

# SASO MIDDLE SCHOOL CHARACTER EDUCATION LESSON

## TOPIC: SELF-CONFIDENCE BE YOURSELF & BELIEVE IN YOURSELF

Dr. Carolyn Peluso Atkins, Professor  
West Virginia University



**Note to Teacher:** This lesson encompasses one of the Six Pillars of Character: Responsibility. Specifically, it focuses on perseverance and doing your best. It offers the teacher guidelines to follow after students have viewed the SASO DVD of Tito Gonzales: (*Volume I. Self-Confidence*) and the SASO VIDEO (*Character. Own it.*) which features Marquis Lucas (*Self-Confidence*), Keaton Miles (*Believe in Yourself*), and Caroline Szwed (*Be Yourself*).

Discussion questions, scenarios, and suggestions for writing and speaking assignments have been designed to develop student critical thinking, reflection, interaction, and creativity. They are interchangeable and should be determined by the teacher.

With regard to discussion questions and scenarios, teachers may pose questions to students individually or to small groups. With regard to the latter, a spokesperson for each group should be selected to summarize discussion to the rest of the class.

### **Discussion Questions:**

1. What is self-confidence?
2. Why is it important to have it?
3. Do you have self-confidence?
4. What makes people have or not have self-confidence?
5. Is there a difference between being self-confident and being popular? Please explain.
6. Who is an example of someone who is self-confident? Please explain.
7. Is it possible to have self-confidence in some aspect of your life and not have it in others?
8. What is humility?
9. Is it possible to be self-confident and humble at the same time? Please explain.
10. Are self-confident people conceited? Why or why not?
11. How does your school develop your self-confidence?

12. What can you do on your own to develop self-confidence?

**Scenarios: What would you do?**

1. You would like to try out for an athletic team at school. However, you do not have the experience that some of the others trying out have. What would you do?
2. You have an oral report that is due in class. You do not want to present it because you are afraid of public speaking. What would you do?
3. You would really like to learn to play the guitar. Everyone around you laughs at the thought and tells you that you have no musical talent. What would you do?
4. You have a failing grade in one of your classes. You have a test coming up that will determine whether or not you pass or fail the class. What would you do?

**Writing/Speaking Assignments: Students either may write a paper or give an oral presentation about the topic (length and guidelines to be determined by the teacher).**

1. Discuss someone you know (or know of) who has self-confidence.
2. Define self-confidence in your own words and give examples to explain your definition.
3. Interview your family members and/or friends and ask them to define self-confidence and responsibility and to tell you about one time when they acted in a courageous and/or responsible manner.
4. Discuss a time in your life when you were not self-confident. What happened and how did you feel?
5. Discuss a time in your life when you were self-confident. What happened and how did you feel?
6. Discuss a time in your life when you tried to be somebody you are not.
7. Discuss at least two times in your life when preparation was the key to your self-confidence.
8. Discuss why self-confidence is important.
9. Write a nonfiction or fiction story about self-confidence.
10. Write a poem or song about self-confidence.
11. What does perseverance mean and how is it related to self-confidence?
12. Discuss someone who is successful because of self-confidence.

13. Select one of the quotes about self-confidence below and explain what it means. Or, find a quotation about self-confidence and explain what it means. Identify the author of the quote and describe who that individual is (e.g., Abraham Lincoln, 16<sup>th</sup> President of the United States).

