

## LESSON: KNOWING YOURSELF: IDENTIFYING WHAT YOU WANT

Key Stage 4 – Year 11

### Aims

To explore what it means to be successful and achieve your goals

To encourage students to reflect on the skills and qualities needed to achieve their ambitions

### Learning Objectives

Values:

- Identifying what is important to you
- Aspiration and being the best I can be
- Positive self-image

Skills:

- Self-reflection

Knowledge & Understanding:

- What do I need to do to achieve my goals?
- Who can help me?

### Vocabulary

Achievements, goals, self-confidence, self-actualisation, success

### Differentiation

By outcome

### Evaluation

Complete the plenary activity by reflecting on what you learnt in today's lesson

## Activity 1 – 10 minutes

In this task you are asked to make decisions about what you would do if you were shipwrecked on a desert island.

1. Complete the 'Shipwrecked' worksheet.
2. What is the first thing you would want if you were shipwrecked on a desert island?
3. Are you able to put the items in an order of the most important to you?
4. Explain why you have chosen the order. Justify your decision.

### Resource

['Shipwrecked' worksheet](#)

## Activity 2 – 30 minutes

Everyone has wants and needs. A psychologist called Abraham Maslow recognised this and he put wants and needs into a pyramid to show their level of importance.

1. Use the worksheet 'Maslow's Hierarchy of Needs' to identify the different human wants and needs.
2. Answer the questions that follow. They focus on understanding wants and needs.
3. Explain why having a hierarchy of needs might be important and useful for employers.
4. As you go up the pyramid the focus is on achievements. Answer the questions about gaining a sense of achievement.

### Resource

['Maslow's Hierarchy of Needs' worksheet](#)

## Activity 3 – 10 minutes

In this task you are being asked to consider what steps you need to take for personal development.

1. Complete the 'Checklist for Personal Development' worksheet by identifying the steps you could take to help you achieve your goals.
2. Answer the list of questions and reflect on your next steps.

### Resource

['Checklist for Personal Development' worksheet](#)

## Plenary – 10 minutes

As part of the plenary you are being asked to complete the 8 statements listed in the plenary worksheet. Think about each of the activities you completed in today's lesson, what you learnt and the most important thing you need to remember after today.

### Resource

['Plenary' worksheet](#)

## 'Shipwrecked' worksheet

Imagine you are shipwrecked on a desert island. In the box below are possible items that might be available to you. Which one would you choose first? Identify the most important item to you and explain why you would choose this item first.

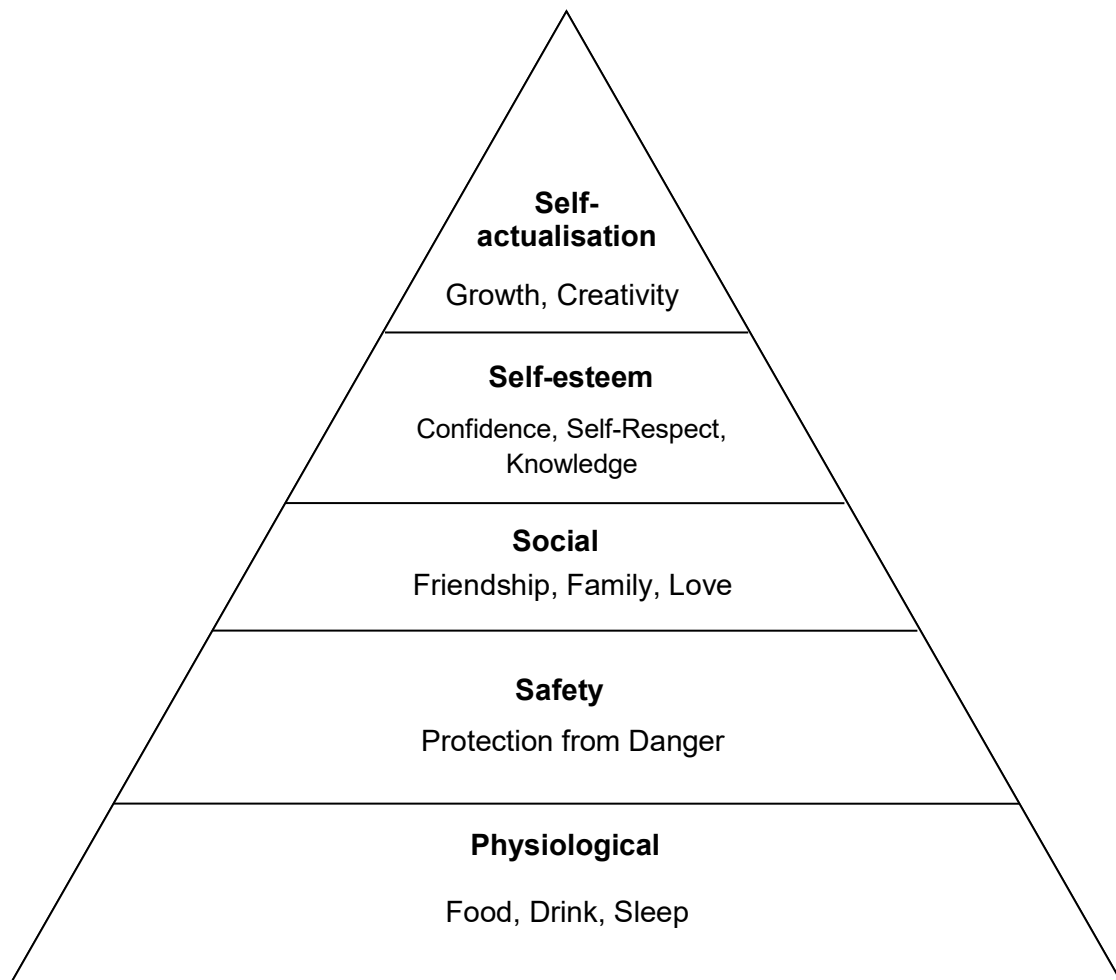
Another person to talk to	
A cave so that you could have shelter	
A book listing outdoor survival techniques	
Excellent swimming skills	
Fresh running water	Something to eat

