

Perception

In your composition book please write a paragraph for each of the following:

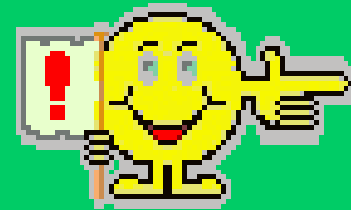
What is perception?

What influences our perception?

How are stereotypes related to this?

How can attitude influence these?

First
encouraging
thought



Lose the DRA!



What's a DRA?

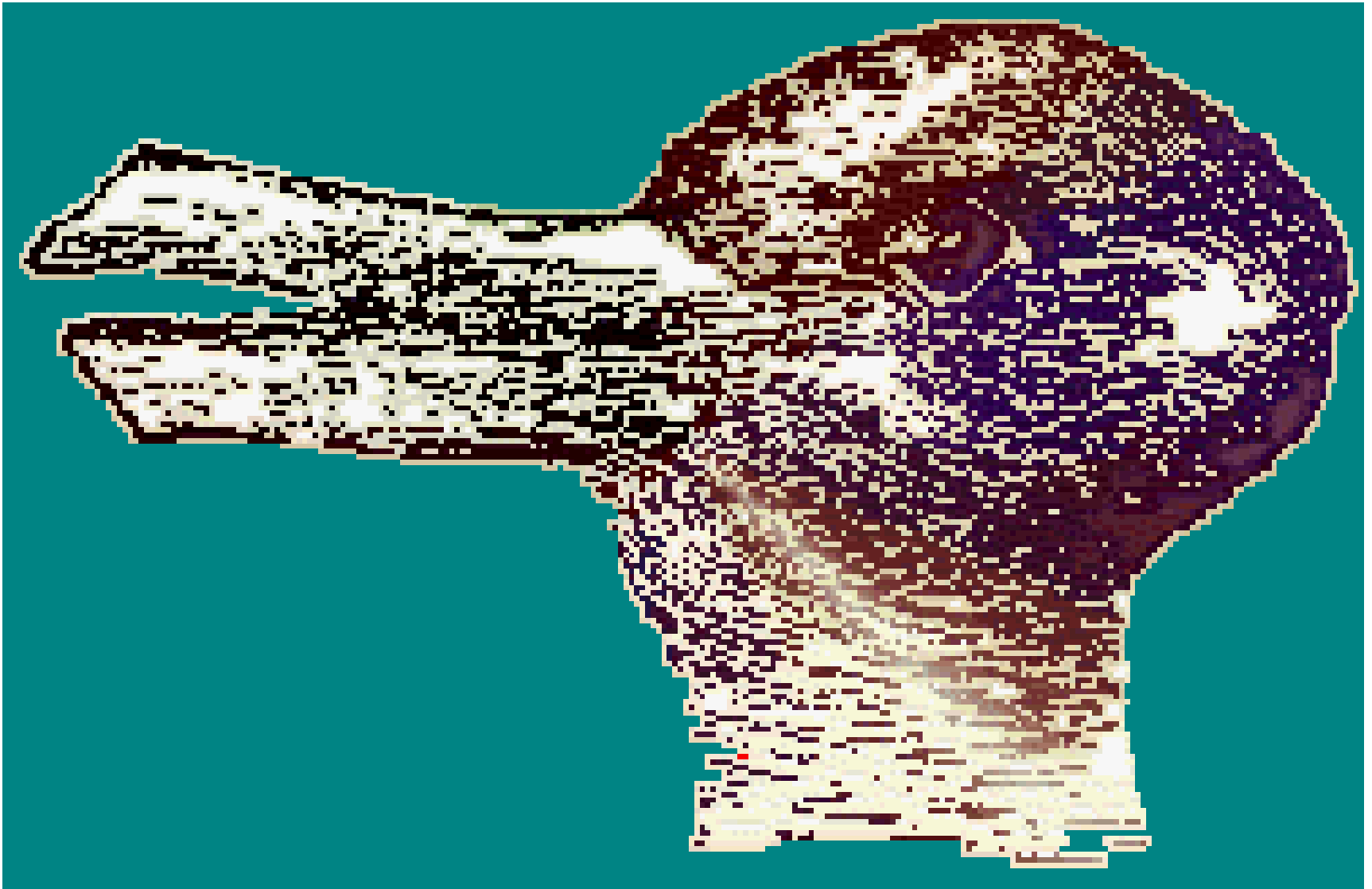
Dirty Rotten Attitude!

