

MY ACTION PLAN



Time Required: 30-45 minutes

Content Standards: (AA.S.8) Students will make decisions, set goals, and take necessary action to achieve goals.

Indicators (Students will...): AA.PSD.12.8.04
Apply effective problem-solving and decision-making skills that show respect for self and others.

GOAL: Students will make decisions, set goals and take necessary action to achieve goals.

Activity Statements:

Students will complete Handout 1 Action Plan for Maintaining Who I Am assessment.

Materials:

1. Handout 1 for Action Plan for Maintaining Who I Am
2. Optional choice to complete an Action Plan to use as example.

Procedures:

1. Start the session with the Discussion below to engage students.
2. Pass out to each senior their "Action Plan for Maintaining Who I Am" assessment. Explain to the students that this Action Plan is something that will help them keep their self-concept maintained and in good working order.
2. Set a due date for collection of the Action Plan. Inform students that this Action Plan will be placed in their Portfolio or Permanent Records.
3. It may help to have an example of an Action Plan to place on an overhead or in a PowerPoint so that students can see how other plans have been developed. Allow students individual time to complete handout.

Discussion:

1. Begin the session by asking the following essential questions:
Why do we need a positive self-concept?
How do people balance their world?
How do people make the world a better place?

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2. Ask students how many have any personal possessions like a car, computer, ipod, etc. After assessing how many have possessions like this, discuss what types of things have to be done to them in order to keep them running in top shape. It may be easier to keep the focus on a car at this point. Discuss with the students that in order to keep their car or other possessions running in top shape, they have to be maintained.
3. Ask students what happens to their car when they do not keep it maintained. Transition into the maintenance of their personal self-concept. Their self-concept is something that needs to be maintained. If it is not maintained, they can expect similar issues to those of not keeping their personal possessions maintained.

Additional Resources:

Improving Self Esteem

<http://www.utexas.edu/student/cmhc/booklets/selfesteem/selfest.html>

Decision making <http://www.selfhelpmagazine.com/articles/growth/decisionmaking.html>

Extension Activities:

Other activities as assigned by advisor.

CareerCruising

No new activities this week.
