

## 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.