

Unit synthesis activity

1. Divide the class into several small groups. Assign each group one of the following problems or challenges:
 - ▶ Stop smoking.
 - ▶ Find a job.
 - ▶ Lose weight.
 - ▶ Find a place to live.
 - ▶ Apply for entrance to a college or vocational school.
 - ▶ Buy a car or speakers.
 - ▶ Get medical care.
2. Tell groups to imagine that they are trying to solve the problem or achieve the goal they have been assigned. Ask groups to do the following:
 - ▶ Brainstorm a list of efforts they could make on their own to solve the problem or achieve the goal.
 - ▶ Prepare a list of sources (people, organizations, etc.) to which they could go for assistance.
3. Have each group share its lists with the other groups. Have groups:
 - ▶ Give feedback on the efforts used to solve the problem.
 - ▶ Give additional strategies for solving the problem.
 - ▶ Give additional sources for possible assistance.

4. Have students roleplay a conversation in which they request assistance from one person who can help with their problem or to achieve their goal. Students who are requesting assistance should be reminded to do the following:
 - ▶ Explain the need or problem clearly.
 - ▶ Ask for help.
 - ▶ Express appreciation.
 - ▶ Offer to reciprocate.