

Your Choices Are Powerful

Do Now (Day 1): Write for five minutes about the questions below (reflect on the previous lessons where you learned about and evaluated our values).

1. What are your three biggest values in your life at this moment?
2. Do you know how values and morals are different?
3. How do values affect the choices we make?

Article Read: Read the story "[Chameleon](#)"

1. What thing(s) did the narrator in this story value the most? Did this change throughout the story?
2. Did the narrator make decisions (good or bad) based on that value?
3. How did the decisions made by the narrator impact other areas of their life (social, career, education, etc.)?
4. Have you ever been in a similar situation? Explain how it impacted you!

Do Now (Day 2): Make a list of three things you want in your lifetime (accomplishments, items, milestones, relationships, experiences, etc.). For each of the five, list one step you will have to take to attain that thing.

1.

2.

3.

Scenario 1: You recently started a new job working in a popular clothing store in the mall. In the discussion prior to your hiring, you indicated that you would need certain evenings free to focus on schoolwork and college prep courses. You also stated that you would prefer not to work consecutive weekends. Despite that, every time the new work schedule is released, your boss assigns random shifts and disregards your requests.

HOW WILL YOU FOLLOW UP?

Scenario 2: You are on the starting line-up of your high school basketball team. You work hard to be on time to practice, do extra drills at home, and stay up on your schoolwork so you can play your best. On Wednesday night, you need to leave practice 30 minutes early to attend your little sister's first dance performance. You know that the last 30 minutes will be free throw drills, which you are excelling at anyway. However, your teammate, Don, has also requested to leave practice early that day because he wants to attend a concert. Don has been benched for two weeks because of low grades and he has been struggling in practice because he hasn't been sleeping or eating during the day.

HOW SHOULD THE COACH HANDLE THIS SCENARIO?

Scenario 3: Heather is a physician at a large urban hospital. Wednesdays at 4 PM she attends a one-hour, clinic administration meeting. If Heather leaves by 5 PM she arrives home in time to allow the nanny to get to her own children's after-school program on time. At 5 PM, Heather stands up to leave. One of the clinic administrators asks if she can stay a few more minutes until they are done. Heather dreads saying she has to leave to relieve the nanny, because she is afraid that her colleagues may judge her as having a poor work ethic.

HOW SHOULD HEATHER PROCEED?

Scenario 4: Ever since you were 5 years old, you have wanted to go to college to become an Architect. You have worked hard to get high scores on your college entrance exams, and took all of the courses available to you that would prepare you for your program. When applying for colleges, you know that Yale has the best program, but it is across the country from your family. Your dad really wants you to attend Cal Poly, his Alma Mater. While it is closer to home and a connection to family, Cal Poly doesn't have an exceptional Architecture Degree Program. When college acceptance letters start to arrive, you are accepted to both.

WHAT DECISION SHOULD YOU MAKE?