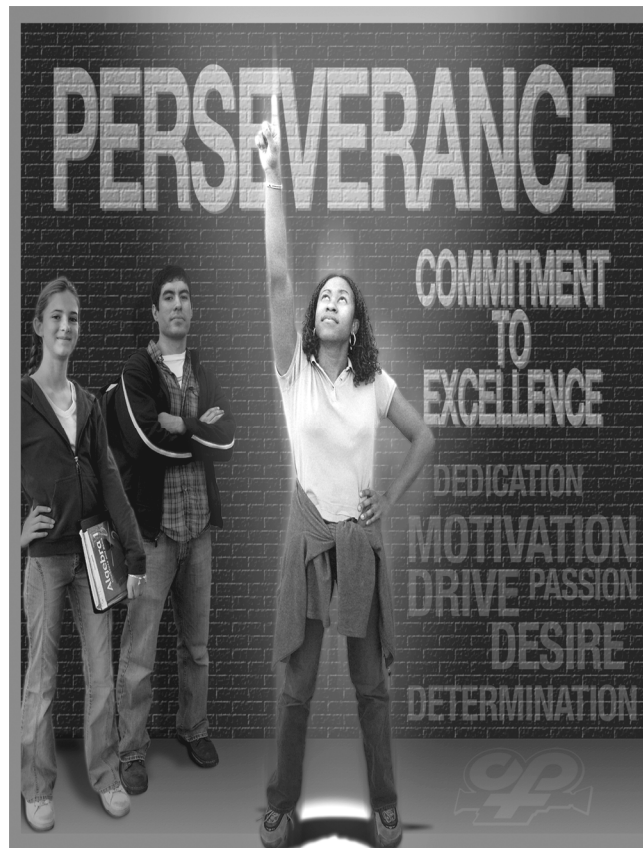


Perseverance



Character in Action



Perseverance

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Perseverance Lessons



Lesson #1What Is Perseverance?



Lesson #2Persevere for Your Health



Lesson #3Persevere at Home



Lesson #4Persevere at School



Lesson #5Persevere to Keep Commitments



Lesson #6Overcoming Obstacles



Lesson #7Prepared to Persevere



Lesson #8Persevering with Bullies



Lesson #9Perseverance for the Environment



Lesson #10Commitment to Excellence

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How to use Character Ed Tools - Let's Choose to Persevere

Overview

When you fail or fall short of your expectations, do you summon the energy from within to get back up and try again? When others are critical of your performance, do you press on? When circumstances beyond your control press down on you, do you keep moving towards your goal? To reach your goals and dreams, it takes a never-give-up attitude, it takes a commitment to excellence, it takes perseverance.

This program is designed to help you motivate teens to recognize that they are totally in charge of the pursuit for excellence in their lives. Persevering and the pursuit of excellence can drive anyone to the point of giving up or wanting to turn back. Winners in life are those who work hard to develop the skills needed to succeed. They ignore the negative criticism around them, avoid the temptations to get involved with drugs and alcohol, and drive with passion towards their goals.

These lessons on perseverance will help you present this character quality to your students. The DVD is a great discussion starter and we have provided you with several pages of worksheets to get the students responses to the material presented. We have also provided you with ten lessons with tons of ideas to get you and your students talking. We are excited about the opportunities you will have to help guide your students to persevere and seek excellence for their lives. Most of all, have loads of fun and enjoy talking about this significant character quality of perseverance.

Ten Great Perseverance Statements

A great way to reinforce the messages on perseverance is to begin or end your class period reading these daily statements. Also, these reflections could be a reminder for you to use with the students weeks after you've ended your lessons on perseverance. However you decide to use them, I'm sure you'll find these statements to be motivational and filled with great thought-provoking comments.

The Perseverance Discussion Video

There are several worksheets provided to accompany the discussion video. The video is broken into four distinct segments. We suggest following the discussion video guidelines provided later in the book. The students have worksheets that correspond with each segment of the video. You may decide to have the students watch the video and fill out the worksheets on their own. Either way, these worksheets and discussion questions will get your students thinking and talking about perseverance.



Lessons 1 Through 10

Each lesson contains tons of interesting insights and thoughts to get your students talking for hours and hours on end about perseverance. Okay, maybe we're exaggerating a bit but this **will** get your students talking.

Activities

This workbook contains multiple activities for each lesson. Use as many of these ideas as time or resources permits. Our goal is simply to get your students talking, thinking, and acting on what, when, and how to persevere.

The Lessons

Each lesson is packed with thought-provoking content to get your students talking. An interesting comment is then followed by open class discussion. We think you'll find it fun to see what your students think it means to persevere.

Biographic and Historical Data

We thought you could use some real examples of people and historical events that demonstrated perseverance in quite different ways. With each lesson you'll find whole bunches of data on a real person or event demonstrating perseverance.