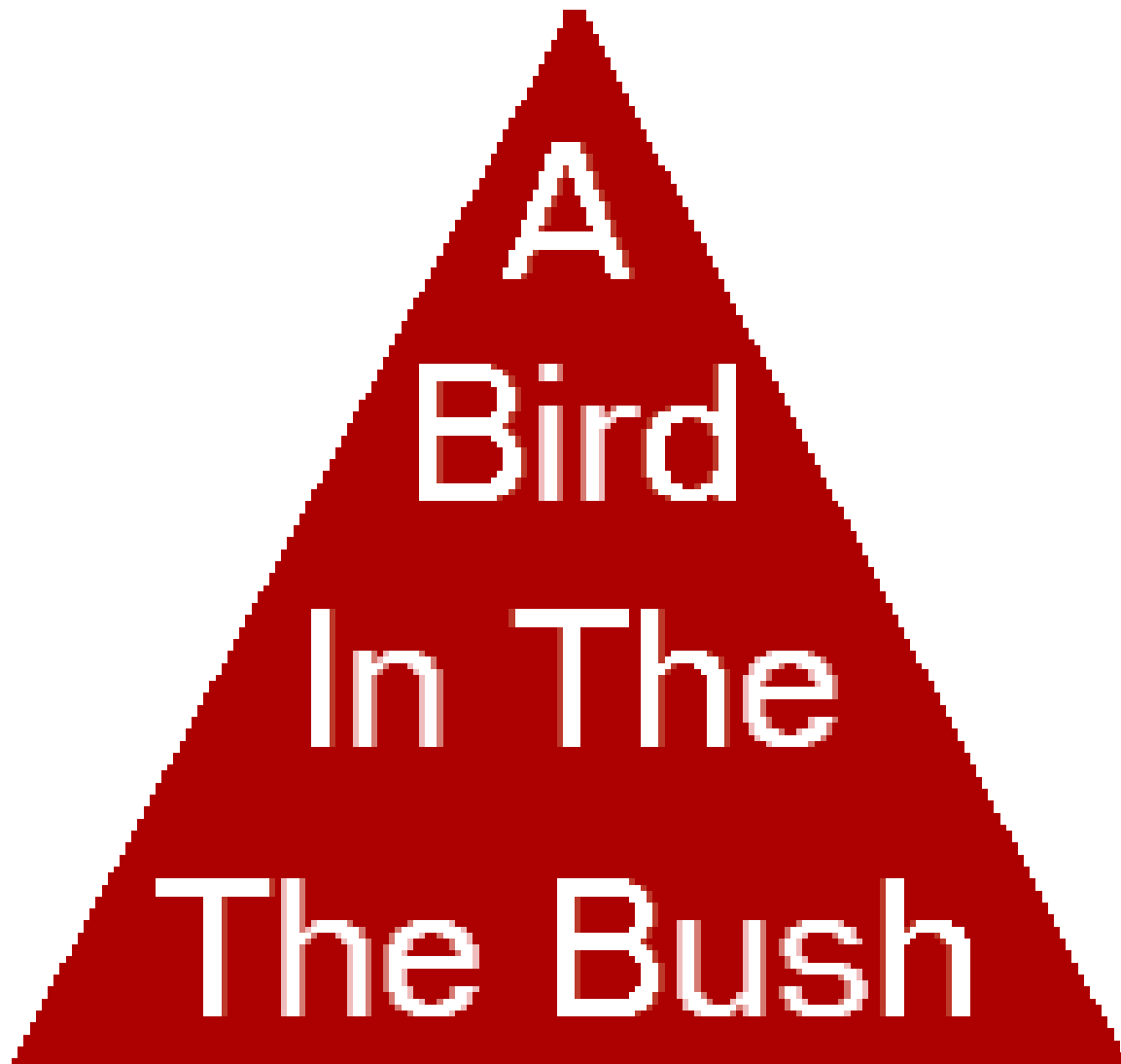
And it always seems to
bite you in the foot!



