



UTAH
WOMEN &
LEADERSHIP
Project

BENEFITS OF COMPLETING COLLEGE:
Confident, Stronger
Sense of Self

LESSON PLAN #3

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EXTENSION 

Benefits of Completing College: Confident, Stronger Sense of Self

PURPOSE

Students will learn the personal development benefits they will gain from obtaining a postsecondary education.

LEARNING OUTCOMES

Students will understand how obtaining a postsecondary education can benefit their personal sense of self and lifestyle. This will show students how education can create more self-confidence and how this quality can help them throughout their lives in many different capacities.

OPENING JOURNAL PROMPT

What does this quote mean to you?

“Education is the ability to listen to almost anything without losing your temper or your self-confidence.” - Robert Frost

INPUT FROM YOU

The teacher will pass out the *Benefits of Completing College: Confident, Stronger Sense of Self* handout to the students and together as a class they will read the information and discuss as needed.

VOCABULARY ACTIVATION

The teacher will pair the students and pass out the *Active Vocabulary Sheet* to students. The class will read the directions together and start the task. The vocabulary words include: Confidence, Resilience, Independence, Prejudice, Stability, Motivation, and Self-Determination. Students will also be asked to create a sentence using each word to show understanding.

INPUT FROM YOU

The class will come back together and go over the vocabulary words while creating examples of each for an even firmer understanding.

GUIDED PRACTICE

The students will be asked to imagine that they are giving advice to someone who is having a hard time finishing their postsecondary education. Using each vocabulary word they will write a one-page letter of advice explaining the benefits they have just learned.

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CLOSURE

The students can share with each other their letters of advice and, if needed, help each other where some may have a harder time explaining particular benefits. Once their letter is finished they can take the *Confident, Stronger Sense of Self Quiz*.

CHECK FOR UNDERSTANDING

The class will come back together and recap the quote from the start of class. They will discuss whether their initial thoughts of what the quote meant to them have changed after this lesson. After doing so, the teacher can put the following quote up on the board and have the students analyze what it means to them in their journals and share with each other before class is over.

“Education breeds confidence. Confidence breeds hope. Hope breeds peace.”

— Confucius

ASSESSMENT

The teacher will pass out the *Goals Activity Worksheet*. This can be assigned as homework or an in class assessment. It will ask each student to take two of the strategies that were brainstormed together as a class and use each one to create two personal goals surrounding that strategy:

Example: I will finish all of my math homework and ask questions when I am confused so I can pass my math classes and be able to take college level math classes in high school.

MATERIALS

Benefits of Completing College: Confident, Stronger Sense of Self Handout
Active Vocabulary Sheet
The Confident, Stronger Sense of Self Quiz and Answer Key
The Goals Activity Worksheet

SUPPLEMENTARY MATERIALS

Education Pays:

<http://trends.collegeboard.org/education-pays>

The Value of Education Brief:

<https://www.usu.edu/uwlp/files/briefs/1-value-of-higher-education.pdf>

Utah Women & Leadership Project - Clips and Videos:

<https://www.usu.edu/uwlp/resources/videos>

Goals for the Common Good:

http://www.measureofamerica.org/file/common_good_forecaster_full_report.pdf

Benefits of Completing College:
Confident, Stronger Sense of Self

MATERIALS



Benefits of Completing College

CONFIDENT, STRONGER SENSE OF SELF

College enhances personal development. As a wide variety of competencies and abilities are developed, individuals are better prepared to overcome challenges and more effectively contribute in all settings.

A college education leads to greater independence and feelings of control.

- ⌘ College encourages students to develop a greater sense of independence and feelings of control over their lives, which then influences the development of other skills, such as communication, planning, decision-making, and leadership.
- ⌘ Obtaining a college degree can also foster a host of related characteristics that are sustainable throughout one's life, such as responsibility, self-determination, motivation, resilience, open-mindedness, and lifelong learning.

College graduates demonstrate a greater ability to make reasoned, reflective, and unbiased judgments.

- ⌘ Studies have shown that college helps individuals increase awareness, dialogue, and involvement in racial understanding, openness to diversity and gender-role attitudes, and parts of the political process.
- ⌘ In addition, research has shown that college attendance impacts students' social and political attitudes and values; it appears to also decrease an individual's overall prejudice and promotes increased interest in world affairs and social issues.

