

SASO MIDDLE SCHOOL CHARACTER EDUCATION TEACHING GUIDE

TOPIC: SELF-CONFIDENCE (Tito Gonzales SASO DVD)

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Note to Teacher: This lesson encompasses one of the Six Pillars of Character (josephsoninstitute.org): Responsibility. Specifically, it focuses on perseverance and doing your best. It offers the teacher guidelines to follow after students have viewed the DVD of Tito Gonzales: Self-Confidence.

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

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

Discussion Questions:

1. What is self-confidence?
2. Is it important to have self-confidence? Why?
3. Do you have self-confidence? Give examples of how you know you have it or do not have it.
4. Is there a difference between being self-confident and being popular? Please explain.
5. Is there a difference between being self-confident and being conceited? Please explain.
6. What is perseverance? Is it related to self-confidence? How?
7. Does preparation play a role in developing self-confidence? Please explain.
8. Who is an example of someone who is self-confident? Please explain.

9. Is it possible to have self-confidence in some aspect of your life and not have it in others?
10. How can you develop self-confidence?
11. How can you help others develop self-confidence?
12. What role does preparation play in developing self-confidence?
13. What is humility?
14. Is it possible to be self-confident and humble at the same time? Please explain.
15. Should you let others know that you have confidence in yourself? Why or why not?
16. Can self-confidence help you be more successful in life? Please explain.
17. Are self-confident people more likely or less likely to be jealous of others? Why or why not?

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 competing 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 speaking in front of others. What would you do?
3. You would like to learn to play the guitar. Your friends laugh at the thought and say 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. Define self-confidence in your own words and give examples to explain your definition.
2. Is self-confidence important? Why or why not?

3. Discuss someone you know (or know of) who has self-confidence.
4. Interview your family members and/or friends and ask them to define self-confidence and to tell you about a time when they acted in a self-confident manner.
5. Interview your family members and/or friends and ask them to define self-confidence and to tell you about a time when you acted in a self-confident manner.
6. Discuss a time in your life when you were self-confident. What happened and how did you feel? What did you learn from the experience?
7. Discuss a time in your life when you were not self-confident. What happened and how did you feel? What did you learn from the experience?
8. Discuss a time in your life when preparation improved your self-confidence.
9. Define perseverance. Is it related to self-confidence?
10. Discuss someone who is successful because of perseverance.
11. Discuss a time in your life when perseverance improved your self-confidence. What did you learn from the experience?
12. What can you do to develop or improve your self-confidence?
13. What can you do to improve the self-confidence of others?
14. Has anyone ever tried to destroy your self-confidence? Explain what happened and what you did as a result. How did the experience make you feel? What did you learn from the experience?
15. Have you ever tried to destroy someone else's self-confidence? Explain what happened. How did the experience make the other person feel? How did it make you feel? What did you learn from the experience?
16. Discuss reasons why people lack self-confidence.
17. Write a nonfiction or fiction story about self-confidence.
18. Write a poem or song about self-confidence.
19. 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, 16th President of the United States).

Quotations about Self-Confidence:

1. Nobody can make you feel inferior without your consent. (Eleanor Roosevelt)
2. It's not who you are that holds you back; it's who you think you're not. (Unknown)
3. 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. (Unknown)
4. Whether you think you can or think you can't - you are right. (Henry Ford)
5. 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)
6. Make the most of yourself, for that is all there is of you. (Ralph Waldo Emerson)
7. Success comes in cans, not cant's. (Unknown)
8. Put your future in good hands - your own. (Unknown)
9. You have to expect things of yourself before you can do them. (Michael Jordan)
10. 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)
11. What lies behind us and what lies before us are tiny matters compared to what lies within us. (Ralph Waldo Emerson)
12. One important key to success is self-confidence. An important key to self-confidence is preparation. (Arthur Ashe)
13. 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)
14. Self-trust is the essence of heroism. (Ralph Waldo Emerson)
15. 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)
16. If you think you're a second-class citizen, you are. (Ted Turner)

17. You are educated when you have the ability to listen to almost anything without losing your temper or self-confidence. (Robert Frost)
18. Only those who dare to fail greatly can ever achieve greatly. (Robert F. Kennedy)
19. Confidence is contagious and so is lack of confidence, and a customer will recognize both. (Vincent Lombardi)
20. Too many people overvalue what they are not and undervalue what they are. (Malcolm S. Forbes)