How do you
change your
DRA?

Perception





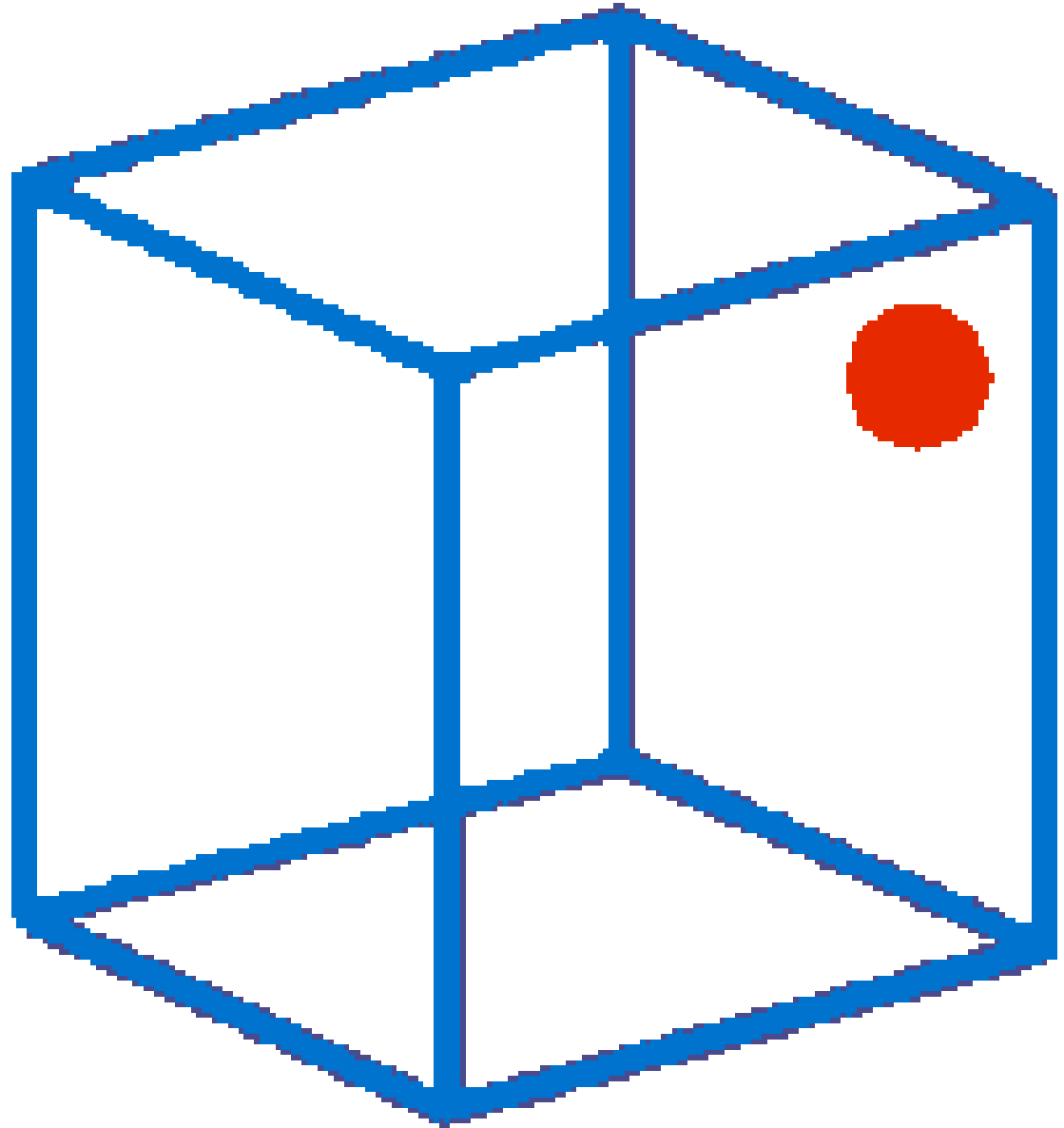
Make sure your perception is accurate!

