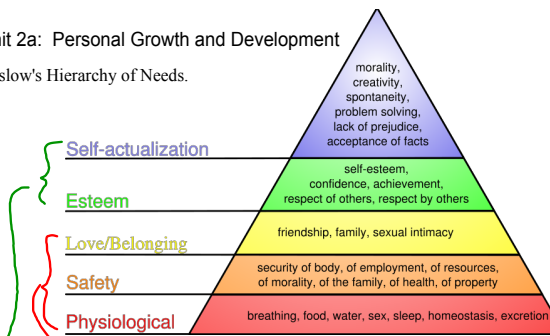
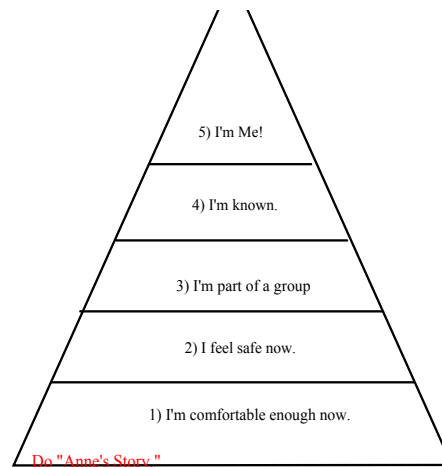


Unit 2a: Personal Growth and Development

Maslow's Hierarchy of Needs.



Bottom three: Deficiency Needs - sense that you lack something is the motivating force. These have to be filled before going on to growth needs.  
 Top Two: Growth Needs



"If you can learn to focus on what you have, you will always see that the universe is abundant; you will have more. If you concentrate on what you don't have, you will never have enough.: (Oprah Winfrey)

Personality - the characteristics that make a person unique.

What do you think can affect your personality?

**Heredity and Environment** work hand in hand in developing your personality. Which contributes more? It depends on each person. The combination of heredity and environment makes siblings both alike and different.

Research has been done on identical twins who were raised apart. Although raised in different environments, the twins in who were raised apart had striking similarities that could be linked to their common heritage.

**Interactions with other people** have an effect on your personality. Your personality **includes habits and feelings** as well.

Your Personality/Heredity and Environment Handout

Birth Order can shape personality.

First Child - inexperienced parents, complete attention, parents expect a great deal from first born.

- Oldest children tend to grow up responsible, independent and ambitious. (Leaders and achievers)

Second and subsequent children - parents are more experienced, less time to spend with child

- less involved with parents, cheerful and practical; thrive on social activities and friendships.

Youngest children - ongoing relationships amongst other members of family

- learn early in life to get along with others; if older siblings/parents dote on the youngest, he/she can be self-centered. Growing up in the shadow of older siblings can challenge the youngest to find his or her own identity.

Only children - get a lot of attention from parents; relate to adults better; try harder to please parents

- fast learners, good students and high achievers; lead busy productive lives.



Link to Huffington Post Article.

Personality made up of many different traits. They fall into one of three categories: emotional, social and intellectual.

**Emotional Traits** - Ex: fear, surprise, sadness, disgust, anger, anticipation, joy and acceptance.  
 - how strong and how easily and often they occur are part of your personality.  
 - can be easily misinterpreted. (fear for arrogance; sadness for backward)  
 - you have some control over emotions.

\*\*Anger and frustration are most difficult to control but do the most damage.

**Social Traits** - affect how you relate to others.  
 -Ex: polite/rude, obedient/rebellious, accepting/judgmental  
 -Most people are between the extremes  
 - Social traits combine to form a personality toward **Introverted** or **Extroverted**.

**Intellectual Traits** - deal with the mind and mental abilities  
 - includes logical processes (deductions and predicting consequences)  
 - includes critical thinking (evaluating situations)  
 - imagination  
 - all situations can be a learning experience

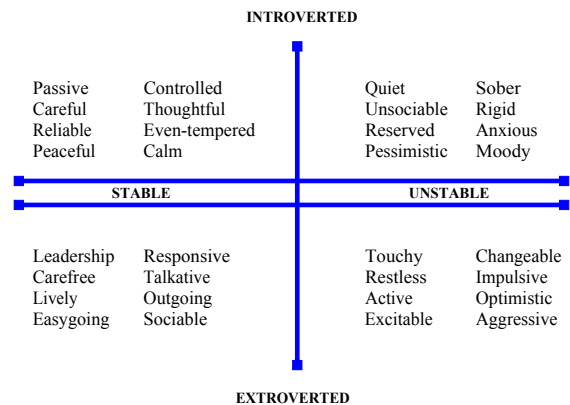
Chapter 22 Study Guide sheet (Page 441 in text)

Pair Share Activity - Question 5 (Work in groups of two)

Perfectionist

S-

W-



Attitude is a person's basic outlook on life.

