

“If You Shoot, You Score!”

OBJECTIVE: Students understand that learning requires practice and perseverance. Students build self-esteem, self-awareness, communication skills, and begin to understand individual differences and acceptance of others (PS:B1.7; PS:B1.12).¹

MATERIALS: small balls (golf balls, Styrofoam), sturdy cup (adapt according to available materials)

PROCEDURE:

1. Students (or teacher) will write a learning goal on each golf ball.
2. Each student will share his/her learning goal with class or small group.
Discuss:
 - *Why was the goal chosen and why is it important? (ex: “How did you decide what goal to choose?”)*
 - *What are some potential barriers that you may have to overcome to achieve your goal?*
 - *What are the steps needed to achieve the goal?*
 - *Identify help (who, how, and when).*
3. Place cup at a challenging distance. Students will take turns throwing the ball into the cup. Have students keep track of the number of attempts before they were finally able to get the ball into the cup. Remind students to remember to cheer on one another.
4. *Discuss how obstacles may vary for each person (some may have more difficulties than others). Discuss the similarities between this activity and learning.*

WRAP UP: Perseverance is an important component for success! Have each student share an example of a time they persevered and achieved a goal. Connect with history and other subjects by sharing examples of how others persevered to achieve great success.

ARTS SUPPLEMENT: Students can create an award or trophy to reward themselves for working hard and achieving their goal.

¹ American School Counselor Association (ASCA) National Standards for Student Competencies (2005). <http://ascamodel.timberlakepublishing.com/files/NationalStandards.pdf>