Worksheets

Several worksheets are provided for each lesson to get your students' feedback as they reflect on what they have learned.

Some Legal Thoughts

Copyrights and all that jazz. You know the drill. These lessons and discussion video are owned by Character Ed Tools, so don't copy them. If you want more videos or books or a license to use these materials school wide, just give us a yell, we've got solutions. But when it comes to those worksheets? Copy tons of the worksheets (well, perhaps not tons since we are supposed to be saving trees, but you get the idea). Let's get those students writing and reflecting on what they have learned. And most important of all, let's have fun learning about perseverance!



Daily Reflections On Perseverance

LESSON 1: WHAT IS PERSEVERANCE?

Perseverance = steady and continued action or belief usually over a long period of time and especially despite difficulties or setbacks.

The Underground Railroad was a secret operation that began during the colonial period but reached its peak during the movement to abolish slavery from 1830-1865. The Underground Railroad involved a network of people and places used to help slaves travel from the slave states in the South to free states in the North. The Underground Railroad is symbolic of the American Dream. Men and women of all races persevered over a long period of time, despite difficulties and setbacks to pursue life, liberty, and freedom.

LESSON 2: PERSEVERE FOR YOUR HEALTH

Eating a healthy diet will improve how you look and feel. It will improve how well you do in school and how well you perform in sports. We need to persevere at strengthening our minds and bodies by diligently exercising and eating healthy. We may not feel the benefits right away but today we are planting seeds for who we will be tomorrow.

LESSON 3: PERSEVERE AT HOME

Please, thank-you, or your welcome, words we easily use when greeting or helping a stranger. But too often, those words don't even come to mind when we are interacting with those in our family. Let's decide to change that. Let's decide to be committed to building better relationships with those closest to us.

LESSON 4: PERSEVERING AT SCHOOL

The Pittsburgh Steeler's head football coach, Chuck Knoll, once said, "Everyone will get beat sometime physically but a champion seldom gets beat mentally." Our failures or losses don't define who we are. They simply test or measure how we are doing at that moment in time. We can and are able to learn, achieve, and excel. Everyday has new opportunities with new challenges to help us learn, grow, and achieve to become the best we can be.



LESSON 5: PERSEVERE TO KEEP COMMITMENTS

Josh Billings said, "Consider the postage stamp; its usefulness consists in the ability to stick to one thing until it gets there."

Every day we have some type of commitment to keep. Our desire to keep those commitments can be challenged when adversity strikes, when we feel discouraged or when the competition for our time, energy, abilities, and attention becomes intense. At times like that we need to realign ourselves with why we are to keep those commitments and persevere. Learning the importance and benefits of persevering to keep those commitments will help us achieve our goals in life.

LESSON 6: OVER-COMING OBSTACLES

Winston Churchill said, "Success is not final, failure is not fatal: it is the courage to continue that counts."

The obstacles we encounter in life will test our desire to continue and persevere. The belief in our abilities to attain our goals despite our failures will drive us towards success. John D Rockefeller said, "I do not think there is any other quality so essential to success of any kind as the quality of perseverance. It overcomes almost everything, even nature." You can achieve. Persevere and believe.

LESSON 7: PREPARED TO PERSEVERE

Confucius said, "By nature, men are nearly alike; by practice, they get to be wide apart."

Everyone has some natural skills and abilities. We refine and sharpen those skills and abilities by practicing, rehearsing, and using them. The enjoyment we will have tomorrow will depend on how well we have prepared, sharpened, and refined our skills and abilities today.

LESSON 8: PERSEVERING WITH BULLIES

The Bible says in Ecclesiastes 9:11 "The race is not [always] to the swift, nor the battle to the strong." General Eisenhower summarized it this way, "What counts is not necessarily the size of the dog in the fight - it's the size of the fight in the dog." We will encounter bullies who are bigger and stronger than we are but that doesn't mean we are defeated. We can use the resources we have available to us to overcome the challenges of the bully.

LESSON 9: PERSEVERANCE FOR THE ENVIRONMENT

Rachel Carson said, "Those who contemplate the beauty of the earth find reserves of strength that will endure as long as life lasts." She found strength to fight for the environment by simply looking at all the beauty she saw in the environment. We too can find strength to persevere when we look at our goal and focus on what we plan to achieve rather than focusing on what we may lose.

LESSON 10: COMMITMENT TO EXCELLENCE

Conrad Hilton said, "Success seems to be connected with action. Successful men keep moving. They make mistakes, but they don't quit." Let's remain committed to achieving excellence in our lives in everything we do and say. Let's persevere and work hard at becoming the best we can be.

ADDITIONAL INSIGHTS:

Who is the best source of advice to help guide in your quest to achieve excellence? You've got it! Those who have achieved the goals you wish to attain. Search for those who have gone before you and learn from their success and failures.

