



NHS ADVISORY

December 10, 2014

Grade	12
Topics	- Self-Motivation - Holiday Trivia
Goal	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.
Activities/ Procedures	<ol style="list-style-type: none">1. Introduce the topic for today's lesson – Self-motivation2. Ask your students if they consider themselves self-motivated; ask them to provide examples of how they keep themselves motivated.3. Show this 3 minute video if you have access: https://www.youtube.com/watch?v=BOksW_NabEk4. Distribute the “The Self-Motivation Quiz” and give students a few minutes to take it.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.)6. Distribute Holiday Trivia