

12th GRADE SELF-AWARENESS

OBJECTIVE: to help students become more aware of the many factors and influences which help to shape their identity.

MATERIALS: paper and pencils, enough copies of the New Testament for each student

ACTIVITY:

I. Ask students to write down 10 things, people or events that have influenced their lives? (stress that the effect could be positive or negative.)

II. Then ask students to rank these influences from the most influential to the least, on a scale of 1 to 10. (one being the most influential and 10 being the least.)

III. When students have completed this, initiate a discussion regarding their lists. During this discussion, try to have the students answer the following questions:

- A. Which influences do you have the least control over? Why or why not?
- B. Why was this item important enough to include on your list?
- C. If there were something that you can change, what would it be and why?
- D. Do you really think it is possible to make a change in this particular area?

IV. Ask students to describe the expectations they feel are being dictated to them by each of these influences. Have them write their descriptions on their sheets alongside each item.

For example, *My mother is trying to get me to go to college.*

My father hates my friends and that makes me angry.

V. Lead a discussion with the students about their perceived expectations. Have them recognize which expectations are healthy/beneficial or unhealthy/detrimental.

VI. Conclude your class by handing out a copy of the New Testament to each student and have them choose a Scripture reading which reflects the idea that ultimately they are responsible for their actions despite various influences. Have the student read their passage and describe why he/she picked that particular one.