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 | Handout the role goals packet and have the role goals presentation up on the projector
  ○ Have the students write down their own definition of what a role model is |
|--------|------------------------------------------------------------------|

Essential Questions:
| Step 2 | ● Have the students get into groups of 3 or 4 with their neighbors  
● Give each group a sheet of paper for the snowball activity  
  ○ One group member writes as the group comes up 5 characteristics of a good role model  
  ○ Then, when the teacher says to, the students ball up their list and throw it into the middle  
  ○ One group member goes and picks up a new sheet and they write down 2 more new characteristics  
  ○ Repeat for 4 rounds |
| --- | --- |
| Step 3 | ● Have the students create one giant list of characteristics on the board of all the things they wrote down  
● Discuss some of the characteristics as a class |
| Step 4 | ● Have the students write down what types of people are role models  
● Discuss the students answers as a class  
● Show the video of Charles Barkley in the presentation  
● Discuss with the class that not all role models are positive  
Video of Charles Barkley professing that he is not a role model.  
https://www.youtube.com/watch?v=4gqk4WPnrpM |
| Step 5 | ● Go through the powerpoint explaining my own role model and the characteristics I picked  
● Go over what a SMART goal is  
  ○ Work through the examples in the PP slides as a class discussion  
● Explain to the students that they are going to set SMART goals to improve these |
characteristics within themselves and create a plan of action to achieve it
  ○ Include obstacles that may come up and get in the way of the plan

<table>
<thead>
<tr>
<th>Step 6</th>
<th>● Go through the powerpoint and explain each goal, the time table for the goal, plan, and obstacles for the plan</th>
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| Step 7 | ● Show the video The Dash in the powerpoint.  
  ○ Explain and discuss with the students what the poem means and how they feel about it.  
  ● 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 |
|        | The Poem “The Dash” read aloud.  
  https://www.youtube.com/watch?v=HVLqkExH5ww |
| Step 8 | ● Let the students complete their packet and answer any questions they might have |

**References:**

**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:

____________________________________________________________

____________________________________________________________

____________________________________________________________

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

____________________________________________________________

____________________________________________________________

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?

____________________________________________________________

____________________________________________________________

____________________________________________________________

____________________________________________________________

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

____________________________________________________________

____________________________________________________________

____________________________________________________________

____________________________________________________________

____________________________________________________________

____________________________________________________________

____________________________________________________________
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:

____________________________________________________________
____________________________________________________________
____________________________________________________________
____________________________________________________________:(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:

____________________________________________________________
____________________________________________________________
____________________________________________________________
____________________________________________________________

(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:

____________________________________________________________

____________________________________________________________

____________________________________________________________

____________________________________________________________:(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:

____________________________________________________________
____________________________________________________________
____________________________________________________________
____________________________________________________________
____________________________________________________________
(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.
In the outline below, write a letter to your role model that describes why you chose them, your goals, and your plan of action to achieve these goals.