

CAREER COUNSELLING



PRACTICAL APPROACH

Lesson Plan

Title: Self-knowledge - My values	
Level, age of the students:	15 – 18
Subject:	Small group development, rehabilitation class (attention-deficit and dyslexic students)
Subjects involved:	Hungarian grammar and literature
Aims:	Awareness of our basic values, development of self-awareness
Suggested # of students per group:	3-5
Time of the main activity:	15 minutes
Material:	Projector, chalkboard, word cards, tokens, mobile phone
Competences:	Communication in mother tongue, digital competences, personal competences, social competences
Preparatory actions if any:	We explain the rules of the game and distribute the tokens to the students, 100 tokens per person.
Expected results:	The students bid on the "values", spend their tokens, then discussion and analysis based on the obtained values follow.
Expected difficulties:	A controversial situation may arise as to who spoke first, dealing with possible failure, frustration if a value was not obtained
Follow up if any:	We inspire students to think about their own existing values, make them aware of them, and encourage them to acquire more and develop their self-knowledge.



CAREER COUNSELLING



PRACTICAL APPROACH

TIME	PROCEDURE (T: TEACHER; SS: STUDENTS)	METHOD
1'	<p>I. PREPARATORY ACTIVITY</p> <p>Purpose: Explain the rules of the game</p> <p>⇒ T: Everyone has the same 100 tokens in their pockets. There are no bank loans, no foreign currency, no loopholes, the available limit is 100 tokens, this must be allocated. If I get one of the 'values' for forty, then I can only use sixty later.</p>	Frontal work.
5'	<p>II. BIDDING</p> <p>Goal: Obtaining as many 'values' as possible while maintaining appropriate communication situations during bidding; consideration according to the importance of values.</p> <p>⇒ T: leads the bidding</p> <p>⇒ The items up for auction are the following, all of which will go under the hammer:</p> <p>(1) confidence, (2) equality, (3) creativity, (4) honesty, (5) confidence, (6) tradition, (7) wisdom, (8) strength, (9) security, (10) helpfulness, (11) fame, (12) cunning, (13) poise, (14) authority, (15) beauty, (16) wealth, (17) excitement, (18) self-esteem, (19) knowledge, (20) joy of life, (21) variety, (22) responsibility, (23) power, (24) harmony, (25) health, (26) self-esteem, (27) obedience, (28) freedom, (29) order, (30) talent.</p> <p>⇒ SS: They bid in turn for the values that can also be read on the board, assigning the available tokens, and receiving the obtained "value" on a word card.</p>	<p>Individual, guided work</p> <p>The 30 words put up for bid are projected on the board.</p> <p>Group work with the hint of the teacher.</p> <p>Group discussion</p> <p>Frontal Work</p>



CAREER COUNSELLING



PRACTICAL APPROACH

<p>7'</p>	<p>III. ACQUIRED VALUES Purpose: Conversation about values, development of self-awareness</p> <p>⇒ T: What has come to you? What did you buy? Why that? What does this mean to you?</p> <p>⇒ SS: They list their works, evaluate the bid; are they satisfied?</p> <ul style="list-style-type: none"> • What is my leading value? What is the main value of my life? • Did I manage to see it, or even buy it? • What other supporting value did I manage to collect as a supplement? • Did I make a good deal with it? • What was my dominant mode of operation during the task: I basically wanted to get one, but at all costs, or rather to collect as much value as possible, because the lives of many of us are permeated by accumulation? <p>⇒ T: He/she summarizes and closes the conversation, reacts to possible emotional outbursts.</p>	<p>Individual and pair work</p> <p>Evaluation under the guidance of the teacher</p> <p>Frontal work.</p> <p>If there are questions, the teacher explains</p>
	<p>IV. CLOSING ACTIVITY Purpose: Self-awareness game</p> <p>⇒ T: Finally, use your phone to solve the following game by clicking on the link: https://learningapps.org/watch?v=p0sbq9n2v23 !</p> <p>⇒ SS: Students solve „<i>Who am I and what drives my actions?</i>”</p> <p>⇒ T: He/She ends the lesson emphasizing the importance of self-knowledge.</p>	<p>Individual work</p> <p>Frontal work.</p>

