

5

Build a Self-Empowering Vocabulary

TRANSITION OBJECTIVE

To build high self-esteem, it is important to understand and use the concepts and vocabulary related to self-esteem and empowerment.

RELEVANCE TO SUCCESSFUL TRANSITION

Often we find that adults with high self-esteem have developed the habit of assessing their strengths and weaknesses. Identifying self-empowering vocabulary is the first step toward developing this habit.

INSTRUCTIONAL SEQUENCE

❑ STEP 1: Update Journal

I feel good about myself when . . .

❑ STEP 2: Convene Roundtable

"A person with high self-esteem is ____."

❑ STEP 3: Advance Organizer

"Today you will practice using **Personal Empowerment Key Words** in a game."

❑ STEP 4: Activity - 25 Minutes

Discuss the following with students: "Self-esteem defines how we value our own self-worth based on our character. To have high self-esteem, we must see ourselves as worthy of high regard. To be empowered is to give ourselves power and authority over our lives. The most successful adults are those who can combine high self-esteem and self-empowerment. As our self-esteem becomes stronger we become more empowered to take positive control over our choices and decisions. We have integrity."

To understand and use the concepts and vocabulary related to self-esteem and empowerment, students will learn the vocabulary from the **Personal Empowerment Key Words** handout in the student guidebook. Follow the steps for "Better Vocabulary Instruction." (Marzano, 2009)

1. Provide a description/explanation of each key word.

2. Have students restate descriptions in their own words.

3. Ask students to draw a picture/symbol representing each key word.

4. Have students compare words/meanings in pairs.

5. Extend this activity by having students go to the computer in pairs and look up several of the key words on Wikipedia or by "Googling" them.



PERSONAL MANAGEMENT: Unit 1		LESSON 5
Personal Empowerment Key Words		
Use a dictionary to find and write definitions for each of the words below.		
1.	Self-esteem	
2.	Worth	
3.	Talent	
4.	Attitude	
5.	Integrity	
6.	Respect	
7.	Character	
8.	Regard	
9.	Choice	
10.	Responsibility	
11.	Honesty	
12.	Strength	
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❑ STEP 5: Activity - 20 Minutes

On small pieces of paper, write each of the key words. Have volunteers use these to play *Charades* with the class. After they draw their word, they act out the meaning while the class guesses the word. The person

who guesses can be the next to draw. If needed, give a demonstration. Before each turn, quietly ask if the student needs help and offer suggestions to increase success. Give students a time limit to keep the game moving. To build more competition, have students work in pairs to act out their word.

❑ **STEP 6: Evaluate Outcomes**

Having high self-esteem means “_____.”

❑ **STEP 7: Connecting Activity**

In pairs, have students make a collage illustrating the definitions of the key words.

KEY WORDS

self-esteem
integrity

empowerment
responsibility
character

worth
honesty

talent
strength
regard

attitude
respect

MATERIALS AND PREPARATION

- Student Handout: **Personal Empowerment Key Words**, page 22.
- Provide dictionaries for the vocabulary activity.
- Prepare for the **Charades** game by writing the key words, one each, on small pieces of paper.

SCANS FOUNDATION SKILLS

- Basic Academic Skills: Reading, Writing, Listening, Speaking
- Thinking Skills: Creative Thinking, Visualizing, Reasoning
- Personal Qualities: Self-Esteem, Sociability, Self-Management, Integrity/Honesty