

I HAVE CONTROL SELF-MANAGEMENT RESILIENCE

FACILITATOR INSTRUCTION NOTES:

The main character for this module is Darion, who describes his motivation to do well and how he is often negatively judged because of his background.

The content is not controversial.

There are no outside websites for students to access for this module.

Facilitator will need to be familiar with the terms:

Intrinsic aspiration/goal: motivation comes from an internal desire or need

Extrinsic aspiration/goal: motivation comes from an external desire or need

The lesson plan includes a discussion on intrinsic and extrinsic life aspirations. This video of Richard Ryan discussing motivation and happiness can provide background information for facilitators if needed: <https://www.youtube.com/watch?v=wzN10--mNw8&feature=youtu.be>

ASCA Mindset Standards:

- M 2: Self-confidence in ability to succeed.
- M 5: Belief in using abilities to their fullest to achieve high-quality results and outcomes.

ASCA Behavior Standards:

- B-LS 1: Demonstrate critical-thinking skills to make informed decisions.
- B-SMS 1: Demonstrate ability to assume responsibility.
- B-SMS 5: Demonstrate perseverance to achieve long- and short-term goals.
- B-SMS 7: Demonstrate effective coping skills when faced with a problem.
- B-SS 1: Use effective oral and written communication skills and listening skills.
- B-SS 9: Demonstrate social maturity and behaviors appropriate to the situation and environment.