

Activity 1

Put Your Best Foot Forward

Getting along with others is easier when you have a clear idea of who you are and what is important to you.

Directions: Imagine that you are trying to give some advice to a younger brother or sister. Some important tips for getting along with others are listed below. In the spaces below, explain what action a person might take to follow through on each tip.

Tip	To follow this tip, you should:
1. Improve your self-concept.	<hr/> <hr/> <hr/> <hr/>
2. Show responsibility.	<hr/> <hr/> <hr/> <hr/>
3. Develop your value system.	<hr/> <hr/> <hr/> <hr/>
4. Deal with your emotions.	<hr/> <hr/> <hr/> <hr/>
5. Make a good impression.	<hr/> <hr/> <hr/> <hr/>

Activity 2

Everyday Living Skills

Everyone needs everyday living skills to make the most of each day. At home, at school, and at play, you use these skills to mature and to get along with others.

Directions: Answer the questions on the lines provided.

1. What can you learn from role models? _____

2. What are five qualities that will help you build a positive self-concept?

3. How does constructive criticism help you? _____

4. What do you gain by showing responsibility?

5. What does taking initiative involve?

6. What are three characteristics of responsible people?

7. On what are first impressions based?

8. Why are first impressions important?

Activity 3

Terms of Success

Directions: Make sure you have understood some of the terms and concepts in Chapter 1 by filling in each numbered section of the chart below.

Term	Definition	Example
Role models	People who help you see what is expected of you in certain situations	1.
2.	Your mental picture of yourself	Your view about your personality traits
Self-esteem	3.	4.
Physical needs	Needs that are basic to your survival and well-being	5.
6.	Needs that influence how you feel about yourself	7.
8.	To rank in order of importance	9.

Activity 4

Steps to Success

As you learned in Chapter 1, your success in life depends on developing a positive self-concept.

Directions: Show what you learned in Chapter 1 about self-concept by answering the following questions.

1. What is your self-concept?

2. What influences your self-concept?

3. What are three examples of everyday experiences that might affect your self-concept?

4. What are some actions you can take to improve your self-concept?

5. What does honesty involve?

6. How can you show thoughtfulness?

7. How can you practice self-control?

8. What is the relationship between self-concept and self-esteem?

9. How does your self-esteem contribute to your success in life?

Activity 5

Actions Speak Louder than Words

Making a good impression involves many factors, including appearance, grooming, attitude, manners, body language, tone of voice, and facial expressions.

Part I Directions: Listed below are nine characteristics of behavior and appearance. Rank them according to how important they are in making a positive first impression. Assign each factor a number from 1 to 9, with 1 being the most important.

- _____ Positive attitude
- _____ Pleasant tone of voice
- _____ Positive body language
- _____ Neat and clean clothing
- _____ Clean skin, hair, and nails
- _____ Good posture
- _____ Good manners
- _____ Friendliness and thoughtfulness
- _____ Pleasant facial expressions

Part II Directions: Study your answers to Part I above, then complete the statements below.

1. The most important factor for making a positive first impression is ?.

2. The second most important factor for making a positive first impression is ?.

3. Of all the factors listed, ? is the least important.

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Activity 5 *continued*

4. When I meet someone for the first time, the first thing I usually notice is ?.

5. If someone wanted to make a good first impression on me, he or she should ?.

6. Someone would not make a good first impression on me if he or she ?.

7. If I wanted to be sure of making a good first impression, I would ?.

8. The things I need to work on in order to make a good first impression are ?.