- can be positive or negative  
- can tell if your attitude is positive or negative by your responses to situations.

Serotonin (heredity) is a brain chemical that affects mood and attitude.  
High levels - more optimistic; low levels - easily depressed and discouraged.

People also learn their attitude from the environment - personal experience at home, in school, with friends.

**Success is 80% attitude and 20% aptitude. In other words, our natural talents are not as important as what we do with them.**

**Attitude** - A person's basic outlook on life.

**Positive Attitude:** When you are optimistic and anticipate successful encounters, you transmit a positive attitude and people usually respond favourably.  
-Can be maintained through conscious effort.

**What role does a positive attitude play in personality?**

- Can convert a dull personality into what others would interpret to be an exciting one.
- Can make a person twice as beautiful
- Can "shine through" other personality traits that would otherwise be unnoticed.

Personal Coat of Arms for last half of Friday's class.

**A positive attitude at home, work or school:**

- make more friends
- better family relations
- better health
- respect from those around you
- advancements
- makes the work/school week more enjoyable
- Supervisors depend on the positive attitude of workers to establish "team spirit"
- It makes everyone's job easier
- Aids in problem solving
- Helps you reach your goals
- Less stress

Goals without a positive attitude are not goals at all.

Negative attitudes - need attention  
 - lose the respect and co-operation of others.  
 - reputation has a negative person  
 - may lead to depression (a long lasting feeling of helplessness, hopelessness, or worthlessness)  
 Depression is sometimes inherited. Stress can trigger it.

"Defeating Depression" - page 449  
 Read and list: a) Signs of depression  
 b) Help for depression

Benefits of a positive attitude:  
 - helps build relationships (who wants to hang with a neg. person)  
 - aids problem solving (more alternatives and spirit)  
 - can reach goals easier (if negative, will quit over little things)  
 - better for physical health

Can you be too positive??

### Journal 5:

If you could have the perfect spouse, parent, child or even friend (pick one), what five personality traits would you like for him/her to have and why.

I expect this to be about 20 lines .

To change an attitude, you have to focus on 3 components:

**Mental (your beliefs about the topic)** - find out more info about the topic

**Emotional (feelings related to the topic)** - will tend to change as you find out more and change your behavior

**Behavioral (you behave in certain ways because of how you think and feel)**  
 - takes willpower to change how you act but sometimes easier when you have new information.

Can adjust our attitude:

- using humour
- play your winners - concentrate on the positive things in life
- talk about the happy, exciting things in life
- do something you enjoy
- give your positive attitude to others
- look better to yourself - improve your self-confidence and self-image.

### Attitude and Self-Esteem

It is hard to have a positive attitude if you have low self-esteem. Those who have low self-esteem often put themselves down, believe they can't accomplish anything

Self Esteem - influenced by family and your experiences.

To improve self esteem, you have to meet four emotional needs:

**Identity** - Acceptance of yourself

**Belonging** - Connections to people; strengthen ties with family and friends.

**Security** - Knowing others accept you and respect who you are.

**Purpose** - Knowing what you want to be or achieve. Set goals.

Building a Positive Attitude:  
See Page 452 - Question 20 on Study Guide Sheets

Do Study guide sheets using text pages 443-453. Start with sheet 121 given the other day.

#### Uniquely Mine

Trace your own hands on a sheet of paper. Answer the questions on each finger starting at left pinky and proceeding to the right pinky):

1. What's one thing you're proud of?
2. What's the one thing you love the most?
3. Name one person you wish most to be like?
4. What's one thing you like about your physical appearance?
5. What's the name of your favourite relative?
6. What's your most important possession?
7. What's one thing you're afraid of?
8. Name one way in which you've changed in the last year.
9. Who's the person you would most like to help?
10. What's the one thing you'd like to change in your life?

Color and staple on the side bulletin boards. Don't forget to put your name somewhere.

#### Read "Personal Worth"

Anger . . .

Anger is a normal emotion that occurs when you feel wronged in some way.

People of all ages feel anger.

Anger is not always a negative emotion. It can bring about positive results.

#### UNCONTROLLED ANGER SEQUENCE

1. Triggers  
Something unpleasant happens
2. Thoughts  
We evaluate -- we think to ourselves
3. Feelings  
Then we feel the way we think!
4. Behaviors  
We act out our feelings
5. Consequences  
Negative (and perhaps positive) consequences escalate our anger

Bottled-up Anger . . .

