
LESSON D

Resources - What Works and What Doesn't

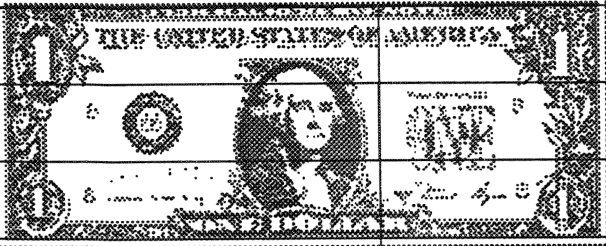
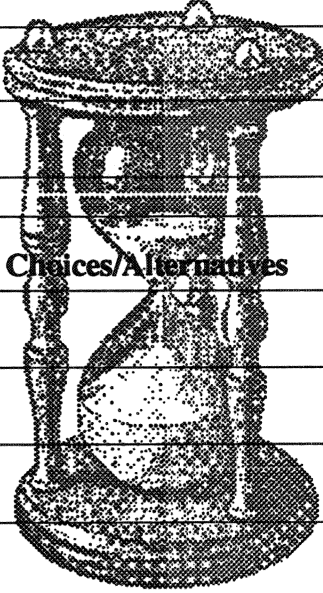
FOCUS: In recent years we have become increasingly aware of how limited our resources are. Not only are we responsible for the expenditure of personal resources, but we have family, community and world responsibilities as well. Maintaining a balance that will benefit everyone is a necessity.

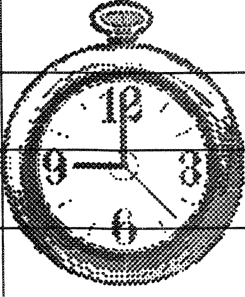
ACTIVITIES:

1. Have students complete the worksheet, "Evaluating Resources," pair off class members and have them compare how their used resources was similar and how they were different. Discuss what optimum use might be.
2. Divide the class into sides, one pro and one con. Have the teams debate resource issues.
3. Discuss as a class:
 - Are we spending our resources on the things we value the most? Why or why not?
 - Do we use our resources wisely to meet our needs and reach our goals?
 - Which resource do we have the most difficult time using wisely?
4. Design and carry out a class ecology or "Resource" project. This project should be family centered and should help some family or individual with their use of resources.

Evaluating Resources

Evaluating resources is a subjective process—not necessarily deciding what is right or wrong, but what worked and what didn't work. Keep a two-day record of how you spent your time, energy, money, etc. Include the amount used, choices, alternatives, and what influenced your choices (parents, friends, etc.). Review and summarize the results.

First Day	Amount Used	Choices/Alternatives	What influenced you?
Time			
Energy			
Space			
Money			
Talents			
Other			

Second Day	Amount Used	Choices/Alternatives	What influenced you?
Time			
Energy			
Space			
Money			
Talents			
Other			

Review your record and summarize your results.

TEST BANK

FILL-IN THE BLANKS:

Fill in the blanks with the best possible word or words:

1. Resources are _____ we have to help us achieve what we want.
2. Resources refer to sources that have the possibility of _____
_____.
3. Consume means to _____.
4. Individuals can acquire _____ in managing resources.
5. It's important to manage time in order to achieve _____.
6. Stress is a _____ of personal resources.

SHORT ANSWER:

7. List 3 study time "Dos" and 3 "Don'ts."
8. A person who is able to withstand stress adopts 3 attitudes: commitment, control, and challenge. Explain.

Answer key:

1. assets
2. recovered or renewed
3. use up, expend, or destroy
4. skill
5. goals
6. drain
7. See Teacher Information, "Study Time Dos and Don'ts"
8. A person who has an attitude of commitment is curious and involved in whatever is happening. A person who feels a sense of control believes that he or she can influence life events. This belief is coupled with a willingness to act. This sense of control helps a person avoid being a victim of circumstances. A person with an attitude of challenge believes that change can stimulate personal growth rather than be a threat. People with these 3 attitudes are able to manage stress more successfully.