

Name _____ Class _____

RANKING VALUES

Rank your values. Cut the following list into strips, then rank the values in order of importance to you. Continue making changes until you feel that the values are in the proper sequence.

-
- A. Getting good grades.
-
- B. Becoming independent.
-
- C. Being prepared for the future.
-
- D. Having a successful career.
-
- E. Having a strong marriage relationship.
-
- F. Communicating well with my parents.
-
- G. Being popular and well-liked.
-
- H. Having many friends.
-
- I. Being strong in my religion.
-
- J. Making a lot of money.
-
- K. Being creative.
-
- L. Having children.
-
- M. Having a loving family.
-
- N. Having a lot of leisure time.
-
- O. Being good at sports.
-
- P. Owning my own car.
-
- Q. Being a good citizen.
-
- R. Traveling a lot.
-

If you truly value something, then you feel good about what you believe in and you are comfortable telling other people what you value. No one can force you to value something.

VALUES AND GOALS-----INDIVIDUALIZED ACTIVITY
10 POINTS POSSIBLE

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VALUE PAPER

Write a paper evaluating whose advise is most important to you concerning your friends, family and school.

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PICTURES

Look at the pictures of famous people that your teacher has displayed. Determine what you believe each person's goals were. List the probable steps taken by each person to achieve their fame.

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

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GOALS

Select a long-term goal and write a list of the short-term goals you have set for yourself which will enable you to reach that long term goal.

Long-term goal: _____

Short-term goals including completion dates:

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GOAL SHEET

List one of your short-term goals that can be completed within two weeks. Keep a daily list of what you do to reach the goal.

My goal is: _____

What I did to reach my goal:

Monday: _____

Tuesday: _____

Wednesday: _____

Thursday: _____

Friday: _____

Saturday: _____

Sunday: _____

Monday: _____

Tuesday: _____

Wednesday: _____

Thursday: _____

Friday: _____

Saturday: _____

Sunday: _____

VALUES AND GOALS-----INDIVIDUALIZED ACTIVITY
10 POINTS POSSIBLE

Name _____ Class _____

RESUME

Have students write resumes they would like to have when they are 24 years old. They should include what they want to have achieved by that time and what they want other people to think of them.

VALUES AND GOALS-----INDIVIDUALIZED ACTIVITY
30 POINTS POSSIBLE

Name _____ Class _____

CASE STUDIES

Identify the values held by the characters in the following case studies. On a separate sheet of paper you should define the desired goal and steps that must be taken to accomplish each goal. Evaluate each case study to determine if the desired goal is realistic and specific. Add any suggestions which you may have to aid the person in reaching their desired goal:

1. Mabel plans to earn money this summer by baby-sitting her neighbor's children. She is currently enrolled in a first aid class at the community hospital and is preparing a box of activities for children. She is registered to take a child care class in the spring.
2. Scott wants to run in the Boston Marathon by the time he is eighteen. Everyday he runs 5 miles. He plans to try out for the school track team and hopes to run cross country. He has been in the community marathon and plans to continue entering as many marathons as possible.
3. Jennifer has always wanted to play the piano. She has purchased several piano books and plans to study and practice on her own. She thinks that she can save a lot of money by teaching herself how to play.
4. Alex has always been very shy and feels that he will have more friends if he can overcome this problem. He has just completed a course in self esteem taught at the community center. Everyday at school he tries to talk to at least two new people and say hello to at least five people in the halls. Next semester he is enrolled in a speech class.
5. Susan is tired of fighting with her brother. She feels that it is more his fault than hers, so she has registered him for a class on family relations at the community center. She has begun to leave little notes on his bed with thoughts written on them about being kind to other people. She also plans to ask her father to talk to him about the way he treats her.
6. All of the girls at school seem to have a crush on Mike. He knows they like him because he is very good looking. Because of his looks, Mike feels that he would be very successful in an acting career. Mike knows that he needs a big break to get on television. This summer Mike plans to visit his cousin in California and hang around a high class restaurant. He has heard that famous actors and agents eat there. He hopes that by hanging around the restaurant, he can get the big break which he deserves.

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NEWSPAPER ARTICLE

Find an article in the newspaper about someone who is attempting to attain a goal. List the goal, and what steps are being taken to reach the goal. List the resources that are being utilized.

Person's name: _____

Goal: _____

Steps to reaching the goal: _____

Resources that are being utilized: _____

VALUES AND GOALSCHALLENGE PROJECT
20 POINTS POSSIBLE

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TELEVISION VALUES

Watch a television show. Summarize the plot, then describe what values are portrayed. This may include both good values and bad values. Be sure to describe and explain all values portrayed.

Name of television show: _____

Plot:

Positive values:

Negative values:

This activity would be good to do with a parent or family. Have each family member describe the plot and list positive and negative values. Then have family members compare their personal values to those on the television show. Discuss the similarities and differences.

VALUES AND GOALSCHALLENGE PROJECT
20 POINTS POSSIBLE

Name _____

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FREE TIME VALUES

Keep a list of all activities done during your free time for one week. At the end of the week analyze what you have chosen to do with your time and what values each activity portrays. Evaluate whether or not your choice of free time activities is an actual portrayal of your values.