Read the story of the Tortoise and the Hare. Move towards excellence at your own pace. Some may be faster and smarter but victory comes to those who persevere.

People who stay with it and don't give up achieve success.

"If you want to shorten the distance from perseverance to achievement, you want to learn from the mistakes of others, rather than repeating them yourself." - Unknown

"You may be disappointed if you fail, but you are doomed if you don't try." Beverly Sills



Perseverance Video Guidelines

The Perseverance video is divided into four distinct segments. The video will have on screen questions following each segment. Those questions are printed for you on the next page. Please take time to discuss these questions with the students and add your own personal experiences concerning perseverance. The following guidelines are how we would use these worksheets and video with your students to help them understand what it means to persevere.

Perseverance Discussion Video Guidelines

Take the Pre/Post-Perseverance Video Quiz

Open Discussion

Complete Worksheets #1 & #2

Watch Video Segment #1

Discuss On-Screen Questions for Segment #1

Complete Worksheets #3

Open Discussion

Complete Worksheet #4 through #6

Watch Video Segment #2

Discuss On-Screen Questions for Segment #2

Complete Worksheet #7

Open Discussion

Complete Worksheets #8 & #9

Watch Video Segment #3

Discuss On-Screen Questions for Segment #3

Complete Worksheet #10 through #12

Open Discussion

Complete Worksheet #13

Watch Video Segment #4

Discuss On-Screen Questions for Segment #4

Complete Worksheet #14 through #17

Take the Post/Post-Perseverance Video Quiz



Perseverance Video Questions

The Discussion Video has several on-screen questions following each segment. Those questions are as follows:

Questions for Segment #1

1. The Rocket Club failed the first year to qualify a rocket for the rocket competition in Northern Virginia. Why do you think they were determined to try again? How would you have responded if you were in their position?
2. Talk about how we need to view our mistakes or failures. Discuss why trying again and learning from those mistakes helps us become better than if we had quit and walked away.

Questions for Segment #2

1. Chelsey didn't feel like those at her school would like her if she didn't look or act a certain way. She felt like she had to constantly do things to gain their approval. She started doing things she knew were wrong to gain acceptance. Talk about why you think she felt like this. What do you think she should have done when she felt this way?
2. At 5'2" Blair didn't seem to have the height necessary to play basketball. But she wanted to play. She worked hard and persevered to lead the team in scoring. How does hard work and practice help you improve your performance in a sport? At schoolwork? Or at home?

Questions for Segment #3

1. Brandon focused too much of his time and energy on playing baseball and let his schoolwork slide. His parents had to take some drastic measures to help him focus on the goal of doing well in school. Why do we let some things dominate our lives like that at the expense of other very important activities in our lives?
2. Marc found out the hard way that drugs destroy dreams. What can you learn from Marc's mistakes?



Questions for Segment #4

1. Tobi is driven to be the best he can be at everything he does. It's not easy. He works hard, puts in a lot of time at it, and perseveres through those hard times. Why do we admire people like Tobi and the things they achieve?
2. Alyssa could use her handicap as an excuse to not try certain activities. Instead, her commitment to excellence drives her to try new things and to be the very best she can be. What can we learn from her example? How can we use what we've learned from her and apply it to our lives?



Perseverance Discussion Video Summary

Overview

The objective of this perseverance program is to help students ignore the negative criticisms of those around them. It will give them skills to use when they encounter bullies or the pressures to smoke or use drugs and alcohol. They'll discover that difficult circumstances and failures work to help them improve and achieve excellence in their lives.

Perseverance drives us to learn from our mistakes and try again and again to improve and become the best we can be. Life is going to have some really tough moments, but it's our responsibility to work hard at overcoming those challenges and committing ourselves to persevere and reach for excellence in our lives.

How To Use the Perseverance Discussion Video

In the next few pages of this book you'll discover our recommended guidelines for using this characterized tool. We suggest following the discussion video guidelines to get the most out of the program. The video is broken into four distinct segments. Each segment concludes with a few discussion questions that will help you lead a discussion on the material just viewed. Worksheets are provided that correspond with each segment of the video for the students. These worksheets will help you evaluate how well the students are understanding the material. You may decide to have the students watch only a few segments of the video. Either way, these worksheets and discussion questions will get your students thinking and talking about perseverance.

Summary of the Perseverance Discussion Video

Section #1: Try and Try Again

Several students at La Puente High School are attempting to qualify for a rocket competition in Northern Virginia. They've worked hard preparing for the event, putting in extra time and effort after school and weekends. They got three attempts to qualify. After all their hard work, they failed to qualify.

We can work hard, give it everything we've got, and still come up short. The Rocket Club members could be discouraged and frustrated at their effort. They could just give up and quit, but instead they're learning from their mistakes and are ready to try again.

