**Purpose and Overview:**

The purpose of this module is to help students identify and change self-limiting behaviors and create new personal behaviors needed to succeed in college, realize their professional and personal potential, build self-confidence, and improve self-image.

The activities in this module teach and inspire students to change or create at least one new personal behavior or habit.

This module is purposely designed to help students strengthen reading, writing, and critical thinking skills while doing the exercises comprised in this unit. These skills include developing ideas through brainstorming and idea mapping, organizing, creating an action plan, understanding inference, determining main idea and supporting details, and summarizing. These activities can be used as formative assessments, while a portfolio using the included checklist is suggested as the final summative assessment.

A variety lesson activities and multi-media materials are included allowing instructors across disciplines to choose all or part of the supplements to design their lesson plans appropriate for their students’ skill levels and needs while staying within class time restraints.
1.1 Video Ted Talk: Matt Cutts: “Try Something New for 30 Days.”

1. [http://www.ted.com/talks/matt_cutts_try_something_new_for_30_days.html](http://www.ted.com/talks/matt_cutts_try_something_new_for_30_days.html)

2. Matt Cutts started working at Google as a software engineer in 2000. He currently heads the webspam team at Google. Before working at Google, Matt worked on his Ph.D in computer graphics at the University of North Carolina at Chapel Hill. He has an M.S. from UNC – Chapel Hill and a B.S. in mathematics and computer science from the University of Kentucky.


1.2 Discussion questions:

1. What does Matt Cutts suggest you do?

2. What are some of the specific things he has done for 30 days?
   (bike to work, walk 10,000 steps a day, take a picture a day, write a novel, no sugar, no TV, no caffeine, no Twitter.)

3. What has Matt Cutts learned from his 30 day challenges?
   (Life is much more memorable; his self-confidence has grown as he has done more and more difficult challenges; he has become much more adventurous; “If you really want something badly enough, you can do anything for 30 days.” When he made small changes, changes he could keep doing, they were more likely to stick. Small changes became permanent changes.)
2.1 Example of cluster map

2.6 Brainstorming Questions

1. What do I mean by that?
2. How?
3. In what way?
4. Where would this happen?
5. Why?
6. What would happen next?
7. With whom?
8. What are examples?
9. What emotions are involved?
10. What sounds can you hear?

The first three questions can apply to most situations. Be creative with generating more and more specific details. Focus on the ideas that excite you and create energy.
3.1 Questions for choosing a new behavior or habit.

1. Why do you want to change this behavior?

2. How will changing this behavior change your life?

3. Are you committed to making this a permanent change in your life?

4.2 Now it’s time for you to start creating.

Write your statement of your new habit or changed behavior here

5.1 Timeless Quotes about the Power to Change.
“We are what we repeatedly do. Excellence then, is not an act, but a habit.” – Aristotle (Greece, 364-322 BCE)

“The world as we have created it is a process of our thinking. It cannot be changed without changing our thinking.” – Albert Einstein, (Germany and U.S., 1879-1955)

“As you think, so shall you become.” – Bruce Lee (U.S., 1940-1973)

“Your beliefs become your thoughts, Your thoughts become your words, Your words become your actions, Your actions become your habits, Your habits become your values, Your values become our destiny.” - Mahatma Gandhi (India, 1869-1948)

“Therefore I tell you, whatever you ask in prayer, believe that you have received it, and it will be yours” – St. Mark 11:24 (Libya, c 15-68 AD)

“Change will not come if we wait for some other person or some other time. We are the ones we've been waiting for. We are the change that we seek.” – Barack Obama (U.S., 1961-)

“If you change the way you look at things, the things you look at will change.” – Wayne Dyer (U.S., 1940-)

“There is a law in psychology that if you form a picture in your mind of what you would like to be, and you keep and hold that picture there long enough, you will soon become exactly as you have been thinking.” - William James (U.S., 1842-1910)

“Watch your thoughts; they become words. Watch your words; they become actions. Watch your actions; they become habit. Watch your habits; they become character. Watch your character; it becomes your destiny.” Lao-Tze (China, c. 604-521 BCE)

