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| 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 | |

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| Materials (include activity sheets and/ or supporting resources) | |
| Scale | |
| Weights | |
| | “My Self-Concept Report Card” worksheet |

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