It's a new school year and their positive attitude is still with them as they try to qualify for the rocket competition in Northern Virginia. Again they've worked hard, stayed after school, and spent weekends preparing for the competition. Their first two attempts failed miserably. Their final rocket attempt also failed. They could be disappointed at their efforts having failed two years in a row. However, they are motivated more than ever to learn from their mistakes and are working hard to succeed next year.

Questions for Section #1:

1. The Rocket Club failed the first year to qualify a rocket for the rocket competition in Northern Virginia. Why do you think they were determined to try again? How would you have responded if you were in their position?
2. Talk about how we need to view our mistakes or failures. Discuss why trying again and learning from those mistakes helps us become better than if we had quit and walked away.

Section #2: Critics, Bullies, and Pressure to Quit

When Chelsey entered high school she didn't feel like she had any friends. To gain the approval of others she felt she had to act a certain way or do certain things. She became bulimic in order to get that look she thought others wanted to see. She started using drugs and alcohol to gain their approval and fit in with the crowd.

The pressure to fit in, the critical voices around us, and our insecurities can challenge our desire to persevere and reach for excellence in our lives. It's like this – we step up, give it our best shot, and then get knocked right back down again by those people who are trying to make us feel bad. That's what bullies do, don't they? They criticize our performances to the point that we don't feel like persevering anymore. We'll do just about anything to avoid being ridiculed. At times like that, we're not committed to excellence, we're committed to just getting by.

We need to persevere past those feelings and those who are making us feel bad, to reach for our dreams. Blair wanted to play on the girls' high school basketball team. At 5'2" she didn't seem to be tall enough to really make a difference. She didn't think like that. She worked hard to make the team. Not only did she make the team, but because of her drive and determination to succeed, she lead the team in points scored. Blair has a drive and a desire to be the best she can possibly be at playing basketball.

Questions for Section #2:

1. Chelsey didn't feel like those at her school would like her if she didn't look or act a certain way. She felt like she had to constantly do things to gain their approval. She started doing



things she knew were wrong to gain acceptance. Talk about why you think she felt like this. What do you think she should have done when she felt this way?

2. At 5'2" Blair didn't seem to have the height necessary to play basketball. But she wanted to play. She worked hard and persevered to lead the team in scoring. How does hard work and practice help you improve your performance in a sport? At schoolwork? Or at home?

Section #3: Overcoming Distraction

Brandon earned a spot on the varsity baseball team during his freshman year in high school. He performed very well on the team and became quite popular on campus. His sophomore year he focused more of his time and energy into playing baseball and less time doing schoolwork. Before too long his grades slumped. His parents saw that his priorities had shifted from doing well in school to just doing well in baseball. They immediately removed him from all baseball related activities and demanded that he work harder at his schoolwork. His grades came back up and in time he earned the right to return to baseball activities.

Marc was doing well in school when he gave in to the pressure to use drugs. He had potential as a singer in a band that was doing well enough to get noticed by some record companies. Unfortunately, his drive to do drugs made him unreliable, damaged his voice, and ruined his music career. He dropped out of high school and wasted five years of his life. Today he is picking up the pieces of his life by going back to school with the hopes of one day graduating from college.

There are things we love to do and things we don't. There has to be a balance between these things. Perseverance is a driving force behind doing those things we love to do and those we don't.

Questions for Section #3:

1. Brandon focused too much of his time and energy on playing baseball and let his schoolwork slide. His parents had to take some drastic measures to help him focus on the goal of doing well in school. Why do we let some things dominate our lives like that at the expense of other very important activities in our lives?
2. Marc found out the hard way that drugs destroy dreams. What can you learn from Marc's mistakes?

Section #4: Commitment to Excellence

Tobi is working hard to achieve excellence in his life. He takes football, track and field, and his schoolwork very seriously. He approaches each of them with everything he has, giving it 100% effort every time, every day. He knows that excellence doesn't come overnight. He's willing to put out the effort to persevere through the good and the bad times to become the best he can be.

Alyssa was born blind but this has never stopped her from trying new things. This year she went out

for the cross-country and track teams at her school. Her goal wasn't to be the best runner on the team. She set out to be the best runner she could be. She is reaching for excellence in her life. Too often we don't pursue certain activities because we know we're not as good as the others or we're afraid of failing. Alyssa and Tobi are driven to work hard and persevere. It's not about winning. It's about learning and challenging themselves to do their best. It's a commitment to excellence.

Questions for Section #4:

1. Tobi is driven to be the best he can be at everything he does. It's not easy. He works hard, puts in a lot of time at it, and perseveres through those hard times. Why do we admire people like Tobi and the things they achieve?
2. Alyssa could use her handicap as an excuse to not try certain activities. Instead, her commitment to excellence drives her to try new things and to be the very best she can be. What can we learn from her example? How can we use what we've learned from her and apply it to our lives?

