

Table of Contents

Introduction

Overview	8
The Need for This CD and Program.....	10
How to Use This CD and Program	11

Lesson 1. You Can Depend On Me (A Song about Friendship and Peer Relations).....13

Lesson Plan.....	14
Song Lyrics	16
Follow-Up Questions.....	17
Activity 1: "I Can Depend on You" Certificates	18

Lesson 2. The Key (A Song about Positive Academic Self-Concept)..... 19

Lesson Plan.....	20
Song Lyrics	22
Follow-Up Questions.....	23
"My One Week Goal Calendar"	24

Lesson 3. Stay Safe (A Song about Personal Safety).....25

Lesson Plan.....	26
Song Lyrics	28
Follow-Up Questions.....	29
Activity 3: "What Would YOU Do?"	30

Lesson 4. Don't Tell Me I Can't (A Song about Motivation and Goal Setting).....31

Lesson Plan.....	32
Song Lyrics	34
Follow-Up Questions.....	35
Activity 4: "I Can Do It!" Sentence Completion.....	36

Lesson 5. All the Same (A Song about Accepting Diversity).....37

Lesson Plan.....	38
Song Lyrics	40
Follow-Up Questions.....	41
Activity 5: "All the Same" Word Search.....	42

Lesson 6. Team Player (A Song about Cooperation and Working Together) 43

Lesson Plan.....	44
Song Lyrics	46
Follow-Up Questions.....	47
Activity 6: My Personal Cooperation Scale	48

Lesson 7. Got to Do It Now (A Song about Responsibility).....	49
Lesson Plan.....	50
Song Lyrics.....	52
Follow-Up Questions.....	53
Activity 7: True/False.....	54
Lesson 8. Not Good for Me (A Song about Dealing with Peer Pressure).....	55
Lesson Plan.....	56
Song Lyrics.....	58
Follow-Up Questions.....	29
Activity 8: Pass the Hat Discussion Cards.....	60
Lesson 9. It's All Up to Me (A Song about Choosing the Best Career).....	63
Lesson Plan.....	64
Song Lyrics.....	66
Follow-Up Questions.....	68
Activity 9: "Choosing My Career: Which is More Important to Me?".....	69
Lesson 10. Not Gettin' Paid for Watching TV (A Song about Career Planning).....	70
Lesson Plan.....	71
Song Lyrics.....	73
Follow-Up Questions.....	74
Activity 10: Career Crossword Puzzle.....	75
Lesson 11. You Never Know It All (A Song about Positive Attitudes and Learning).....	76
Lesson Plan.....	77
Song Lyrics.....	79
Follow-Up Questions.....	80
Activity 11: You Never Know it All Word Scramble.....	81
Lesson 12. Yo, I Did It (A Song about Impulse Control and Choosing Good Behavior).....	82
Lesson Plan.....	83
Song Lyrics.....	85
Follow-Up Questions.....	87
Activity 12: A Letter to Myself.....	88
References.....	89
About the Authors.....	90

Purpose

To help students increase their self-confidence.

Materials

“The Key” song from the CD, copies of the lyric sheet, and “My One Week Goal Calendar” activity sheet for each student.

Length of Lesson

30 minutes

ASCA Standard

ASCA: Academic Development

Standard A: Students will acquire the attitude, knowledge, and skills that contribute to effective learning in school and across the life span.

A:A1 Improve Academic Self-concept

A:A1.1 Articulate feelings of competence and confidence as learners

A:A1.2 Display a positive interest in learning

A:A1.3 Take pride in work and achievement

A:A1.4 Accept mistakes as essential to the learning process

A:A1.5 Identify attitudes and behaviors that lead to successful learning

Procedures

1. Make copies of the lyrics and Activity Sheet for each student, and have a CD player available to play the song.
2. Introduce the topic of the song, which is having confidence as a learner, and process the “Opening Questions.” Distribute the lyrics sheets.
3. Read the lyrics of “The Key” to the class.
4. Play the song to the class at least twice, or enough times that the students are able to learn it and sing along.
5. After the song has been listened to and learned to everyone’s satisfaction, process the Follow-Up Questions with the class. Or, you may want to have the students form small groups or pairs (if there is an even number of students) to discuss the questions, and have the students share their responses later.
6. Distribute copies of the Activity Sheet, “My One Week Goal Calendar,” and allow students time to process the answers and responses. If desired by the class, play the song again while they are working on the Activity Sheet.
7. Summarize lesson, and, if time allows, choose one of the “Hints and Suggestions” activities to extend the lesson.

Follow-Up Questions

1. Tell about a time when you believed in yourself, and were able to reach a goal.

(Process answers from the students, which could be anything from academic goals to sports goals to personal fitness goals, awards, etc.)

2. Tell about a time when you doubted yourself in reaching a goal. Did it make it more difficult to achieve?

(After hearing responses from students, depending on your comfort level, you may want to share an anecdote of your own, to bring out the idea that all of us have days when we feel less confident than others)

3. What are some things you can do if you start to doubt your own abilities about something?

(Remind yourself of past successes, take inventory of your strengths, understand that everyone struggles sometimes, and that you just have to do your best)

4. What is a goal coming up that you are concerned about? What are some ways that you can meet that challenge head on?

(Process answers from class, helping the students brainstorm ways to keep a positive attitude)

5. Summarize lesson by asking students to name at least three things that they learned from the song.

Distribute “My One Week Goal Calendar,” and have the students write down steps necessary to reach particular goals.

Hints and Suggestions

1. Drawing can be very therapeutic, and can also facilitate additional discussion of the song’s topic. Play the song and allow the students to draw anything that comes to their mind while listening, and spend some time processing the different ways that people are affected by music.
2. Use the song by itself as an “add on” to a pre-existing lesson on the same topic. This can be helpful when you have a 30 minute Guidance lesson and find that you have to extend it to cover a longer period of time, such as an hour.
3. Discuss major events in history that involved Goal Setting (Columbus, the moon landing, etc.)

Activity #2
MY ONE WEEK GOAL CALENDAR

My one week goal is _____.

(Examples: "get all my homework turned in." "Not have to go to time out in the office."
"Get an a on social studies project." Etc.)

Today's date is _____ . **The date to reach my goal is** _____ .

Here is how i will spread out the work:

Day one _____ . task _____ .
(Example: Monday, 10/1) (example: visit the media center, check out books)

Day two _____ . task _____ .
(Example: Tuesday, 10/2) (example: read through materials, decide on the ones I need)

Day three _____ . task _____ .
(Example: Wednesday, 10/3) (example: work on my poster/map/artwork for the project)

Day four _____ . task _____ .
(Example: Thursday, 10/4) (example: make an outline for the project, continue to read materials)

Day five _____ . task _____ .
(Example: Friday, 10/5) (example: complete artwork, finish writing rough draft)

Day six _____ . task _____ .
(Example: Saturday, 10/6) (example: write final draft, complete note cards for presentation)

Day seven _____ . task _____ .
(Example: Sunday, 10/7) (example: you're done! Proofread, practice presentation, etc.)