Perception

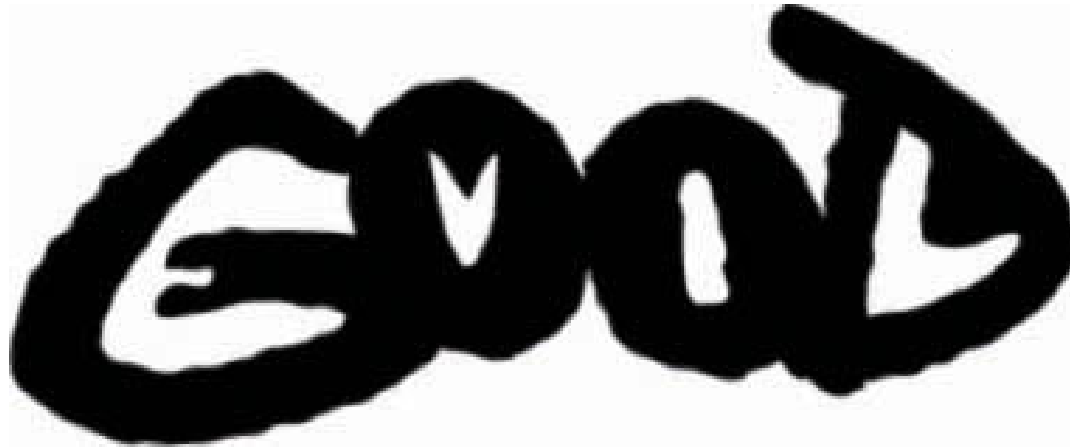
Don't let your perceptions **lie** to you. Make sure they are **rational**.



Don't be
afraid to
look
outside the
box and
see things a
little
differently.

