



Title: The Five Things

Grade: 9

Career Development Model:

Self-Awareness

Nebraska Career Readiness Standards:

- Contributes to employer & community success
- Models ethical leadership & effective management
- Manages personal career development

Objective:

- Students will explore their own work values, priorities and interests.

Materials and Supplies Needed:

N/A

Class Instructions:

1. Explain that “The 5 Things” is an activity used by counselors. The objective is to teach students the importance of gratitude and encourage them to think positively. Students are asked to provide answers for the following items:
 - a. Name 5 things you are grateful for
 - b. Name 5 things you appreciate about yourself
 - c. Name 5 people who love you
 - d. Name 5 accomplishments
 - e. Name 5 things you are looking forward to in the next 7 days
2. This exercise aims to help students think about their future career aspirations. Teachers should consider having their own list complete and share with the students as an example.
3. Distribute “The 5 Things” handout and the “Values” handout. Instruct students to complete both of the handouts individually over the next 10 to 15 minutes. Divide them into small groups.
4. When students are finished, have each student share what they have written on “The 5 Things” handout and what they circled on the “Values” handout. They don't have to share everything they wrote, but a couple of things. Students are encouraged to explain why they wrote down and circled the things they selected, and provide a personal story or contextual background behind their choices. This

can be accomplished in small groups, or in a whole-class setting.

5. Collect the sheets for use in future lessons. As a reflection piece, consider asking students what they would like to accomplish in the short and long terms.

Points to Remember:

- Teachers encourage students to think about how their answers in terms of how their values and 5 Things may be related to what they might want to do as a future career.
- Accomplishments and Things I do well do not have to be monumental or life-changing, but could be as simple as, "I did not get any Ds or Fs on my last report card," or "I kept my temper in check for two weeks," or "I made people laugh at lunch."

Tips on keeping it real

- Sharing information about oneself, or self-disclosure, is a tool borrowed from career counseling. It is a very useful tool to help students realize that their confusions regarding how to make decisions with their lives are not at all unique or unusual.
- Complete your own five things handout and present it to students.

Credits/Sources:



"Making my Future Work: A College and Career Readiness Program", U.S. Department of Education, Institute of Education Sciences.

<https://www.csuohio.edu/cehs/mmfw/making-my-future-work-0>

THE 5 THINGS

1. Name 5 things you value most

a.

b.

c.

d.

e.

2. Name 5 things you enjoy doing

a.

b.

c.

d.

e.

3. Name 5 things you do well

a.

b.

c.

d.

e.

4. Name 5 people you admire, and why

a.

b.

c.

d.

e.

5. Name 5 accomplishments you are proud of

a.

b.

c.

d.

e.

Values

1. Accessibility
2. Accomplishment
3. Achievement
4. Activeness
5. Adaptability
6. Adventure
7. Ambition
8. Assertiveness
9. Assurance
10. Availability
11. Balance
12. Being the best
13. Camaraderie
14. Celebrity
15. Challenge
16. Charity
17. Clarity
18. Comfort
19. Commitment
20. Compassion
21. Concentration
22. Consistency
23. Contentment
24. Continuity
25. Control
26. Cooperation
27. Craftiness
28. Creativity
29. Daring
30. Dependability
31. Determination
32. Direction
33. Discipline
34. Diversity
35. Education
36. Empathy
37. Energy
38. Enjoyment
39. Entertainment
40. Exploration
41. Faith
42. Fame
43. Family
44. Fashion
45. Financial independence
46. Fitness
47. Freedom
48. Friendliness
49. Fun
50. Generosity
51. Giving
52. Happiness
53. Health
54. Helpfulness
55. Heroism
56. Holiness
57. Honesty
58. Hospitality
59. Imagination
60. Impact
61. Independence
62. Industry
63. Intelligence
64. Integrity
65. Intensity
66. Inventiveness
67. Investing
68. Justice
69. Kindness
70. Knowledge
71. Leadership
72. Learning
73. Logic
74. Making a difference
75. Mastery
76. Money
77. Open-mindedness
78. Order
79. Organization
80. Originality
81. Passion
82. Perfection
83. Persistence
84. Philanthropy
85. Pleasure
86. Popularity
87. Power
88. Practicality
89. Precision
90. Privacy
91. Pro-activity
92. Professionalism
93. Prosperity
94. Reason
95. Recognition
96. Recreation
97. Reliability
98. Religiousness
99. Resourcefulness
100. Respect
101. Rigor
102. Sacrifice
103. Satisfaction
104. Security
105. Selflessness
106. Self-reliance
107. Service
108. Sharing
109. Simplicity
110. Skillfulness
111. Spirituality
112. Spontaneity
113. Stability
114. Status
115. Structure
116. Success
117. Support
118. Teamwork
120. Trustworthiness
121. Uniqueness
122. Unity
123. Usefulness
124. Variety
125. Victory
126. Vision
127. Wealth
128. Winning
129. Wisdom
130. Wonder
131. Youthfulness

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3. Name 5 things you do well

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c.

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4. Name 5 people you admire, and why

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b.

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d.

e.

5. Name 5 accomplishments you are proud of

a.

b.

c.

d.

e.