

What is self- concept?

Draw the Self-concept cycle:

INTERPERSONALRELATIONSHIPS: _____

YOUR SELF CONCEPT AFFECTS YOUR _____, _____, AND
_____ INTERPERSONAL RELATIONSHIPS.

How does a positive self- concept affect my interpersonal relationships with others?

How can a positive self-concept affect my future?

Ways to improve your self-concept:

1. GROOMING:
2. TRY SOMETHING NEW:
3. ACHIEVE A GOAL:
4. SERVICE:
5. FOCUS ON YOUR POSITIVE ATTRIBUTES:

What are you going to do today to increase your self-concept?

DATE _____

DATE _____

DATE _____

DATE _____

Scenario #1

What do you think employability skills are?

Definition: employability skills are

Scenario #2

**5 NEW THINGS I LEARNED OR IMPORTANT FACTS ABOUT
EMPLOYABILITY SKILLS**

1-

2-

3-

4-

5-

Scenario #3

Scenario #4

Scenario #5

How can good employability skills help me to become a better student? _____

Emotions are _____, such as happiness, fear, or love.

*****YOU ARE IN CONTROL OF YOUR EMOTIONS*****

What does this mean?

COMMUNICATION!!!

***Communication is the base of every interpersonal relationship.

***If we communicate well we will build strong relationships and understand each other.

***If we communicate poorly we tear down and damage relationships.

3 WAYS TO COMMUNICATE

VERBAL-

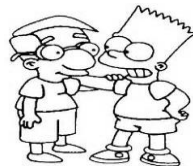
NON VERBAL-

WRITTEN-

What is gossip?

How can gossip destroy a relationship?

The Qualities that I possess to be a good friend are:



Glue your name assignment here.

What is peer pressure?

***Give examples of
POSITIVE PEER PRESSURE:

***Give examples of
NEGATIVE PEER PRESSURE

FAMILY TRADITIONS

Traditions are activities that serve to bond families together.

Describe your favorite tradition in your family or one that you've heard about.

How was this tradition started?

What special materials, funds, or work is required to make this tradition function?

How does this tradition strengthen your families' interpersonal relationships? 4

FRIENDSHIP

QUALITIES

- | | | | |
|-------------|----------|----------------|---------------|
| Accepting | caring | cheerful | considerate |
| Cooperative | fair | dependable | encouraging |
| Forgiving | fun | generous | good listener |
| Good sport | helpful | honest | kind |
| Loyal | patient | sense of humor | sincere |
| Thoughtful | tolerant | trustworthy | understanding |

Choose 6 of the qualities above, that you most want in a friend.

- 1- _____ 2- _____
- 3- _____ 4- _____
- 5- _____ 6- _____

Describe one of your friendships that you value. What makes this person a good friend? Why is this friendship so important to you?

Which qualities do you need to work on? How can you be a better friend?

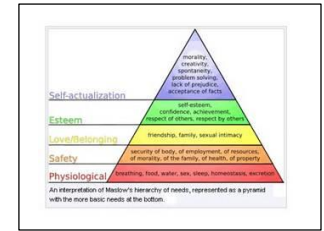
Needs vs Wants

List two kinds of basic needs.

- _____
- _____

List two of your wants.

- _____
- _____



YOUR NEEDS AND WANTS ARE DETERMINED BY YOUR _____.

- Values are: _____

Values Determine Actions:

<u>Value</u>	<u>Actions</u>
➤ Education	_____
➤ Family	_____
➤ Health	_____

GOALS- Are something that someone wants to _____ . A desired _____ or end _____ .

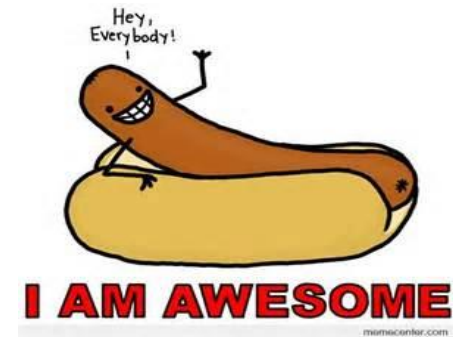
<u>Define Short Term Goals-</u>	<u>Define Long term Goals:</u>
What is a short term goal you are working on?	What is a long term goal that you are working toward?

Paste Values Here!!!!

PERSONAL INDEPENDENCE

Develop personal independence, interpersonal relationships, and employability skills!

- **NAME** _____
- **PERIOD** _____



SOMETHING I LEARNED ABOUT MYSELF IN THIS UNIT IS-

SOMETHING I LIKED ABOUT THIS UNIT IS-

SOMETHING I WOULD CHANGE IN THIS UNIT IS-

PARENT SIGNATURE- _____

COMMENTS- _____

Personal Independence Rubric

Unit work book- ____/ 40 points

Bell work-----/ 12 points

Relationship project- ____/25 assessment points

Parent signature and comments-___/5 points

THE DECISION MAKING PROCESS

PASTE YOUR COLORED TEST RESULT HERE***

***How can your decisions, that you make now, affect your future?

1. State the Situation:

2. List the Options:

3. Weigh the Possible Outcomes:

4. Consider Your Values:

5. Make a Decision and Act:

6. Evaluate the Decision:

**This is the most important step of the Decision Making Process. Why?



THE COLOR PERSONALITY TEST

RED

YELLOW

BLUE

WHITE

What is your personality color? _____

Do you think this test is accurate? Why or why not?