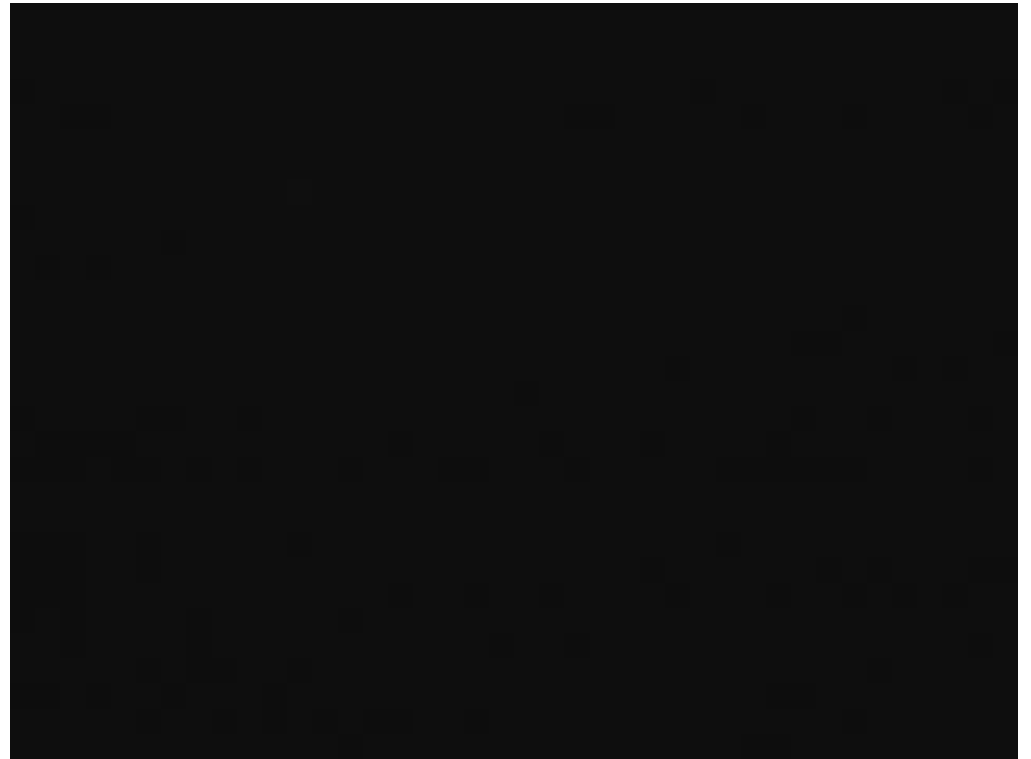


What do you see?



Try to look for the **good** in your
WORLD!

There is much to **teach** and **learn** about perception.
Don't be afraid to **ask** for help.

The image shows the words "Teach" and "Learn" in a 3D, blocky font. "Teach" is in a light yellow color and "Learn" is in a light blue color. They are positioned one above the other, with "Learn" slightly offset to the left. The background is a blue gradient with a subtle oval shape behind the text.

**If you want to change your DRA
perception?**

**How do you
change your
thinking?**



“I hate School!!”

“School is a great way to...”

You and **me** can change our perception if we free our minds to do so.





PERCEPTION

by

KEN BRIGGS



(Paraphrased from Charles Swindol's Attitude)

The longer I live, the more I realize the impact perception has on life. Perception, to me is more powerful than any computer, than money, than popularity, than success, than what other people say or do. Perception is more important than appearance, than a skill, than graduation, than a job. Perception will make or break your life. The miraculous thing is that we have a choice every day - no, every moment regarding the perception we will embrace for each moment. We cannot change our past. We cannot control our future.

The only thing we can control is our thinking and the perception we choose. I am convinced that much of life is out of our control and that life is sure to be difficult from time to time. But with perception you can turn any event into love, glory, or wonder. For you are in charge of your thinking and your perception and therefore your life.

Stereotypes

- Make a two column chart in your composition book

Man	Woman

Write words or phrases that describe the qualities or characteristics of each.

Groups Follow-up

- Looking at your lists- Are you happy with the lists you have created?
- Do you see any changes you would like to make?
- Are there terms that do not belong under the heading they're under?
- Are there terms that could be under both headings?

Check Out these Statements

- All old people are forgetful.
- Men are better at math than women are.
- African-American men are the best basketball players.

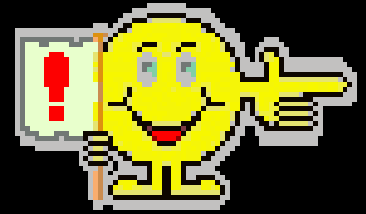
What is wrong with these statements?

Are we being fair?

Stereotypes

- Write one stereotype of your own.
- How can we change it so that it is not a stereotype?

Second encouraging thought



Take care of
you as you
strive for
balance

Take Care of YOU as
you strive for BALANCE



B A L A N C E

I am one with my body, I am one with my mind.

