

# 18 Learn How Practice To Help You Succeed

## TRANSITION OBJECTIVE

Students will discuss and write a story showing the importance of practicing when learning a skill.

## RELEVANCE TO SUCCESSFUL TRANSITION

Successful people often work many hours to learn a new skill. For example, a world-class pitcher has practiced for many years before even being recognized. Then more and more practice is needed. The old saying, "Practice Makes Perfect," is really true. Emphasis on the importance of practice will be beneficial to the students as they begin preparing for their transition planning meeting.

## INSTRUCTIONAL SEQUENCE

### ❑ STEP 1: Update Journal

Practice makes perfect when . . .

### ❑ STEP 2: Convene Roundtable

"One thing I have practiced is \_\_\_\_."

### ❑ STEP 3: Advance Organizer

"Today you will learn the importance of practicing."

### ❑ STEP 4: Activity - 15 Minutes

Explain that practice is an important part of life. Practicing is one of the best ways to learn a new skill. No successful people are born successful. They spend many hours, sometimes years, perfecting a skill. Any world-class athlete has spent years practicing to become perfect at his or her sport. Ask: "Can you think of an example of a celebrity who practiced a skill for years before reaching success?" Hold a brief discussion about celebrities who have spent years becoming good at what they do.

### ❑ STEP 5: Activity - 30 Minutes

In groups of three, have students discuss the concept of practice by answering questions on **Why Practice?**. Each group looks up "practice" in the dictionary and takes 15 minutes to write a short story with "practice" as the central theme. Groups have three choices for sharing their story: 1) read the

story; 2) tell the story; or 3) act out the story. Applaud each group for their success and hold a short discussion to summarize the importance of practice.

### ❑ STEP 6: Evaluate Outcomes

One reason to practice a skill is "\_\_\_\_."

### ❑ STEP 7: Connecting Activity

Have students talk to their parents or another adult, asking them to tell about something they accomplished that required practice. Complete a written or oral report.



PERSONAL MANAGEMENT: Unit 4	LESSON 18
<b>Why Practice?</b>	
Discuss and complete the following with your group.	
1. Name your favorite celebrity from sports, entertainment, business or politics.	
2. What skills does that person have that makes them stand out?	
3. What did that person do to become so good at what he/she does?	
4. How much did they practice to become as skilled as they are?	
5. What skill do you have that makes you stand out?	
6. How did you get so good at that skill? How much do you practice?	
7. Look up the word practice in the dictionary and write the definition.	
8. With your group, write a short story or skit that shows how important practice is when you want to be good at something. You will present your story or skit to the class. You may read it, tell it or act it out with your group. Everyone from your group must have a part in the presentation.	
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**KEY WORDS**

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**practice****effective****prepare****celebrity**

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**MATERIALS AND PREPARATION**

- Student Handout: **Why Practice**, page 197.
- Prepare to talk about practicing.
- Prepare a screen image of the handout.

**SCANS FOUNDATION SKILLS**

- Basic Academic Skills: Reading, Writing, Listening, Speaking
- Thinking Skills: Creative Thinking, Reasoning
- Personal Qualities: Sociability, Self-Management