



## Grade 10 Sample Lesson Plan: Unit 7 – Role Goals

### SOLs

- **10.2.g** Explain reasons why teenagers use or avoid drugs or alcohol and how positive role models can influence that decision.
- **10.2.n** Calculate the importance of support and encouragement from positive role models.

### Objectives/Goals

- The student will be able to accurately define what a role model is, what makes a good role model, and why we look up to the people that we do.
- The student will identify the value/characteristic of their role model that is most important to them.
- The student will set a goal and create a plan to improve that value/characteristic within themselves
- The student will write a letter to that person detailing why they chose the characteristic/value that they did, and how they plan to improve that value/characteristic within themselves

### Materials

- [Role Goals Presentation](#)
- [Role Goals Packet](#)

### Procedure

Step 1	<ul style="list-style-type: none"><li>• Handout the role goals packet and have the role goals presentation up on the projector<ul style="list-style-type: none"><li>○ Have the students write down their own definition of what a role model is</li></ul></li></ul>	Essential Questions:
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Step 2	<ul style="list-style-type: none"> <li>● Have the students get into groups of 3 or 4 with their neighbors</li> <li>● Give each group a sheet of paper for the snowball activity <ul style="list-style-type: none"> <li>○ One group member writes as the group comes up 5 characteristics of a good role model</li> <li>○ Then, when the teacher says to, the students ball up their list and throw it into the middle</li> <li>○ One group member goes and picks up a new sheet and they write down 2 more new characteristics</li> <li>○ Repeat for 4 rounds</li> </ul> </li> </ul>	
Step 3	<ul style="list-style-type: none"> <li>● Have the students create one giant list of characteristics on the board of all the things they wrote down</li> <li>● Discuss some of the characteristics as a class</li> </ul>	
Step 4	<ul style="list-style-type: none"> <li>● Have the students write down what types of people are role models</li> <li>● Discuss the students answers as a class</li> <li>● Show the video of charles barkley in the presentation</li> <li>● Discuss with the class that not all role models are positive</li> </ul>	<p>Video of Charles Barkley professing that he is not a role model.</p> <p><a href="https://www.youtube.com/watch?v=4gqk4WPnrm">https://www.youtube.com/watch?v=4gqk4WPnrm</a></p>
Step 5	<ul style="list-style-type: none"> <li>● Go through the powerpoint explaining my own role model and the characteristics I picked</li> <li>● Go over what a SMART goal is <ul style="list-style-type: none"> <li>○ Work through the examples in the PP slides as a class discussion</li> </ul> </li> <li>● Explain to the students that they are going to set SMART goals to improve these</li> </ul>	

	<p>characteristics within themselves and create a plan of action to achieve it</p> <ul style="list-style-type: none"> <li>○ Include obstacles that may come up and get in the way of the plan</li> </ul>	
Step 6	<ul style="list-style-type: none"> <li>● Go through the powerpoint and explain each goal, the time table for the goal, plan, and obstacles for the plan</li> </ul>	
Step 7	<ul style="list-style-type: none"> <li>● Show the video The Dash in the powerpoint. <ul style="list-style-type: none"> <li>○ Explain and discuss with the students what the poem means and how they feel about it.</li> </ul> </li> <li>● Explain to the students that they are to write a letter to their role model explaining why they chose them, their goals, and plan of action</li> </ul>	<p>The Poem “The Dash” read aloud.</p> <p><a href="https://www.youtube.com/watch?v=HVLqkExH5ww">https://www.youtube.com/watch?v=HVLqkExH5ww</a></p>
Step 8	<ul style="list-style-type: none"> <li>● Let the students complete their packet and answer any questions they might have</li> </ul>	

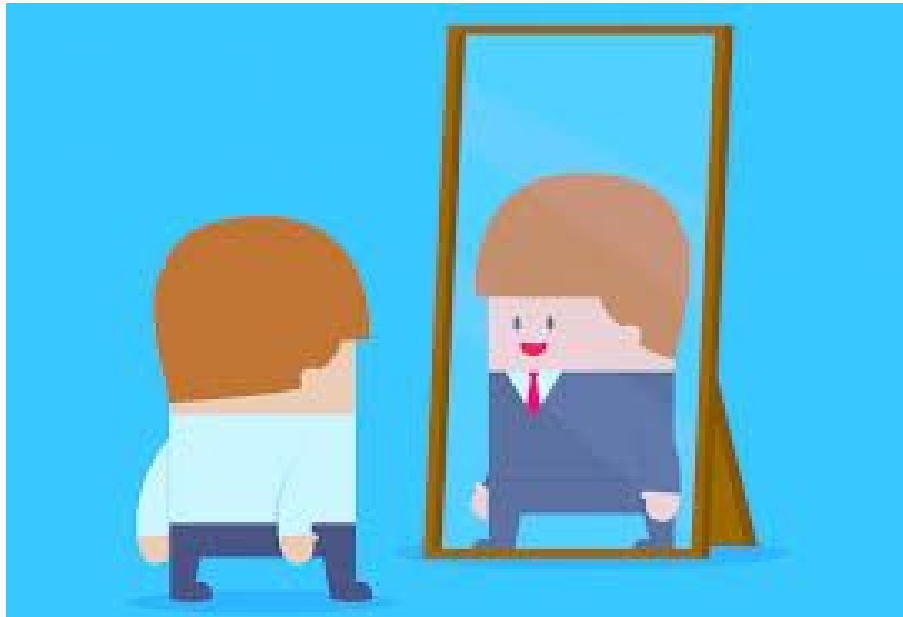
### References:

- Melanie Lynch, M.Ed. North Allegheny School District

### Handouts

The next page includes a handout for the lesson. The handout is designed for print use only.

# ROLE GOALS



**NAME:** \_\_\_\_\_

# HOW DO WE DECIDE WHO OUR ROLE MODELS ARE?

Define “role model” in your own words:

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Based on your definition, what types of people make good role models? (teachers, celebrities, parents, athletes, etc.):

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If you had to pick ONE role model who would it be: \_\_\_\_\_

If you had to pick FOUR characteristics/values you admire most about your role model listed above, what would they be?

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In the space below, describe why you selected these characteristics/values:

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# GO FOR GOALS

Now you will map out a plan to improve or instill these characteristics/values within yourself over the next several years.

Think of which characteristics/values would come first, second, third, and fourth chronologically.

In the next year I plan to:

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\_\_\_\_\_:(list the 1st characteristic/value)

**Plan of Action - Explain in detail below how you will achieve this goal**

1.

2.

3.

**Obstacles to Achieving this Goal**

1.

2.

3.

Think of which characteristics/values would come first, second, third, and fourth chronologically.

In the next 5 years I plan to:

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\_\_\_\_\_:(list the 2nd characteristic/value)

**Plan of Action - Explain in detail below how you will achieve this goal**

1.

2.

3.

**Obstacles to Achieving this Goal**

1.

2.

3.

Think of which characteristics/values would come first, second, third, and fourth chronologically.

In the *next 10 years* I plan to:

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\_\_\_\_\_:(list the 3rd characteristic/value)

**Plan of Action - Explain in detail below how you will achieve this goal**

1.

2.

3.

**Obstacles to Achieving this Goal**

1.

2.

3.



Think of which characteristics/values would come first, second, third, and fourth chronologically.

In the *next 25 years* I plan to:

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\_\_\_\_\_:(list the 4th characteristic/value)

**Plan of Action - Explain in detail below how you will achieve this goal**

1.

2.

3.

**Obstacles to Achieving this Goal**

1.

2.

3.

