

Lesson Plan: “Obstacles, Opportunity, & Overcoming”**Time period: 1 class period****Target Grades: 8th -12th****Key Learning:**

Student Expectation (SE)

- Apply critical thinking skills.
- Analyze the decision making process.
- Write life goals and steps to achieve goals.
- Evaluate influencing factors.
- Evaluate how to overcome obstacles in life.
- Understand adoption from the view point of a birth parent.

TEKS Used:

Health TEKS 5abd, 7l, 9ab, 11b, 15b, 16abd, 17b; Principles of Human Services TEKS 2a, 3abe, 4abd; Dollars and Sense TEKS 2a; Interpersonal Studies TEKS 1abc, 2abc, 3ab, 4b,7bdg, 9abcd, 10cd; Lifetime Nutrition and Wellness TEKS 7b; Child Development TEKS 1ab, 3c; Child Guidance TEKS 1acfh; Family and Consumer Sciences TEKS 1bc,5bc; Practicum in Human Services TEKS: 1aef

Unit Focus:

- Goal setting
- Overcoming life obstacles
- To view adoption from the birth mothers point of view
- To evaluate obstacles and opportunity while learning to overcome and finish your goals

Concept(s):

- Decision Making
- Challenge students to analyze and assess life goals
- Students will determine positive and negative situations while analyzing how to overcome and be successful
- Students will determine what is needed to reach their goals and dreams

Materials provided by Gladney:

Pre and posttest evaluations, Video, Power point, Handouts on goal setting

Vocabulary and Terminology:

Empathy, Critical Thinking, Informed Choice, Goal Setting, Birth Parents, Obstacle

Hook/ prequel to lesson:**How is success obtained?****What do you think it takes to be successful?****Does failure make it harder to achieve or does it make you stronger?****Show video on failure (discuss)****Michael Jordan (example)****Activity:****Goal Setting**

1. What are your goals worth?
 2. What are you investing into your personal goals?
 3. Are you investing in your future goals?
- Pass out a goal setting worksheet.
 - Have the students start thinking about five personal, educational, or life goals that they would like to achieve.
 - Encourage the students to write the goals down in the space provided on the worksheet.

Steps to Succeed:

- Every goal has steps that lead you to complete it.
- Think of steps that lead up to each specific goal.
- Write down steps that must happen or be accomplished for you to reach your goal.

Show a VIDEO – Melissa’s video

Discuss:

At times we all face roadblocks. Things stand in the way of our goals and dreams.

**ACTIVITY:
ROAD BLOCKS**

Part of this activity is learning to deal with challenges. All of the challenges are different.

The facilitator will hand out ROAD BLOCKS – (They are circumstances that are not favorable such as: failing a college course, losing a job, unplanned pregnancy, not being accepted into the college of their choice.)

Each student randomly chooses a road block. Then, they are instructed to think of a way around this road block. They must determine how they can overcome the unplanned situation and get their life back on the course that leads them to their own specific goals and dreams.

The goal of this activity is to either reroute or pursue their goals in spite of an unplanned circumstance.

This activity provides the opportunity to use **critical thinking** skills that empowers the students to think around the roadblock and continue in the pursuit of their life goals and dreams.

Question: What needs to be accomplished so that you can get around the road block, re-route, or change direction?

Discuss with the class... Give examples of how to overcome or find a new opportunity.

VIDEO –

Ways to Overcome:

1. Push forward
2. Reroute
3. Make new plans

Closure:**Hope for the future**

- It’s never too late to reroute.
- Decide what is worth investing in. What goals will you invest in?
- Some obstacles we create but others just happen.
- We can overcome when we think, evaluate, reroute, and find a new opportunity.