

Personal Development: 7th - 9th Grade Series

Lesson 1: Defining Personal Development

Estimated Lesson Length:	Approximately 1, 50 minute class periods
Recommended Grades:	7-9th
Related LifeKnowledge Lesson:	LifeKnowledge MS.2: Defining Personal Growth 
Objective(s): The student will be able to:	
✓ Students will understand the importance of personal growth ✓ Student will develop a Long-Time Plan to enhance personal growth	
Materials, Supplies, Equipment, References and Other Resources:	
Baby picture (see step 1); Activity sheets (one per student) (AS 4.1)  	

Lesson Plan:		
STEPS (What to Do)	Procedures (How to Perform the Step)	Time*
1. Interest approach	Show students a picture of a child. The child in the picture should be someone who is now older. The person does not, however, need to be someone the students will recognize or know. After all of the students have seen the picture, ask them the following questions: 1. From the picture, what can you see that is unique or special about the child? 2. From this picture, what talents do you think this child could possess? 3. What do you think this child wanted to be when they got older? Ask students to verbalize these answers to one another and to the whole class. Then ask the following questions: 1. Who thinks this person ended up to be the person he or she is because of fate and genetics? 2. Who thinks this person ended up to be the person he or she is because of planning and work? You will learn this in today's lesson!	5 minutes
2. "Who I am" activity	Pass out activity sheets to all students. Have them fill in the top of the page. Then ask them to fill in the box "Who I am now..." Ask them to reflect on how others see them. If they have difficulties, cue them to write down how they spend most of their time throughout the day. Next, ask them to project what they would like to be in the future. Ask them to list what kind of a person they want to be and also list their goals and aspirations for their family, career, and personal life. When students have done so, remind them that this is really a timeline, and the goal of today is to figure out how students can get from "Who I am now..." to "Who I want to be"	15 minutes
3. Understanding growth	Ask students what it takes to go from one box to the other on their activity sheet. Will they be successful? How do they know? What will they have to do? Inform students that it is important to plan ahead. Good plans are road maps, but can be changed as time goes on. Have them begin to develop a plan of action that will lead to "Who I want to be..." Review the following with them and ask them to capture it on their activity sheets: Personal growth is the positive evolution of the whole person. The components of personal growth are:	15 minutes

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Lesson Plan cont.:		
STEPS (What to Do)	Procedures (How to Perform the Step)	Time*
	• Emotional growth • Mental growth • Social growth • Professional growth • Spiritual growth • Physical growth The rate and amount of growth is determined by choices of the person. Students should now be ready to develop a long time plan that can address all of these areas of growth.	
4. Develop a long time plan 	Now, have students begin to fill in their goals in the long time plan (AS 4.1). These goals should help them move from "Who I am now..." to "Who I want to be..." Have students be specific – provide the classes and education they will need to get, be specific on the awards and leadership responsibilities that they want to earn, both in and out of school. Students may need to research certain careers or gather information from their families or peers. Tell them that this is a working document, and they will need to revisit this each year to modify and adapt it as their goals change. Remind them that they are striving for personal growth – all six areas! <i>(Hint: if this is a 90 minute block – allow time to do computer research on the National FFA website and on careers of their choice, before completing the Long Time Plan).</i>	10 minutes
5. Closure	Thank students for their work for you today. Ask them to please submit their completed plans before leaving the room. Remind them tonight to always consider the different aspects of personal growth. Please then assign daily grades (as suggested on the information page) and write this on the attendance sheet. Submit attendance sheet to the office.	5 minutes

Long Term Plan

Name: _____ Age: _____ Grade, School and Chapter: _____

Who I am now...	Who I want to be...

Personal growth is: _____

The six components of personal growth are: _____

Goals for:	1 Year	2 Years	5 Years	10 Years
School				
School Related Activities and Leadership Roles				
Activities and Leadership Roles Outside of School				
Activities I can do for my Family, Friends, Community, etc.				