

Objective

By the end of this lesson, students will be able to describe ways to increase positive factors and decrease the effects of negative factors while pursuing an interest or goal.

Vocabulary

- **Positive factors** (n.) things (such as thoughts, beliefs, events, situations, or people) that contribute to a good outcome or increase your chances of success
- **Negative factors** (n.) things (such as thoughts, beliefs, events, situations, or people) that contribute to a bad outcome or decrease your chances of success

Prep

- Identity map handout from Lesson 2
- Partners



Bold—Teacher's script

Italics—Anticipated student responses

Lesson Note

For the activity, if a student doesn't have their identity map, have them remember an interest they wrote on the map or just write an interest they have.

Warm-Up (6 min.)

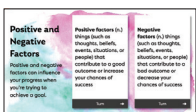


1. Set the purpose of the lesson: **This lesson will help you identify and respond to what's influencing you as you pursue an interest.**



2. **Christina would like to pursue her interest in photography.**
3. Divide the class into pairs and have partners work together to answer the questions on the handout. Call on students to tell the class their answers.
 - **What would make it easier for Christina to succeed?** *Support from friends. Photography equipment. A mentor. Growth mindset.*
 - **What might stand in Christina's way?** *No support from friends. Negative thoughts. Fixed mindset.*
4. **There are positive and negative factors that can influence you when trying to achieve a goal. Today we'll learn ways of responding to these factors that can increase our chances of success.**

Define (5 min.)



5. Flip the cards to reveal the definitions and examples for each term. Ask students if they can think of additional examples.
6. Explain to students that they'll be thinking of ways to increase positive factors as they pursue their interests. They'll also think of ways to decrease the effects of negative factors.

Activity: Partner Share (11 min.)

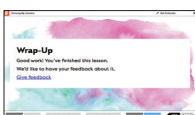


7. **When you're trying to get better at an interest or achieve a goal, there are steps you can take to help you make the most of the positive factors and decrease the effects of negative factors.**
8. **Let's look at Alex's interests for an example.**
9. Click to open the identity map. **Alex is interested in theater. A positive factor in pursuing this interest might be encouragement from friends and family. A negative factor might be lack of confidence.**
10. **Alex could increase the positive factor by telling more friends and family about it, and inviting them to plays.**
11. **Alex could decrease the effects of the negative factor by reminding himself that being nervous while performing is normal. He'll gain confidence the more he performs.**
12. Close the identity map and divide the class into pairs.
13. Explain to students that now they're going to work together to apply this same kind of thinking to their own interests.
14. Have students write down an interest they have. Then have them circle one positive factor and one negative factor in the table on the back of their handout that could influence their interest.
15. With their partner, have them answer the questions: **How can you make the most of the positive factor you chose so that you increase your chances of success with your interest? How can you decrease the effects of the negative factor you chose that gets in your way?**
16. Have a few volunteers tell the class their ideas.

Wrap-Up (3 min.)



17. **Having encouragement from friends and family is a positive factor when pursuing an interest. Who are some people in your life that can help you increase positive factors and decrease the effects of negative factors?**
18. Give students time to reflect, then have them write the names down on the handout.



19. Good work! You've finished this lesson.