**Perseverance- Small Steps with Big Purpose**

*School*: Steinmetz College Prep

*Grade*: Sophomores and Juniors

*Date*: 2013-2014 academic school year

*Duration:* 1 session

**ASCA Standards**- Academic Development

**Standard A**: Students will acquire the attitudes, knowledge and skills that contribute to effective learning in school and across the lifespan.

A: A1 Improve Academic Self-concept

 A:A1.2 Display a positive interest in learning

 A:A1.5 Identify attitudes and behaviors that lead to successful learning

A: A2 Acquire Skills for Improving Learning

A:A2.2 Demonstrate how effort and persistence positively affect

learning

**Standard B**: Students will complete school with the academic preparation essential to choose from a wide range of substantial post-secondary options, including college.

A: B1 Improve Learning

 A:B1.1 Demonstrate the motivation to achieve individual potential

**Objectives:**

* Students will identify areas of interest/concern by drawing dots on signs posted around the room.
* Students will identify what they are passionate about.
* Students will explore how passion and perseverance are effective ways to help reach their goal, motivate success, and meet their needs.

**Materials:**

* 10 sheets of paper (can be recycled)
* Markers

**Instruction:**

-Before students arrive, counselors will prepare small signs to place around the room. On 10 pieces of paper, the following topics that students may feel passionate and/or concerned about will be written.

(Sports, graduation, college, career, friends, grades, money?)

-Counselors will write the following directions:  "Read the 10 different signs posted around the room. Choose two that you feel most passionate or concerned about and color a dot beside them. Once students have arrived, counselors will have them read the directions on the board. Students will be given 5 minutes to walk by the ten signs posted around the room and mark two of them. As students are walking around, counselors will ask them the purpose of this activity or what they are observing.

-Once students have selected two of the posted signs, counselors will lead the students to a discussion of personal interests as motivation for doing their best to address their interest or area of concern. Counselors will ask, “Why didn’t everybody choose the same sign?” Counselors will lead students to recognize that they can reach their goal or overcome obstacles by taking small steps and persevere to make a difference in long-term goals. If students get into a discussion of barriers, ask the group how they could persevere (persist) to overcome obstacles.

(Optional) Make a list of pros and cons for some of the signs (ones with most dots). Discuss how students could address this issue using their time, talent, and resources and their personal best efforts.

**Wrap-up:**

Motivating success videos

Famous Failures- Michael Jordan http://youtu.be/zLYECIjmnQs

<http://www.discoveryeducation.com/teachers/free-lesson-plans/self-esteem.cfm>