Balance your SPIES

- Spiritually



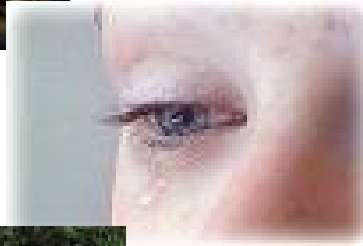
- Physically



- Intellectually

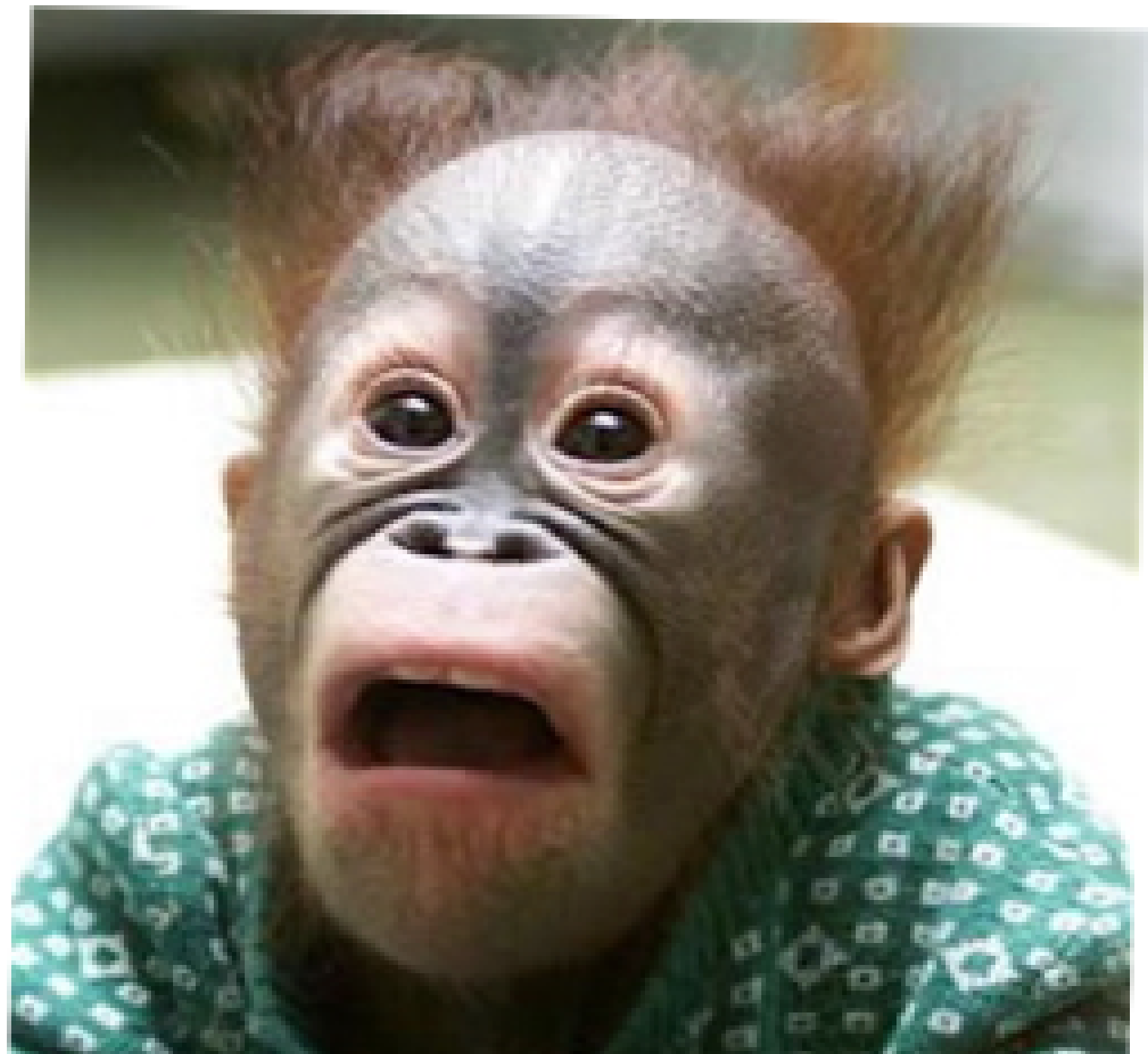


- Emotionally



- Socially





Physical - a body **fit** and able to meet the physical demands of one's **lifestyle**.



Intellectual- a mind **exploding** with wonder and curiosity and the ability to **learn** new things.



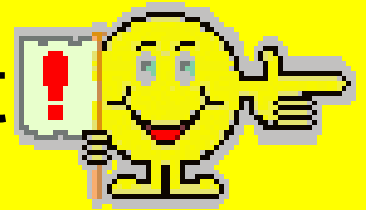
Emotional – peace of mind.



Social –healthy **relationships** that contribute to a sense of **support** and **belonging**.



Final encouraging thought



**Know that YOU
can make a
difference if you
lose your DRA!**