

# Character and Life Skills-High School

**Lesson Title:** *Stepping Up*

**Grade Level:** High School

**Main Character:** Krystal W.

**SEL Competencies:** Relationship Skills, Self-management

## Introduction

Krystal is a camp counselor and an honor student at her school. She also has been homeless and the victim of domestic violence. Despite these difficult life situations, she has developed a positive and hopeful outlook.

## Activity 1

Watch the video: *Stepping Up*

## Activity 2

If you are working with a team each person should take time to reflect individually before discussing with a partner or the group.

Krystal talks about the first time she rolled a kayak by herself and the feeling of success she had after she did so. How is this an analogy for everything we know of her life experiences?

Think about a student (or students) who has experienced difficulties like Krystal but continues to maintain a positive and hopeful outlook. What has this student done to develop this attitude? What types of supports has been available for this student? We do not see directly all the supports Krystal received, but what can be inferred about the supports she has received? How can your work with students be enhanced by being aware of all the supports (or lack of supports) that a student is able to draw upon?

## Activity 3

Watch the video again.

Do you believe that students who possess a hopeful outlook will be more self-disciplined and self-motivated?

Consider your work with students. Think about the supports you believe were available for Krystal. What are the things you do in your work with students that develops a stronger sense of hope within students? Why do you believe that your initiatives develop hope within students? Do you think there is anything you could learn from Krystal that could improve your own professional practice? If so, what could you learn?

What have been your successes in working with students to develop a sense of hope? What about failures? What have you learned from your experiences?

#### **Activity 4**

Consider your school context.

What actions should schools take that will help students become more hopeful? Assess your school situation and consider how well your school is doing.

Do you believe that students leave your school more hopeful than when they first attend your school? Why or why not? If you answered, “some do and some don’t”, why is this?

Do you believe there are actions that could be taken to improve the hopeful attitudes among students? If so, what are they? What actions are needed? How could this be accomplished?