

F31-L2

Challenges	Core Competency: F31	Level 2, Intermediate
Understand Types of Maturity		
Time to complete: 180 minutes		
Objectives	Upon completion of this lesson students will be able to: <ol style="list-style-type: none"> 1. Assess his/her skills for independent living. 2. Understand the challenges they will face moving out on their own. 	

Cross Competencies	C18 Follow directions G41 Apply critical thinking skills G47 Demonstrate techniques for building commitment by others
Core Standards	Career and Vocational/Technical Education: Content Standard 3 Workplace Competencies : Content Standard 6

Materials in Lesson Plan	Other Supplies Required	Supplemental Resources
<ul style="list-style-type: none"> • F31L2WS1 Maturity Measure • F31L2WS2 When I Was Young • F31L2ACT1 Challenges • F31L2HO1 Maturity 	<ul style="list-style-type: none"> • Pictures of students as a young child • Access to internet/projector • www.thesearethetherulesmovie.com 	Book: <u>If Life is a Game, These are the Rules</u>

MCA	Portfolio Project	Guest Speakers	Program of Work
		Bring in school counselor to visit with students about challenges they face as teenagers.	
Civic Engagement	Indian Education for All	Career Pathways	Competitive Events
School Service Project			Decision Making Critical Thinking

Suggested Instructional Approach		Notes
Introduction	<p>As a teenager approaches adulthood, independence looms as a heady prospect, a long-awaited goal. Maturity is generally defined as the time when individuals begin to function independently of their parents. We have no control over one aspect of maturity, which is chronological age. We do, however, have control over several other areas of growth and development.</p> <ul style="list-style-type: none"> • Physical Development (health, nutritional choices, physical exercise, and medical self-management) • Intellectual Development (growth of the mind) • Emotional Development (ability to control and express feelings and behaviors) • Social Development (ability to get along with others) • Spiritual Development (a personal belief system) • Philosophical Development (ability to make decisions based on values and goals) 	
Preparation	<ul style="list-style-type: none"> • Make copies of student handouts. • If you will be doing supplemental activities, make copies or arrange for the resource as needed. 	

<u>Body</u>	<u>Notes</u>
<ol style="list-style-type: none"> 1. Show the students Simple Truths video, www.thesearetherulesmovie.com – the ten rules for being human. 2. Follow up with a discussion of how as upperclassmen your students will soon be out on their own. Have them write a reflection paper on what it will be like to be “grown up.” 3. Present <u>F31L2HO1 Maturity</u>. Discuss with the class the levels of maturity and have them complete the assessment in <u>F31L2WS1 Maturity Measure</u>. 4. Have students reflect by completing <u>F31L2WS2 When I Was Young</u>. Display projects in your classroom. 5. Discuss with the students the challenges they will face leaving their home and moving out on their own. 6. Present <u>F31L2ACT1 Challenges</u>. This is a great activity to allow students to get to know each other, introduce to the students the concept of challenges, and follow-up with how to approach challenges that they may face as a teenager. 7. Hold group discussions after each exercise. Monitor progress of the students to ensure that the competency has been achieved. 	

Assessment	Completion of activities	Notes

Supplemental Activities	<ul style="list-style-type: none">• Read the book <u>If Life is a Game, These are the Rules</u> by Cherie Carter-Scott• If Life Is a Game, These Are the Rules [Cards]. “This deck of 50 cards will serve as inspirational stepping-stones on your road to emotional, physical, and spiritual growth. Post illustrated cards in your classroom where you could use a reminder that your level of success and personal wellbeing is up to your students.”	Both available on Amazon.com
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