

## Know-Understand-Do Organizer

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Course/Subject: Guidance

Topic: What Am I Good At?

School/District: Helena/Person

Which standards are students learning in this unit?

RED.SE.1.2 – Identify ways of controlling behaviors associated with emotional states, feelings, and moods.

P.SE.2.1 – Interpret the meaning of self-concept.

By the end of this unit, students will be able to...

<b>KNOW:</b>	<b>UNDERSTAND:</b>	<b>DO:</b>
Positive Self-Talk Self-Respect Multiple Intelligences	All people are smart, just in different ways.  The way you think about yourself affects how others think about you.	Create a bar graph illustrating strengths and weaknesses according to multiple intelligences theory.  Practice converting negative self-statements into positive self-statements through role play.