

Social and Emotional Learning

Lesson Title: Motivation: Pain and Gain, Part 2

Grade Level: High School

Project and Purpose

Students determine pain and gain motivations in their own lives and write a personal motivating value statement.

Essential Question

What is my personal motivating value statement?

Materials

- Copies of Pain and Gain Charts
- Writing tools

Teacher

1. Review the previous session and how the students learned your strategies for helping them find their own motivation.
2. Have students return to their working groups from the previous session.
3. Give each group a Pain and Gain Chart. Tell groups they are to fill the chart with as many ideas for what would be "Pain" motivators and what would constitute "Gain" motivators for them at this point in their lives. Remind them of the information from the article: Pain (Very unpleasant circumstances) / Gain (Very pleasant circumstances)

Ideas should include (but are not limited to):

- Challenges
- Recognition and accolades
- Rewards
- Good grades
- Satisfying a work ethic
- Curiosity
- Honor
- Saving one's reputation
- Necessity
- Fear of failure
- People are relying on them
- Chip on shoulder (must prove something to someone)
- Legacy (they ARE one or they want to leave one)
- Pride
- The alternatives are worse
- Mission
- Knowledge for knowledge's sake
- Avoiding a fate
- Improving oneself
- Financial gain (now and/or later)

Pain and Gain Chart

Group members' names: _____

Pain	Gain