

HOW TO USE LEISURE TIME NOW AND IN THE FUTURE

Purpose: This activity helps students develop socialization skills through developing leisure time interests.

Time Required for Lesson: 40 minutes

Grade Level: 11

Missouri Comprehensive Guidance Program

Strand: Career Development

Big Idea: CD.7: Applying Career Exploration and Planning Skills in the Achievement of Life Career Goals.

Concept: CD.7.A. Integration of self knowledge into life and career planning

ASCA Standards

Career Development Standard

C. Students will understand the relationship between personal qualities, education, training, and the world of work.

Materials: *Interest Survey* activity sheet

Comprehensive Guidance Program Curriculum Unit/Lesson links

Grade 11

Unit: Goal Setting

Concept: CD.7.A



Show Me Standards: Performance Goals (check one or more that apply)

X	Goal 1: gather, analyze and apply information and ideas 6. Discover and evaluate patterns and relationships in information, ideas and structures 8. Organize data, information and ideas into useful forms (including charts, graphs, outlines) for analysis or presentation
X	Goal 2: communicate effectively within and beyond the classroom
X	Goal 3: recognize and solve problems 1. Identify problems and define their scope and elements 5. Reason inductively from a set of specific facts and deductively from general premises
X	Goal 4: make decisions and act as responsible members of society 1. Explain reasoning and identify information used to support decisions 8. Explore, prepare for and seek educational and job opportunities

This lesson supports the development of skills in the following academic content areas.

Academic Content Area(s)

Specific Skill(s)

X	Communication Arts	6. Participating in formal and informal presentations and discussions of issues and ideas
	Mathematics	
X	Social Studies	6. Relationships of the individual and groups to institutions and cultural traditions.
	Science	
	Health/Physical Education	
	Fine Arts	

Enduring Life Skill(s)

X	Perseverance		Integrity	X	Problem Solving
X	Courage		Compassion		Tolerance
	Respect	X	Goal Setting		

Lesson Assessment acceptable evidence of what learners will know and be able to do as a result of this lesson:

Students list two long-range benefits of developing new interest.

Lesson Preparation

Essential Questions: How can leisure interest help develop social skills?

Engagement (Hook): What are the benefits of activities and interests?

Procedures

<i>Professional School Counselor Procedures:</i>	<i>Student Involvement:</i>
<ol style="list-style-type: none"> 1. Explain to students that their leisure activities and interests can be beneficial. 2. Distribute the “Interest Survey” activity sheet. Discuss ideas for each area on the survey and ask students to list activities that interest them under each area. 3. Ask students to circle their five favorite interests in each area and rank the activities (1=highest interest, 5=lowest interest). Have students share their results. 4. Ask for volunteers to share the results of his or her interest survey to use as examples. Discuss ways in which one could become involved in them. Ask what barriers keep a person from trying something new. Ask how students can overcome those barriers. 	<ol style="list-style-type: none"> 1. Students listen 2. Student discuss each area on the survey and lists activities under each area 3. Students circle their five favorite interests in each area and rank the activities (1=highest interest, 5=lowest interest). Students share the results of their survey. 4. Students volunteer to share the results of his or her interest survey to use as examples. Students discuss ways in which one could become involved in them. Students share reasons why barriers keep a person from trying something new and how they can overcome those barriers.

Interest Survey

Name _____ Date _____

Directions: List activities that are of interest to you in each of the four areas.

Physical:

Fine Arts/Crafts:

Social:

Academic/Intellectual:
