



## NHS ADVISORY

December 10, 2014

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|-----------------------------------|---|
| <b>Grade</b>                      | 11  |
| <b>Topics</b>                     | - Self-Motivation<br>- Holiday Trivia   |
| <b>Goal</b>                       | To allow students to quiz themselves on their overall self-motivation and to learn from other students about what motivates them and some strategies to keep themselves motivated. There is also a holiday trivia game so the students can get into the holiday spirit.   |
| <b>Activities/<br/>Procedures</b> | <ol style="list-style-type: none"><li>1. Introduce the topic for today's lesson – Self-motivation</li><li>2. Ask your students if they consider themselves self-motivated; ask them to provide examples of how they keep themselves motivated.</li><li>3. Show this 3 minute video if you have access:<br/><a href="https://www.youtube.com/watch?v=BOksW_NabEk">https://www.youtube.com/watch?v=BOksW_NabEk</a></li><li>4. Distribute the "The Self-Motivation Quiz" and give students a few minutes to take it.</li><li>5. You can use the Self-Motivation overview to distribute to students or simply as talking points. Review with students the process of becoming self-motivated (surround yourself with the right people; practice/study more so you gain confidence, etc.)</li><li>6. Distribute Holiday Trivia</li></ol> |