### **Quotations about Self-Confidence**

1. Surround yourself with only people who are going to lift you higher. (Oprah Winfrey)
2. Nobody can make you feel inferior without your consent. (Eleanor Roosevelt)
3. Make the most of yourself, for that is all there is of you. (Ralph Waldo Emerson)
4. It's not who you are that holds you back, it's who you think you're not. (Denis Waitley)
5. To go against the dominant thinking of your friends, of most of the people you see every day, is perhaps the most difficult act of heroism you can perform. (Theodore H. White)
6. Self-confidence gives you the freedom to make mistakes and cope with failure without feeling that your world has come to an end or that you are a worthless person. (Hayden Sargent)
7. Always be a first-rate version of yourself, instead of a second-rate version of somebody else. (Judy Garland)
8. Whether you think you can or think you can't - you are right. (Henry Ford)
9. Go out in the world and work like money doesn't matter, sing as if no one is listening, love as if you have never been hurt, and dance as if no one is watching. (Unknown)
10. He who knows others is wise. He who knows himself is enlightened. (Lao Tzu)
11. Live and let live. (Anonymous)
12. Live your beliefs and you can turn the world around. (Henry David Thoreau)
13. I don't care what people think or say about me, I know who I am. (Jonathan Davis)
14. If you hear a voice within you say "you cannot paint," then by all means paint, and that voice will be silenced. (Vincent Van Gogh)
15. You have enemies? Good. That means you've stood up for something, sometime in your life. (Winston Churchill)
16. Value your own opinion more, and others' opinions less. (Jonathan Lockwood Huie)
17. Success comes in cans, not cant's. (Unknown)
18. Conformity is the jailer of freedom and the enemy of growth. (John F. Kennedy)

19. Put your future in good hands - your own. (Unknown)
20. You have to expect things of yourself before you can do them. (Michael Jordan)
21. If you really put a small value upon yourself, rest assured that the world will not raise your price. (Anonymous)
22. Nothing can bring you peace but yourself. (Ralph Waldo Emerson)
23. You have brains in your head.  
You have feet in your shoes.  
You can steer yourself in any direction you choose.  
You're on your own.  
And you know what you know.  
You are the guy who'll decide where to go. (Dr. Seuss)
24. Never say anything about yourself you do not want to come true. (Brian Tracy)
25. What lies behind us and what lies before us are tiny matters compared to what lies within us. (Ralph Waldo Emerson)
26. Believe that life is worth living and your belief will help create the fact. (William James)
27. One important key to success is self-confidence. An important key to self-confidence is preparation. (Arthur Ashe)
28. Most of the shadows of life are caused by standing in our own sunshine. (Ralph Waldo Emerson)
29. Life isn't about finding yourself. Life is about creating yourself. (George Bernard Shaw)
30. Self-trust is the essence of heroism. (Ralph Waldo Emerson)
31. Learn to get in touch with the silence within yourself, and know that everything in life has purpose. There are no mistakes, no coincidences; all events are blessings given to us to learn from. (Elisabeth Kubler-Ross)
32. There is a difference between conceit and confidence. Conceit is bragging about yourself. Confidence means you believe you can get the job done. (Johnny Unitas)
33. If you think you're a second-class citizen, you are. (Ted Turner)
34. He who believes is strong; he who doubts is weak. Strong convictions precede great actions. (Louisa May Alcott)
35. Remember always that you not only have the right to be an individual, you have an obligation to be one. (Eleanor Roosevelt)

36. You are educated when you have the ability to listen to almost anything without losing your temper or self-confidence. (Robert Frost)
37. No one can give you better advice than yourself. (Cicero)
38. Only those who dare to fail greatly can ever achieve greatly. (Robert F. Kennedy)
39. It is our choices ... that show what we truly are, far more than our abilities. (J. K. Rowling)
40. Confidence is contagious and so is lack of confidence, and a customer will recognize both. (Vincent Lombardi)
41. I do not need anyone's permission to be my true self. (Jonathan Lockwood Huie)
42. To thine own self be true. (William Shakespeare)
43. Saying no can be the ultimate self-care. (Claudia Black)
44. Humility is not thinking less of yourself, it's thinking of yourself less. (Rick Warren)
45. I have no need to conform to the stereotypes others have defined for me. (Jonathan Lockwood Huie)
46. Confidence comes not from always being right but from not fearing to be wrong. (Peter T. McIntyre)
47. You can search throughout the entire universe for someone who is more deserving of your love and affection than you are yourself, and that person is not to be found anywhere. You yourself, as much as anybody in the entire universe deserve your love and affection. (The Buddha)