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

Warm-Up

Christina wants to pursue her interest in photography.

1. What would make it easier for Christina to succeed?

   ________________________________________________________________

   ________________________________________________________________

2. What might stand in Christina’s way?

   ________________________________________________________________

   ________________________________________________________________

Activity: Partner Share

**Instructions:** Write down an interest you have. On the back of the handout, circle one positive factor and one negative factor in the table that could influence your interest. With your partner, answer the questions based on your interest and the factors you circled.

My interest: ______________________________________________________

   ________________________________________________________________

   ________________________________________________________________

   ________________________________________________________________

   ________________________________________________________________
Activity: Partner Share (cont.)

<table>
<thead>
<tr>
<th>Possible Positive Factors</th>
<th>Possible Negative Factors</th>
</tr>
</thead>
<tbody>
<tr>
<td>Encouragement from friends</td>
<td>Lack of support from others</td>
</tr>
<tr>
<td>Study group</td>
<td>Stress</td>
</tr>
<tr>
<td>Help from teachers</td>
<td>Lack of sleep</td>
</tr>
<tr>
<td>Confidence</td>
<td>Inconsistent diet</td>
</tr>
<tr>
<td>Staying active</td>
<td>Low self-esteem</td>
</tr>
<tr>
<td>Growth mindset</td>
<td>Fixed mindset</td>
</tr>
<tr>
<td>A stable support group</td>
<td>Criticism</td>
</tr>
<tr>
<td>Other:</td>
<td>Other:</td>
</tr>
</tbody>
</table>

1. How can you make the most of the positive factor you chose so that you increase your chances of success with your interest?

________________________________________________________________________
________________________________________________________________________

2. How can you decrease the effects of the negative factor you chose that gets in your way?

________________________________________________________________________
________________________________________________________________________

Wrap-Up

Who are some people in your life that can help you increase positive factors and decrease the effects of negative factors?

________________________________________________________________________