Educated individuals develop higher ethical and moral standards.

- ⌘ Colleges and universities provide opportunities for students to confront biased opinions and prejudice, which allows students to examine and develop the moral and ethical standards needed to prepare to contribute effectively in the workplace and community.
- ⌘ Longitudinal studies have demonstrated that there are numerous positive, principled moral reasoning advantages—including changes in attitudes and values—gained from a college education.

College graduates have increased levels of academic and social self-concept and self-esteem.

- ⌘ Higher education provides students with constant growth opportunities to develop and strengthen self-efficacy and self-confidence, particularly in situations where they must communicate with others and learn new information and skills.
- ⌘ College graduates demonstrate improved self-understanding, which also strengthens their academic, social, and general self-concept and self-esteem.

The process of completing a college degree facilitates the development of a more confident and stronger sense of self. In turn, graduates can more effectively influence those around them in their homes, workplaces, and communities.

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Benefits of Completing College: **Confident, Stronger Sense of Self**

NAME: _____

DATE: _____

Active Vocabulary Worksheet

Directions: With your partner, find the definitions of each word and together create a sentence using the word. Each of you must fill out your own sheet.

Confidence:

Dictionary definition _____

Create a sentence with the word *Confidence* _____

Resilience:

Dictionary definition _____

Create a sentence with the word *Resilience* _____

Independence:

Dictionary definition _____

Create a sentence with the word *Independence* _____

Prejudice:

Dictionary definition _____

Create a sentence with the word *Prejudice* _____

Stability:

Dictionary definition _____

Create a sentence with the word *Stability* _____

Motivation:

Dictionary definition _____

Create a sentence with the word *Motivation* _____

Self Determination:

Dictionary definition _____

Create a sentence with the word *Self Determination* _____

Benefits of Completing College: **Confident, Stronger Sense of Self**

NAME:

DATE:

Goal Activity Worksheet

Directions: Create three self-determined goals that will help you create a path to post-secondary education.

Here is an example:

Goal: In the subjects that are hard for me, I will practice being resilient by learning from my mistakes and not letting it bring me down.

Goal One:

Goal Two:

Goal Three:

NAME:

DATE:

The Confident, Stronger Sense of Self Quiz

Directions: Please answer the following questions as best you can on your own. Questions 1 and 2 are Multiple Choice and 3-6 are True or False statements.

1. Going to college can improve
 - a) communications and leadership skills
 - b) judgment and decision making
 - c) open-mindedness and lifelong learning
 - d) all of the above

2. Graduates from postsecondary education programs can more effectively influence in which settings?
 - a) home and family
 - b) workplace
 - c) church and community
 - d) all of the above

3. True or False:
Any kind of education beyond high school will build your self-confidence, independence, and feelings of control.

4. True or False:
College can help reduce prejudice and increase racial understanding.

5. True or False:
A college education can change attitudes, values, and interests.

6. True or False:
Being mentally healthy is not as important as being physically healthy.

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The Confident, Stronger Sense of Self Quiz - ANSWER KEY

1. Going to college can improve

- a) communications and leadership skills
- b) judgment and decision making
- c) open-mindedness and lifelong learning
- d) all of the above**

2. Graduates from postsecondary education programs can more effectively influence in which settings?

- a) home and family
- b) workplace
- c) church and community
- d) all of the above**

3. **True** or False:

Any kind of education beyond high school will build your self-confidence, independence, and feelings of control.

Any kind of education beyond high school will build your self-confidence. With every course you successfully complete your self-confidence will grow. As you become more independent you will feel more in control of your life.

4. **True** or False:

College can help reduce prejudice and increase racial understanding.

College graduates demonstrate a greater ability to make reasoned and unbiased judgments. College helps increase awareness, dialogue, and involvement in racial understanding.

5. **True** or False:

A college education can change attitudes, values, and interests.

Going to school beyond high school opens the door to new ways of thinking and a whole new world of possibilities.

6. True or **False**:

Being mentally healthy is *equally* as important as being physically healthy.

Mental and physical health are connected, and being mentally health is equally as important as physical health. A positive mental outlook that includes strong self-esteem, confidence, a sense of independence and feeling of control over one's life can have a positive impact on physical health and longevity.