

Habits

Unit: Personal Development

Topic: Habits

Level: ESL 6-9 & ABE/ASE

Objective s: To assess personal positive and negative habits

Session: 50-60 minutes

EFF Standards: Reflect and Evaluate

<p>SCANS/ EFF Common Activities</p>	<p style="text-align: center;">INTO (5-10 minutes)</p> <p>Introduce the concept of a habit:</p> <ul style="list-style-type: none"> • Hand out the reading “Who am I” • Read it aloud to the class. Have the students guess. After a couple of tries, write the word “Habit” on the board. 	<p style="text-align: center;">MATERIALS</p> <p>The Habit handouts</p>
<p>SCANS-Reflect & Evaluate; Creative Thinking</p>	<p style="text-align: center;">THROUGH</p> <p>PRESENTATION (5 minutes)</p> <ul style="list-style-type: none"> • Pass out the “Habit” handout. Go over the definition. <p>GUIDED PRACTICE (25-30 minutes)</p> <ul style="list-style-type: none"> • Give the students 5minutes to respond to the first question in their journal. • Have students share in pairs their good habits. • Give the students 5 minutes to respond to the second question. • Have students share their “not so good” habits. 	<p style="text-align: center;">EVALUATION</p> <p>Journal entries and student sharing. Writings saved both on disk and in student file.</p>
<p>SCANS-Take Responsibility</p> <p>EFF-Express Sense of Worth</p>	<p style="text-align: center;">BEYOND</p> <p>CLOSURE (10 minutes) Which is easier to list? The good habits or the “not so good” habits.</p> <p>Final Reflection: Have students respond to the third question in their journals. This entry will not be shared.</p>	

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