



Lesson Activity

Title	Positive Traits
Duration	2- 20 minutes
Age Level	High School
Essential Question	Do you have confidence in your natural talents? Can you explain how your determination or good decisions helped you overcome a challenge?
Learning Objectives	<ul style="list-style-type: none"> • Students will be able to identify their positive characteristics
Other Objectives	<ul style="list-style-type: none"> • Students will recognize positive characteristics pertaining to their academic and their personal identity • Students will be able to recognize that all positive characteristics can be useful in college
Key Terms	
Materials Needed	<ul style="list-style-type: none"> • Writing Utensil and Writing Surface (pencil, pen, marker, chalk, board, paper, computer, cell phone, etc).
Lead In	<ul style="list-style-type: none"> • Open a discussion with a student or a group of students about utilizing confidence in what they do well already to help them face challenges and to build on those to create more positive experiences. Mention in the discussion that identifying their positive traits will help them build confidence academically and personally and that it's important to differentiate that from flaunting, or being arrogant.
Activity	<ul style="list-style-type: none"> • Ask the student to write down 10 positive traits. Probing questions can include, but are not limited to: <ul style="list-style-type: none"> - What are things you do well? - What are things you do that others have told you you do well? - What are things you love doing, and what skills/traits do you use to accomplish these? Name some things you have been successful in doing, then list a positive trait that helped you accomplish that. - List things you admire about your parents and/or siblings. Which of those traits do you have as well? • After the student has a complete list of positive traits, engage the student in a discussion about how those characteristics can help him/her in her college path.
Closure	<ul style="list-style-type: none"> • Remind the student to nurture every positive characteristic by participating in activities that strengthen them. Also let him/her know that these will be key to highlight in

	college/scholarship essays.
Informal Assessment	<ul style="list-style-type: none"> • Ensure student can give examples of how, and why he/she believes to have the positive traits identified.
Formal Assessment	<ul style="list-style-type: none"> • Utilize the Non-Cognitive Variable Assessment Tool
Trouble Shooting	<ul style="list-style-type: none"> • If a student is not able to identify positive traits, consider engaging this student in a group activity (lesson plan also available), where other students identify that student's positive characteristics. Student may also have very low-self esteem, in which case he/she should be referred to professional guidance.
Other notes or suggestions	<ul style="list-style-type: none"> • The purpose of this activity is to have the student identify <u>own</u> characteristics. Educators oftentimes know students very well and may have their own opinion about the students' qualities. Do not share personal opinions or suggestions during this activity. Use probing questions to encourage student to come up with traits on his/her own.