

F36-L2

Coping With Change	Core Competency:F36	Level 2, Intermediate
Demonstrate a positive attitude		
Time to complete: 240 minutes		
Objectives	Upon completion of this lesson students will be able to: <ol style="list-style-type: none"> 1. Demonstrate an openness to change. 2. Demonstrate an understanding of having a positive attitude about one’s self, co-workers and their job. 3. Understand steps for coping with change. 4. Develop a “Pay it Forward” project for their community. 	

Cross Competencies	C18 Follow directions G41 Apply critical thinking skills G48 Demonstrate the openness to change H63 Demonstrate an attitude that attracts the attention of management H73 Demonstrate enthusiasm for work
Core Standards	Career and Vocational/Technical Education Content Standard 2 and 4 Workplace Competencies Content Standard 3

Materials in Lesson Plan	Other Supplies Required	Supplemental Resources
<ul style="list-style-type: none"> • F36L2PP1 Attitude Changes Everything • F36L2HO1 Confidence Boosters • F36L2ACT1 Just for Today • F36L2ACT2 Pay It Forward Rubric • F36L2ACT3 Attitude for Success 	<ul style="list-style-type: none"> • <u>Pay It Forward</u> Movie 	<ul style="list-style-type: none"> • Examples of Pay it Forward projects • Pay it Forward websites • Simple Truths Web site • Learningtogive.org

MCA	Portfolio Project	Guest Speakers	Program of Work
Civic Engagement	Indian Education for All	Career Pathways	Competitive Events
Pay It Forward			Decision Making Critical Thinking

Suggested Instructional Approach		Notes
Introduction	<p>Our attitude is important for coping with change. Change may be defined as “to make different the form, nature, content, future course of something; or to become altered or modified.” Change is a function of life. The requirements for graduation from high school have changed over the years. Instead of “easy listening” music, we now have hip hop, heavy metal, rap, etc. The ability to accept change in a constructive manner is critical to success.</p> <p>The way you choose to react to change can be positive or negative. You need to expect change to occur and not be afraid to deal with it. Resistance to change can cause great stress. It is important that you are open, flexible, and willing to take life as it comes.</p>	
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. 	

<p>1. Begin this lesson by handing out a copy of F36L2ACT1 Just for Today. Discuss with class what a difference attitude can make on a day by day basis.</p> <p>2. A positive attitude has been compared to electricity because of its “shocking” importance and because it, too, is not always recognized or appreciated until it is absent. A positive attitude is not always verbally rewarded; however, there's no question that having a positive attitude will increase our chances of success. Show F36L2PP1 Attitude Changes Everything. Follow up with the importance of attitude towards one’s self, with coworkers, on the job. The powerpoint also emphasizes the FIVE STEPS FOR COPING WITH CHANGE:</p> <p>Step #1. Identify the change. The superintendent is thinking of changing sports practice from Monday night to Tuesday night.</p> <p>Step #2. Participate in the change process as much as possible. Actively listen, sending verbal and nonverbal communication that indicates your openness to change. Make sure your information is correct.</p> <p>Step #3. Determine the positive and negative results of such a change. Example: Tuesday night is a busy night for you. You will miss one of your favorite television shows. Your friend does not work on Monday night, so you will be able to spend more time with your friend. Focus on the positive aspects of the change.</p> <p>Step #4. Solicit feedback from others on the potential change. Example: Ask others, students, teachers, administrators, how the change will affect them.</p>	Notes
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<p><u>Step #5.</u> If you have a voice in deciding if the change will be made, make sure your comments are directed to the person or persons making the decision. Weigh the positive and negative consequences of the change. If a decision is made to make the change, decide how you can best adapt to the change.</p> <p>3. Handout <u>F36L2HO1 Confidence Boosters</u>. Often times a negative attitude is a reflection of lack of confidence. Discuss with the class ways to build confidence, have them try and add to the list on the handout.</p> <p>4. Follow-up with <u>F36L2ACT3 Attitude for Success</u>. Have each student select on behavior they want to improve on. Have them create a map, web or diagram of the steps they would to achieve the behavior change.</p>	
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<p>Assessment</p>	<p><i>Pay It Forward</i> is a movie that deals with random acts of kindness. Show the movie to the class (or the clip where they explain the effects of paying forward) and then ask the class how they can make a change...small or large in their community. Students will need to research needs in their community and develop a plan of action and carry it through. Students will then participate in a Pay It Forward program in their community. Determine how much money you can give to each student to carry out project (\$5.00). Require students to present ideas to you prior to implementation.</p> <p>Students are required to present a written project synopsis. In addition, you can require oral presentations to the class sharing what their pay it forward project was.</p> <p><u>F36L2R1 Pay It Forward</u> rubric can be used to evaluate project.</p>	
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<p>Supplemental Activities</p>	<ul style="list-style-type: none"> • Have students make a list of major changes that have occurred in their lifetimes, such as mobile technology and change in music. Did they view these changes as positive or negative changes at the time they happened? Have students come up with their own examples of changes. Do they still view them in the same way? 	
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