1. Now put the items in the order of importance to you.

2. Explain and justify the reasons for your decision.

## 'Maslow's Hierarchy of Needs' worksheet

Abraham Maslow identified a hierarchy of needs in the form of a pyramid. The diagram is shown below. Maslow believed that in order for individuals to function and be happy their physiological needs must be met first. Once these needs have been met, individuals require protection from danger; they need other individuals in their lives in the form of family, friends and friendships to feel a sense of belonging; and so on. The pyramid is to be read from the bottom upwards. Answer the questions below.



**Figure 1.0 Abraham Maslow's Hierarchy of Needs**

### Questions:

1. Write down **three** ways that you behave when you have not had enough sleep or have not eaten and are hungry.
2. What do you expect from your friends? How do you feel when you fall out with your friends or family?

3. What sort of activities do you take part in inside or outside of school? How do these activities help to boost your self-confidence?
  
4. Why is this hierarchy useful and important?
  
  
  
  
  
  
  
  
  
  
5. What advice would you give to an employer who does not know about Maslow's Hierarchy of Needs?
  
  
  
  
  
  
  
  
  
  
6. Self-actualisation focuses on achieving your goals, being the best that you can be and obtaining a sense of achievement.
  - a. Write down **one** goal that you have set for yourself. How important is it to you to achieve this goal?
  
  
  
  
  
  
  
  
  
  
  - b. Describe your greatest achievement. Why are you proud of that achievement?
  
  
  
  
  
  
  
  
  
  
  - c. Think of someone you consider to have achieved success in their career. Write a biographical article about them. Your article should include aspects of the following:
    - Facts about their life
    - What they have achieved
    - Why you consider them to be successful

## 'Checklist for Personal Development' worksheet

Read through the list of statements below and answer the questions that follow

- Take time out to reflect and think about your future.
- Make sure you are familiar with the key terms and terminology used in the specific career or field that you are interested in.
- Find a mentor with whom you can discuss your future plans.
- Consult with your mentor and agree a plan of action that includes targets to help you reach your goals.
- Identify the steps you can take to begin achieving the targets in your plan.
- Find out where you can get careers advice.
- Discuss your career aspirations with a mentor.

### Questions:

1. Where would you like to be job/career-wise in the next 10 years?
2. What qualifications and skills will be required to gain employment in your chosen area?
3. Choose one of the steps in the checklist. Which one have you chosen? How will use this step to help you move closer to achieving the job/career that you are interested in?

## 'Plenary' worksheet

Complete the following statements by writing down how you approached the different activities in today's lesson, what you learnt and the most important thing you need to remember.

Today I have learnt that.....

Before this lesson I already knew that.....

The most important thing I understand from this lesson is...

I have found out several things on the topic of understanding needs and wants.  
First I found out that.....  
Furthermore, I learned that...

Complete each of the statements by writing down your responses

One thing I need to remember from today's lesson is...

Today I have tried to...

I did not know....  
But now I understand...

I was successful in identifying ...