Anger that is not released is often:

Suppressed - ignoring it. Long term suppressed can be harmful to ourselves and to our relationships because it inhibits us from being joyous, loving and sexual.

Repressed - denying it or "forgetting it". Repressed anger can build up inside until it reaches a boiling point causing us to become violent or abusive to ourselves and others. The other extreme it can cause us to become numb to our feelings altogether. We lose our enthusiasm and we feel tired all the time.

Displaced - directing it toward someone or something that is not the real cause. A cycle develops where we constantly blame others which make relationships difficult.

Get into groups - come up with 6 ways to de-escalate your anger without leaving the room you are in. You can't speak back to the person who angers you.

Skills for managing anger:

- Awareness
- Change the response pattern
- Communication skills
- Dealing with negative reactions from others
- Relaxation
- Humour
- Self-talk

Goals

People who know how to use management processes, set goals and take carefully planned steps to reach them.

Goals can:

- help you accomplish tasks
- channel the direction of your life
- help you solve problems

To be effective, goals setting should follow certain guidelines:

- Make them specific (Ex: "I will improve my mark from a 70 to a 75" rather than saying "I will do better".
- Establish a time frame--short-term vs long term goals. (Ex: "I will houseclean my kitchen on Saturday" and "I will have all my housecleaning done by Christmas". Work towards long terms goals through a series of short term goals.
- Make them measurable - "I will lose 10lbs" rather than "I will lose weight".

- Show accountability - Involve someone else if possible as this increases motivation.
- Write the goals down - will help you stay focused.
- Use resources when available - other people, equipment, money, time, community).
- Set priorities - if you have several goals, set priority so you can direct your attention to the most important ones.
- Set realistic goals - ones you can actually achieve.
- Don't set goals to high or too low. You don't want to feel you are not progress but you want to put some effort in your goals if they are to mean anything.

Once goals are set, make a plan of action and then evaluate your progress.

Lifetime goals - What do you want to achieve?

- Attitude - is there any way that you behave that upsets you?
- Career/Financial - What level do you want to reach in your career?  
How much do you want to earn by what stage?
- Education - Is there any knowledge you want to acquire? What information and skills will you need to achieve other goals?
- Family and Home - Do you want to be a parent? Do you want to keep close family ties?
- Physical - What steps are you going to take to achieve good health?
- Spiritual - Are you living your morals?

Do you think that your goals can conflict with each other?

If there is conflict with your goals, ask yourself:

1. Does this goal satisfy my needs and wants.
2. Is it in line with my values?
3. Do I have the resources I need?
4. Does the goal need to be completed now or later?

Set S-M-A-R-T-E-R (Specific, Measurable, Attainable, Realistic, Timely, Encouraging, Rewarding) goals that create a crystal clear roadmap for your success, and work to achieve these goals everyday.

Movie - Front of the Class + Questions.

Moral Development:

"If you don't stand for something, you'll fall for anything."

-When you live and act according to moral convictions, you are less likely to fall prey to negative influences.

Morality is a system of conduct based on right and wrong. High standards of morality are important to individuals and to communities. What would the world be like without rules (morals) to live by?

People are not born knowing what is right and wrong. Families teach young children at an early age and then later, friends, religious leaders, educators all become influences. (Thrives or dies by example).

Read Social Perspectives - page 459 in Teacher text. Ask students to respond to what is being taught.

Morality contributes order to the world. People with high moral standards feel better about themselves and gain respect and cooperation.

Conscience - an inner sense of right and wrong

Values - guide your moral behavior; they are something that you believe in; learned from parents, family, caregivers, school, religion and friends.

Guideline for identifying what you value:

- Is it something that is important to you?
- Do you feel good about this being important to you?
- Would you feel good if people you respect knew that this was important to you?
- Have you ever done anything that indicates that this is important to you?
- Is it something you would stand by even if others made fun of you for it?
- Does this fit in with your vision of who you are?

### Morals vs Values

Morals and values are a part of the behavioral aspect of a person. There is not much difference between morals and values but both are correlated to each other. Morals are formed from the inborn values. Moral is a system of beliefs that is taught for deciding good or bad whereas values are personal beliefs or something that comes from within. These are emotionally related for deciding right or wrong. Morals have more social value and acceptance than values, therefore a person is judged more for his moral character than the values. One is said to be immoral for a person without morals but no such term is there for the person without values.

Read more: Difference Between Morals and Values | Difference Between - Morals vs Values | [www.differencebetween.com/difference-between-morals-and-values/](http://www.differencebetween.com/difference-between-morals-and-values/) <https://www.differencebetween.com/difference-between-morals-and-values/>

### Development of Moral Reasoning:

One of the most important tasks as parents and caregivers is to install moral values in children - part of the socialization process.

