

# PERSEVERANCE

## Teacher Resource

### WHAT IS PERSEVERANCE?

Continuing to try even when things are hard.

### BENCHMARKS

- ✓ **HE.912.R.2.4** Implement strategies and monitor progress in achieving a personal goal.
- ✓ **HE.912.R.2.7** Evaluate strategies that assist with managing challenges or setbacks. Clarification: Time management, setting boundaries, setting realistic goals and self-care.

### PURPOSE

- ▶ These interactive activities will help your students learn more about **perseverance** by identifying their struggles, personal goals and strategies they can implement to manage setbacks and challenges. Share the suggested introduction with your students, choose one or more of the activities below, and conclude with the suggested wrap-up. Feel free to modify or revisit activities throughout the week to continue reinforcing **perseverance**.



### Suggested Introduction:

“Today, we are going to explore ways we can use **perseverance** to manage setbacks and conquer our personal goals. **Perseverance** involves being a hard worker who is task-oriented and undeterred by obstacles. As all of you navigate through life, you will always face obstacles. You may not make the sports team you tried out for, you may lose contact with a close friend or you may not get into the college you applied for. Hardships are inevitable, but how you choose to face these hardships and come out on the other end is what will allow you to succeed.”



### Activities to Build Perseverance:

#### 1 Vision Boards for the Future

Encourage students to visualize their future and the goals they want to achieve. Provide magazines, colored paper and markers for students to draw images and write words that represent their academic, personal and career aspirations. Encourage students to include strategies that will assist them with managing challenges or setbacks (e.g., time management, setting and understanding the necessary boundaries, identifying a support system). After students create their vision board, allow time for students to explain how each element of their vision board connects to their short-term and long-term goals and share a summary of their strategies to prepare for challenges. Be sure to revisit the vision boards often and check in frequently with students to discuss challenges and victories along the way.

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### Activities to Build Perseverance (Continued):

#### 2 “Fail Forward”

Help students see failure as a learning experience and a stepping stone to success. Have students research someone who achieved success after many failures (e.g., Thomas Edison, Helen Keller, Louis Zamperini). Students will present the failures that person faced and how he or she used those setbacks as motivation to continue. Next, ask students to reflect on a time they experienced failure and how they can “fail forward” by learning from the experience. Encourage students to identify the strategies that were used to overcome their challenges, such as time management and setting realistic goals, or to reflect on how these strategies could have helped. This activity helps students reframe failure as a natural part of the learning process and encourages **perseverance** instead of giving up.

#### 3 Perseverance Through Art or Music

Have students create a piece of art, compose a piece of music or write a poem that represents **perseverance**. Once completed, have students present their work and explain how it reflects **perseverance**.



### Suggested Wrap-Up:

“You’ve been learning about **perseverance** the last several years. As you move beyond high school, how can you apply these strategies in the future to your everyday life? Remember, we will always face challenges, but how we choose to respond is what makes us successful. If you are ever unsure what to do, remember you can always ask for help from a parent, teacher or friend.”