

UNIT III

TITLE: BUILDING PERSONAL GROWTH

Course description:

Participants will learn and reflect on their lives to develop awareness about self and others. They will examine their identities, self-esteem, values, strengths and weaknesses. Participants will also learn how to keep motivated and will enhance their communications skills. Additionally, participants will write their personal mission, vision and goals. Finally, they will learn about group dynamics, tolerance and prejudice. This program activity is designed to develop students' understanding of the conflict cycle, words, gestures, and behavior that promotes collaboration or diminish conflict. Peer mediation, effective communication, active listening and non-verbal communication are among the skills that are practiced.

Goal:



Participants will develop knowledge of self and others in order to prepare for effective leadership through the exposure to a series of activities that promote healthy self-esteem, identity and cultural awareness, and development of thinking, communication, planning and organizing skills.

Resources needed:

- Sheet of paper – one for each participant
- Pens/pencils
- Post cards
- Journals – one per students
- Handouts
- Crayons/color markers
- Flit chart/blackboard
- Tape
- Computers with access to the Internet
- Dictionary
- Blindfolds (for the blind people)
- String to loosely tie around legs and arms to mark the disability
- Earplugs or Headphones (for the deaf people)
- Scarves (to put over mouths of people)
- Rope