**Lawrence Kohlberg**, 20th century psychologist, studied the moral development of children. He has developed a theory with stages of moral reasoning/development. He believed people cannot make moral judgments beyond their ability to learn.

### Levels of Moral Development

#### **Level 1: Preconventional Morality - Under 7**

(Focused on the outcome of the behavior but don't know why things are right or wrong)

**Stage 1:** Individual obeys rules in order to avoid punishment

**Stage 2:** Individual conforms to society's rules in order to receive rewards.

#### **Level 2: Conventional Morality - Ages 8-12**

(Show concern how actions affect others)

**Stage 3:** Individual behaves morally in order to gain approval from other people. (Peer Pressure)

**Stage 4:** Conformity to authority to avoid censure and guilt; are aware of the purpose of rules and they need to be followed.

#### **Level 3: Post Conventional Morality - Ages Teen to Adult**

(Upholds values of society)

**Stage 5:** Individual is concerned with individual rights and democratically decided laws; may not agree with all laws but work in a system to change them.

**Stage 6:** Individual is entirely guided by his or her own conscience; see all people as being equal (not everybody reaches this level)

Moral Development Examples Sheet - Indicate what stage each is at.

-Even if everyone reached the same level of moral development at the same time, they still would not agree on what is right and wrong due to being raised in different environments (principles, beliefs and values are not the same).

To make moral decisions, your code of ethics will guide you.

#### Heinz Steals the Drug

In Europe, a woman was near death from a special kind of cancer. There was one drug that the doctors thought might save her. It was a form of radium that a druggist in the same town had recently discovered. The drug was expensive to make, but the druggist was charging ten times what the drug cost him to make. He paid \$200 for the radium and charged \$2,000 for a small dose of the drug. The sick woman's husband, Heinz, went to everyone he knew to borrow the money, but he could only get together about \$1,000 which is half of what it cost. He told the druggist that his wife was dying and asked him to sell it cheaper or let him pay later. But the druggist said: "No, I discovered the drug and I'm going to make money from it." So Heinz got desperate and broke into the man's store to steal the drug-for his wife. Should the husband have done that?

(Kohlberg, 1963, p. 19)





Alligator River Sheet.

1. Who behaved in the most offensive way:

2 & 3.

Most reprehensible \_\_\_\_\_ Stage \_\_\_\_\_  
 \_\_\_\_\_ Stage \_\_\_\_\_  
 \_\_\_\_\_ Stage \_\_\_\_\_  
 \_\_\_\_\_ Stage \_\_\_\_\_  
 Least Object. \_\_\_\_\_ Stage \_\_\_\_\_

Gloria - 2  
 Sluggo - 2  
 Harvey - 2  
 Josh - 4  
 Jackie - 5/6

Gloria - 2  
 Harvey - 2  
 Sluggo - 3  
 Josh - 4  
 Jackie - 5

Gloria - 2  
 Harvey - 2  
 Sluggo - 2/3  
 Josh - 4  
 Jackie - 5

Harvey - 2  
 Gloria - 2  
 Josh - 5  
 Sluggo - 3  
 Jackie - 4

Gloria	Harvey 2	Harvey	Jackie
Harvey	Gloria 5	Gloria	Harvey 2
Sluggo	Sluggo 3	Sluggo	Josh 6
Jackie	Josh 3-5	Josh	Gloria 6
Josh	Jackie 4	Jackie	Sluggo 3

Harvey - 2	Harvey - 2
Gloria - 3	Jackie - 5
Josh - 3	Josh - 4
Sluggo 2	Sluggo - 5
Jackie	Gloria - 1

A new survey of 5,000 people in Britain has found that the average person breaks the law ... once a day.

The most common crime is:

'speeding' (admitted by 46% of respondents); followed by 'talking on the phone while driving' (40% break this UK ban); 'littering' (36%); and 'downloading music illegally' (35%). Interestingly, the 7th-ranked crime is ... 'having sex in a public place'.

**Journal 5**

We have been discussing morals in class. Write about a time when you had to really think about your morals (or the morals your parents would have liked you to have had at the time). Did you have to think about doing something that you knew was wrong? What decision did you make? What did your parents think?

Length: At least 20 lines.

Review:

Maslow's Hierarchy of Needs (to draw it)  
Personality (Heredity and Environment, Birth Order)  
Three types of personality traits (Emotional, Social and Intellectual)  
Attitude & Self Esteem  
Depression  
Anger  
Goals  
Moral Development - Kohlberg's levels (and stages)

## Attachments

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Motivation and goals Article.doc

Birth Order.docx