

GOT SKILLS?

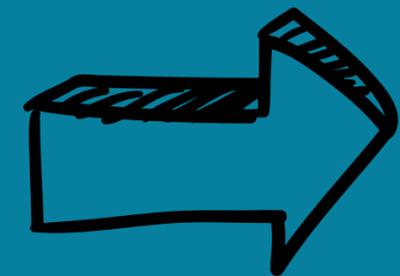
SKILLS FOR SUCCESS



INTRODUCTION

Setting goals is like plotting a course on a treasure map. Imagine you're on an adventure to find hidden treasure, but instead of gold, the treasure is your dream coming true.

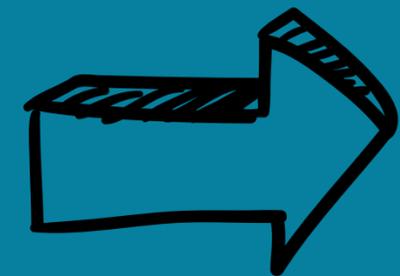
Just like any adventure, there will be challenges and puzzles along the way. This is where persistence, your secret weapon, comes into play.



INTRODUCTION

Persistence is like having an invisible shield and sword that help you battle through storms, climb over mountains, and solve tricky puzzles on your journey.

When things get tough, persistence whispers in your ear, "Keep going, you've got this!" It's about not giving up, even when your goal seems far away or hard to reach.



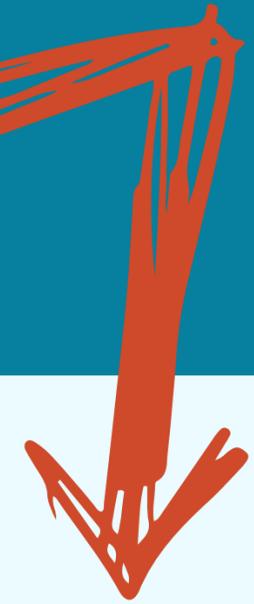
INTRODUCTION

Think of persistence as your best friend on this adventure. It helps you learn from mistakes, try new paths when you hit a dead end, and get up when you stumble.

Remember, every adventurer faces challenges, but it's those who keep pushing forward, step by step, who eventually find their treasure. So, as you set your goals, pack your persistence—it's the most important tool you'll need on your journey to success!



SEL CONNECTION



Today, we will practice **self-management** through persistence and how it applies to setting and achieving goals.





ICEBREAKER

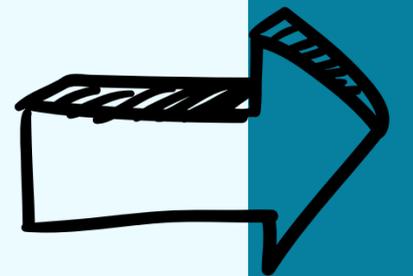
GOAL TROTTERS



GOAL TROTTERS

STEP 1: SETTING GOALS

- 1) Write down a personal goal that you would like to achieve within one year. Do not include your name on the paper.
- 2) Make your goal as specific as possible.
Example: I want to apply for a summer internship at NASA.
- 3) Fold your paper and place it in the container.



GOAL TROTTERS

STEP 2: ACHIEVING GOALS

- 1) In your group, brainstorm actions or steps that could be taken to achieve your assigned goal.
- 2) When you are finished, each group will share one or two of the actions or steps they brainstormed.

THESE ACTIONS ARE CONNECTED TO SKILLS!





LESSON PART ONE

SETTING GOALS, BUILDING SKILLS, & STAYING CONSISTENT





GOALS

What are goals?

How do we use them to accomplish tasks and reach our goals?





TIME-MANAGEMENT

Time management is like planning your day with a strategy to make sure you have enough time for homework, play, and rest.





ORGANIZATION

Organization is keeping your things and ideas neat and ordered, like sorting your school supplies or making a list of what you need to do, so you can find them easily and get things done faster.





GOAL SETTING

Setting clear, achievable goals can help you make consistent progress.





STRESS MANAGEMENT

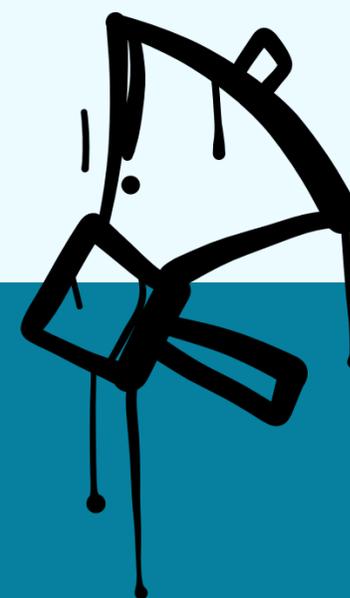
Stress management is finding ways to relax and not let worries take over, kind of like taking deep breaths or a time-out when something gets too hard.





COMMUNICATION

Communication is sharing your thoughts and listening to others. It is also about asking for help when you need it or getting advice from a person you trust.



LESSON: PART ONE



WRITING

SKILL RATING

Using the graphic organizer, consider how you would rate your level of proficiency with each skill we discussed.

Once done, we will discuss our responses.





SKILL RATING

PAIR SHARE + WHOLE GROUP CYPHER

- Think about your goals in life. How can these skills help you to achieve those goals?
- How can you improve in the skills you need to develop?





LESSON PART TWO

PERSISTENCE



LESSON: PART TWO



DEFINITION

PERSISTENCE

Persistence is about not giving up, even when things get tough or you don't win right away.

Persistence means keeping on, practicing, and trying different ways to solve a problem to get past that tricky part or achieve what you were aiming for.

It's about believing in yourself and your ability to overcome challenges by never stopping and always trying your best, no matter how hard it might seem at first.



LESSON: PART TWO



WATCH A VIDEO

PERSISTENCE

- 1) Watch the video of Jazzy interviewing J. Cole.
- 2) While watching, use the Take 5 for the Culture worksheet to write down five “ah has” that stood out in the interview.





PERSISTENCE

PAIR SHARE + WHOLE GROUP CYPHER

- Share one of your “ah-has” and explain why that stood out to you.
- Which skills do you think were crucial for J.Cole to reach his goals?
- Why do you think these skills are important for your own journey, both now and in the future?
- What are you going to do to be persistent in achieving your goals?

