieve.
<http://www.youtube.com/watch?v=Xd8aTtgs33w> 4:59 minutes
8. Jeffrey Gitomer, "Kick Your Own Ass". Your attitude impacts every single thing that you do. Start out by being the best you can be for yourself. <http://www.youtube.com/watch?v=fswlLUI73xl&feature=related> 2:51 minutes
9. Momo, "Figuring Out What You Really Want, Part I" http://www.youtube.com/watch?v=NAilzbaR_o&feature=relmfu 8:28 minutes
10. Jeffrey Gitomer, "What It Takes to Be #1". Ask yourself, How good am I at that? Have the fire in your soul to love what you do. <http://www.youtube.com/watch?v=wSsw1iRIam4&feature=related> 4:07 minutes
11. Jeffrey Gitomer, "Doing Your Best". Tell yourself that you ARE the best, among other things. Convert anger, it is wasted energy. Love what you do. Love it or leave it. You have to be willing to fight for what you want.
<http://www.youtube.com/watch?v=TQn1ov65bQc&feature=related> 5:01 minutes
12. BeyondtheQuote videos, "What Drives You To Succeed?" Music, visuals and quotes.
<http://www.youtube.com/watch?v=uNTxA0nLFZM&feature=related> 1:21 minutes
13. Will Smith, "You Want Something..." from movie, Pursuit of Happiness.
<http://www.youtube.com/watch?v=MPnuduJbZI&NR=1> :50 seconds
14. Will Smith, "Happiness", <http://www.youtube.com/watch?v=pCq7eGKcs-w&feature=related> 3:42 minutes