

Lesson 11

Skills for a Successful Life

Teacher Resources

Resource	Description
Teacher Resource 11.1	Presentation: Are You Stressed? (separate PowerPoint file)
Teacher Resource 11.2	Assessment Criteria: Personal Mission Statement
Teacher Resource 11.3	Key Vocabulary: Skills for a Successful Life
Teacher Resource 11.4	Bibliography: Skills for a Successful Life

Teacher Resource 11.2

Assessment Criteria: Personal Mission Statement

Student Names: _____

Date: _____

Using the following criteria, assess whether students met each one.

	Met	Partially Met	Didn't Meet
The mission statement reflects a clear understanding of what the student values.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
The mission statement describes which relationships are important to the student and how the student will strengthen them.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
The mission statement reflects strong self-knowledge by stating what the student appreciates in his or her own life and how the student wants to make changes to improve his or her life.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
The mission statement identifies career-related goals.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
The mission statement is neat and uses proper spelling and grammar.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Additional Comments:

Teacher Resource 11.3

Key Vocabulary: Skills for a Successful Life

These are terms to be introduced or reinforced in this lesson.

Term	Definition
body language	The body poses, gestures, facial expressions, and eye movements that communicate a person's attitude, emotions, or state of mind.
diversity	Heterogeneity; in this context, differences among people in a group or a community.
ethics	A set of moral principles; understanding right from wrong.
mission statement	In this context, a written declaration someone writes to help her define what's important to her, what strengths and skills she has, and what kind of person she aspires to become.
role model	A person whose behavior, values, and/or ideas serve as an example to others.

Teacher Resource 11.4

Bibliography: Skills for a Successful Life

The following sources were used in the preparation of this lesson and may be useful for your reference or as classroom resources. We check and update the URLs annually to ensure that they continue to be useful.

Print

Covey, Sean. *The 7 Habits of Highly Effective Teens*. New York: Fireside, 1998.

Covey, Sean. *The 6 Most Important Decisions You'll Ever Make*. New York: Fireside, 2006.

Downing, Skip. *On Course: Strategies for Creating Success in College and in Life*, 5th ed. Boston: Houghton Mifflin, 2008.

Lapan, Richard T. *Career Development Across the K-16 Years*. Alexandria, VA: American Counseling Association, 2004.

Pestalozzi, Tina. *Life Skills 101: A Practical Guide to Leaving Home and Living on Your Own*. Cortland, OH: Stonewood Publications, 2009.

Online

"Anger Management: 10 Tips to Tame Your Temper." Mayo Clinic.com, <http://www.mayoclinic.com/health/anger-management/MH00102> (accessed July 12, 2013).

"Are They Really Ready to Work? Employers' Perspectives on the Basic Knowledge and Applied Skills of New Entrants to the 21st Century U.S. Workforce." Partnership for 21st Century Skills, http://www.p21.org/documents/key_findings_joint.pdf (accessed July 12, 2013).

"Feeling Frazzled?" BAM! Body and Mind, <http://www.cdc.gov/bam/life/frazzled.html> (accessed July 12, 2013).

"Got Butterflies? Find Out Why" BAM! Body and Mind, <http://www.cdc.gov/bam/life/butterflies.html> (accessed July 12, 2013)

"School to Work: Ethics in the Workplace." Goodcharacter.com, <http://www.goodcharacter.com/NFS/SchoolToWork.html> (accessed July 12, 2013).