

Overcoming Challenges



Unit 1: Identifying and Overcoming Challenges

Course Introduction

Pre-Course Assessment & Results

Challenges Parts 1 and 2

End of Unit Wrap-Up and Reflection

Unit 2: Writing a Speech

Types of Speech

Brainstorming

Introductions and Topic Sentences

Supporting Evidence/Details

Activity: Write a paragraph

Unit 3: Public Speaking

Body Language

Verbal Communication

Presentation Skills

End of Unit Wrap-Up and Reflection

Activity: Deliver Speech

End of Course: **Summative Assessment**

Objective: By the end of this course, students will be able to use strategies to overcome challenges to improve personal outcomes.

Outcome: By the end of this course, students will be able to identify a challenge and articulate an approach to overcome it in a written, verbal, or visual presentation.

Goal: Students will build self-awareness writing and presentation skills.

Time: Students may work through the lessons of this course at their own pace.

Prerequisite: Pre-Course Assessment

Standards:

Common Core State Standards (CCSS): RI.9-10.4, RI.9-10.7, SL.9-10.1, SL.9-10.2, W.9-10.4, W.9-10.5, W.9-10.6, W.9-10.10, L.9-10.1, L.9-10.4

Texas Essential Knowledge and Skills (TEKS): 110.31.(b)(1)(A), 110.31.(9), 110.31.(24)-(26), 110.31.(12), 110.31.(13), 110.31.(17), 110.31.(b)(1)(b)-(e)

Competencies: Self-awareness, writing skills, presentation skills.

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Key Ideas

- A challenge is something you need help with. Everyone has challenges.
- When you know what your strengths and weaknesses are you have self-awareness.
- You are often asked to express yourself verbally and also in writing. Developing skills in these areas will help you throughout life.
- Knowing these important things about yourself will help you to overcome challenges and obstacles.

Vocabulary/Key Terms

Challenges, obstacles, presentations skills, self-awareness, speech, strengths, weaknesses.

Objective (what this lesson will achieve)

Student will be able to understand the importance of developing self-awareness through understanding challenges.

Goals (Lesson 1)

Students will be able to:

- Understand the difference and between a strength and a weakness.
- Explain the importance of self-awareness
- Identify a personal challenge

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Lesson Plans

Introduction

- Give students the Pre-Course Assessment.
- Introduce course content to students by displaying it on a SMART Board or by having them work independently using the activities workbook.

Lesson 1 Steps:

Pre-teach lesson vocabulary by having students work independently, in pairs, or as a group to complete the vocabulary activity in the Student Workbook.

Introduce the lesson content by having students independently review the sorting activity.

Check for Understanding by having students complete the matching activity.

Assess your students by having them demonstrate their knowledge of strengths and weaknesses with the sorting activity.

Reflect on learning by having students complete the strengths and weaknesses question activity.

Wrap Up the lesson by having students review what they have learned and discuss how it will help them in their everyday lives.

Differentiation Strategies

- For struggling readers, encourage them to use the highlighted text or read aloud functions.
- After the check for understanding, review each student's score. Use the *Extend and Enrich* activity from the workbook to help any students who scored 70% or below.
- For the independent practice activity, help students to identify their own strengths and weaknesses by offering suggestions.

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