

Lesson Plan

Course Title

Career and Family Leadership

Lesson Title

What is personal growth?

Practical Problem

What are the personal growth areas that affect development?

References Used for this Lesson

Montgomery, Bette: *Career and Family Leadership*, University of Missouri-Columbia, 2002.
Instructional Materials Laboratory, University of Missouri-Columbia

Josephson Institute of Ethics. "The Six Pillars of Character, 2000.
<http://www.charactercounts.org>

Family, Career and Community Leaders of America, Inc. *Power of One*. Reston, VA: 2002.

Covey, S: Seven Habits of Highly Effective Teens, New York: Franklin Covey

Background Information for this Lesson

Career and Family Leadership, Content Module 1

External Alignment

Program Goal Addressed

(Use this area to identify how your program goal links to this lesson.)

Missouri Family and Consumer Sciences Competencies Addressed

B.3 Investigate areas for personal growth (Synthesis)

Missouri Show-Me Goals/Standards Addressed

1.2 Conduct research to answer questions and evaluate information and ideas
HP2 principles and practices of physical and mental health

National Family and Consumer Sciences Standards Addressed

12.2.2 Determine the impact of social, economic, and technological focus on individual growth and development

Internal Alignment

Course/Performance/Enabling Objectives(s) for Competency

1. Identify areas of personal growth (Application)
2. Research personal growth areas for development. (Analysis)
3. Develop an individual plan for one's personal growth (Synthesis)

Instructional Strategies

1. Identify areas of personal growth (Application)

Think, Pair, Share

On your think pad, brainstorm ways a person grows and develops in their life. Share with a partner. List all of the ways a person grows and develops on the board or overhead. (Knowledge, Communication)

Questions for Discussion/Formative Assessment:

1. *How easy was it to think of ways that you grow personally?*
2. *How did sharing ideas with other help you to identify different ways to grow?*
3. *How could we group these into categories?*
4. *Which ones are physical, emotional, social, intellectual, and moral?*
5. *How did you communicate to share your ideas? (Writing and talking)*

2. Research personal growth areas for development (Analysis)

Divide students into groups of 4. Each student reads a section of a book on personal growth such as "Seven Habits of Highly Effective Teens". Ask students to identify at least 5 points that they would like to share with others from their reading. Students then share or teach information to others in their group.

Students should take notes from each sharing session and work to identify common threads of personal growth and individual ideas from the books.

Questions for Discussion/Formative Assessment:

1. *What areas are important for personal development and growth of children, teenagers or adults?*
2. *What are signs of personal growth?*
3. *What are signs of a lack of personal growth?*
4. *What influences personal growth positively? Or negatively?*

3. Develop an individual plan to improve one's personal growth (Synthesis)

Using handout, Fact Sheet 2, "*The Six Pillars of Character*" p. 61 (*Career and Family Leadership*) or website <http://www.charactercounts.org>, identify the areas that need improvement and write them down. Use FCCLA's "A Better You" from *Power of One* to make a plan to improve one area. (Technology) (Leadership)

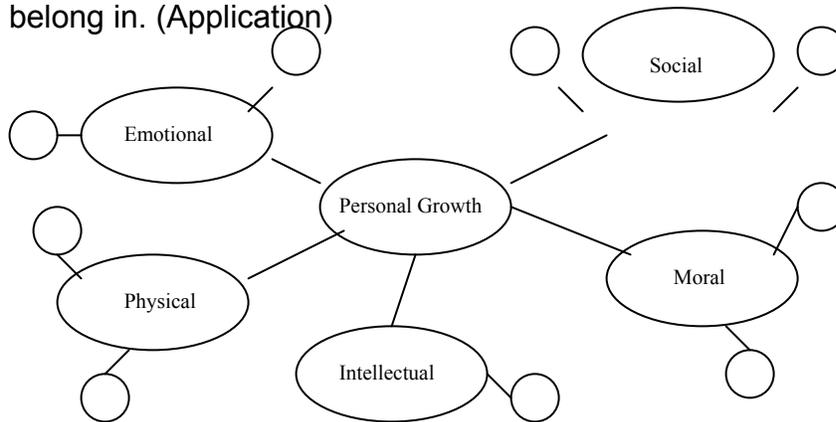
Questions:

1. *What leadership skills will you learn as you complete a plan to improve your personal growth through "A Better You"?*
2. *How can you use technology to help you improve your personal growth?*
3. *How did using "A Better You" assist in identifying the area of personal growth that you would like to work on?*
4. *How can you use this information for you personally, your family, your community?*

Assessments

Paper/Pencil:

1. Given the brainstormed list of ways a person grows, identify the area of personal growth each would belong in. (Application)



2. Given examples of personal growth, classify each into areas of personal growth. Examine each to determine whether they are positive or negative ways to grow. (Analysis)

Application to Real Life Setting:

1. Using the areas that need to be improved from “Six Pillars of Character” from Instructional Strategy #3, choose one area and make a plan using FCCLA Power of One “A Better You”. Consider how you will manage your time to complete this project. Use a scoring guide to evaluate your progress. (Problem Solving, Management)