“Things do not change; we change. The life which he has imagined, he will meet with a success unexpected in the If one advances confidently in the direction of his dreams, and endeavors to live common hours.” - Henry David Thoreau (U.S., 1817-1862)

“If you can dream it, then you can achieve it. You will get all you want in life if you help enough other people get what they want.” – Zig Ziglar (U.S., 1960-)

“Stepping onto a brand-new path is difficult, but not more difficult than remaining in a situation, which is not nurturing to the whole woman.” — Maya Angelou (U.S., 1940-)

http://quoteinvestigator.com/2013/01/10/watch-your-thoughts/
5.2 Possible Questions to use with Quotes

1. Who lived in the earliest time period?
2. What do all the quotes have in common?
3. Choose one quote and explain it in your own words.
4. What is the time period between the earliest quote and the last?
5. Which authors do you recognize?
6. Who is the youngest writer from the list of quotes?
7. What is your favorite quote, why?
8. How can changing the way we think, change how successful we are?

6.1 TED Talk List – Inspiring and insightful Talks to Change Your Life.

http://www.ted.com/playlists/8/a_better_you.htmln.

- Brené Brown: The power of vulnerability 20:19
- Amy Cuddy: Your body language shapes who you are 21:02
- Richard St. John: Success is a continuous journey 03:57
- Larry Smith: Why you will fail to have a great career 15:15
It is important to learn about the habit or behavior you want to change. Find an informative article about this activity, habit, behavior, someone who successfully changed this behavior or does this action as part of their lifestyle.

7.1 Article Information

1. Name of the Article:

   [Article Name]

2. Author:

   [Author Name]

3. Where did you find this article?

   [Source]

4. What tip did you learn to help you be successful in making this behavior a habit?

   [Tip]

5. What are the characteristics of someone who does this behavior, habit, or activity?
7.2 Article Summary Outline

Students should write a brief summary of the article. Paragraph 250 words minimum MLA format double space. The students can use this form as a guide or outline to write their summary.

I. Main Idea: What is the point the author wants the reader to understand, believe, or do by reading this article?

II. What is the first major detail about the point the author is making?

Name a specific statistic, or example given about this first detail.

III. What is the second major detail the author is using to support the point?

Name a specific statistic, or example given about this first detail.

IV. What is the third major detail the author is using to support the point?

Name a specific statistic, or example given about this first detail.

V. What is the concluding sentence or idea stated in the last paragraph of the article?

8.0 Summative Assessment Portfolio Checklist

- 2.2 Brainstorming Cluster Map
- 3.1 Behavior Reflection Questions
- 4.2 Statement of new behavior or habit
4.3 Calendar of progress

5.2 Quotes Reflection Questions

7.1 Article Reflections Questions

7.2 Article Summary

8.1 Portfolio Organization and Neatness

8.2 Presentation

9.0 Poem

You were born with potential.
You were born with goodness and trust.
You were born with ideals and dreams.
You were born with greatness.
You were born with wings.
You are not meant for crawling, so don’t.
You have wings.
Learn to use them and fly.

~Rumi (Tajikistan, Turkey 1207-1273)

10.0 Addendum Information to the Student about Brainstorming

The first step in changing or creating anything is thinking about it. Everything begins with a thought. This is why it is very important to give yourself time to develop your thoughts. Writers call this brainstorming. Essentially you are transferring your thoughts about a topic out onto paper,
chalkboard, recording device, or wherever convenient, so you can better develop and visualize your ideas. This will help you build excitement and energy about your ideas. Brainstorming helps your ideas become more real or realistic. It also begins the process of creation.

The objective is to create more and more specific details about the topic. You will find it easier to create details about what is most familiar or interesting to you. First, write everything that comes to mind. In the beginning, your ideas may come to you quickly. You only need to write words and phrases to help you remember your ideas. Circle each idea. When you pause for a few seconds, begin to revisit your circled ideas with the following questions:

1. What do I mean by that?
2. How?
3. In what way?
4. Where would this happen?
5. Why?
6. What would happen next?
7. With Whom?
8. What are examples?
9. What emotions are involved?
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