



Title: This I Believe

Grade: 8

Career Development Model:

Self-Awareness

Nebraska Career Readiness Standards:

- Works productively in teams and demonstrates cultural competence
- Manages personal career development
- Attends to personal & financial wellbeing

Objective:

- Students will explore their personal beliefs and values that guide their lives and ethics.
- Students will develop an awareness of the beliefs and values of their peers.

Materials and Supplies Needed:

- “Small Group discussion Questions” handout (need copies)
- “What Do You Think?” handout (need copies)
- Thesaurus

Class Instructions:

1. Explain to students that sometimes our beliefs dictate our decisions. This lesson will challenge us to clarify some of our beliefs and how they could affect us and our relationships with co-workers in the workplace. In small groups, ask students to choose a belief from the handout. Individually, teachers will ask students to each discuss one statement of their choice, explaining why they agreed or disagreed. They should each tell a story about their own lives that either shows the belief in action or describes why the student believes this.
2. Pass out the “Small Group Discussion” handout. Instruct students to brainstorm about each question and jot down their ideas on the sheet. They should be prepared to discuss at least one question in their small groups.
3. Possible reflection prompts:
 - a. How did you develop your beliefs?
 - b. Which beliefs will you pass on to your children and why?
 - c. Are there beliefs you used to have that you will not pass on? What are they and why?

d. Are there beliefs you have that you will not bring to the workplace? What are they and why?

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.
- Share a personal experience that helped you to shape your beliefs.
- Share a story of a relationship that influenced your beliefs and influenced your understanding of life and describe how. (Consider sharing an example outside of your immediate family.)
- Pick one of the Small Group discussion topics and share an experience or story that answers one of the questions. (Consider sharing from #2: Where you are still a work in progress.)
- Discuss how your understanding - your own, "This I Believe" – has changed or stayed the same since you were younger. (E.g. "I was certain money was all I cared about when I was younger; this has changed since.")
- Share where your beliefs have the most influence on your life? Do you pursue them through your work, or through something else? (An example should highlight for students that values can be pursued in many domains. E.G. "My work is important, but so is my volunteer work at the animal center.")

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>

WHAT DO YOU THINK?

Instructions: In the space in front of each belief statement, write an "A" if you agree or a "D" if you disagree.

_____ Life is fair.

_____ Words can hurt.

_____ Police are your friends.

_____ What goes around comes around.

_____ How you act in a crisis shows who you really are.

_____ Love conquers all.

_____ An eye for an eye.

_____ People learn from their mistakes.

_____ You can't depend on anyone else, you can only depend on yourself.

_____ If you smile long enough, you become happy.

_____ Miracles do happen.

_____ There is one special person for everyone.

_____ Money can't buy happiness.

_____ Killing is wrong.

_____ Doing what's right means obeying the law.

Small Group Discussion Questions

<p>1. Most of us have been in a situation where we made a promise that for one reason or another we were unable to keep.</p> <p>When were you disappointed because someone made you a promise that they failed to keep? Or when did you break a promise that you made to someone else?</p>	<p>4. We all tend to judge people by their appearances, even though looks can be deceiving.</p> <p>Have you ever prejudged someone incorrectly based on their appearance or has someone ever prejudged you unfairly based on how you look?</p>
<p>2. All of us are works in progress with a long way to go before we reach our full potential.</p> <p>In what skill or area are you still working to make progress?</p>	<p>5. Everyone has problems or challenges to overcome.</p> <p>What obstacles are you proud to have faced and conquered?</p>
<p>3. Our society uses the word <i>hero</i> in many different ways.</p> <p>How do you define <i>hero</i>, and who is a hero in your life?</p>	<p>6. There is a famous adage: "To err is human, to forgive divine."</p> <p>When did you feel divine because you were able to forgive someone for their mistake? When did someone act divine by forgiving you when you were wrong?</p>