

Unit #1 Title: Who Am I and How Do I Fit Into the World?

Lesson Title: Assessing Self-Concept

Lesson 3 of 4

Grade Level: 11

Length of Lesson: One class period

Missouri Comprehensive Guidance Standard:

PS.1: Understanding Self as an Individual and as a Member of Diverse Local and Global Communities

Grade Level Expectation (GLE):

PS.1.A.11.a.i: Practice and modify the skills necessary to exhibit and maintain a positive self-concept.

PS.1.B.11.a.i: Identify and utilize resources to help balance family, school, work, and local community roles.

PS.1.C.11.a.i: Build upon activities and experiences that help the individual student become a contributing member of a global community.

American School Counselor Association National Standard (ASCA):

Personal and Social Development

- A. Students will acquire the knowledge, attitude and interpersonal skills to help them understand and respect self and others
- B. Students will make decisions, set goals and take necessary action to achieve goals

Materials (include activity sheets and/ or supporting resources)

Scale

Weights

“My Self-Concept Report Card” worksheet

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

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| X | Goal 1: Gather, analyze and apply information and ideas 10 Apply acquired information, ideas and skills to different contexts as students, workers, citizens and consumers. |
| X | Goal 2: Communicate effectively within and beyond the classroom 3. Exchange information, questions, and ideas while recognizing the perspectives of others. |
| X | Goal 3: Recognize and solve problems 3. Develop and apply strategies based on one’s own experience in preventing or solving problems. 8. Assess costs, benefits and other consequences of proposed solutions. |
| X | Goal 4: Make decisions and act as responsible members of society 3. Analyze the duties and responsibilities of individuals in societies. 6. Identify tasks that require a coordinated effort and work with others to complete those tasks. |

Missouri Comprehensive Guidance Programs:

Linking School Success to Life Success

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