DeKalb County Community Foundation

ESSENTIAL SKILLS VIDEO SERIES

Resource Guide for **Middle School**

DEKALB COUNTY COMMUNITY FOUNDATION

Thank you for using the DeKalb County Community Foundation's Essential Skills Video Series!

This series was created as a response to a countywide survey asking local employers what skills are most important to them as they build their workforce. The overwhelming answer was for applicants to be able to work with others and exhibit essential skills.

Together with our Workforce Development Committee these five videos were created to introduce and enhance essential skills in both middle school and high school youth in a fun and engaging way. Each video features different essential skills and provides examples on how the skills can be applied in both personal and professional settings.

The Community Foundation also teamed up with local educators and professionals to develop the Essential Skills Video Series Resource Guide for educators to use as a classroom tool to help emphasize the essential skills featured in each video through discussion prompts and class activities. Two thoughtfully created resource guides have been developed for middle school and high school levels with age appropriate engagement activities. We hope that these will be a useful resource for discussion and real life application ideas.

We hope that you will find the Essential Skills Video Series as a useful tool in your classroom. We value your feedback of this tool and ask that you and your students will complete a brief survey at the end of each video.

The Community Foundation's commitment and support to workforce development is made possible by 20 CommunityWorks Funds, generating over $100,000 annually. Thank you to the generous donors who support these Funds!

VIDEO 1 - THE JOB INTERVIEW:

Essential Skills Link:
https://dekalbccf.org/wp-content/uploads/2018/07/Essential-Skills-Wheel-web.jpg

Essential Skills Demonstrated:
All of the Essential Skills can be applied to this video.
The ones that are highlighted in the video are:

- Be an appropriate dresser
- Be able to show appropriate behavior
- Be able to speak clearly and appropriately
- Be a careful listener

Standards:
Illinois State Board of Education - Social Emotional Learning Standards (SEL)
This video supports the three SEL goals outlined in the Social Emotional Learning Standards

1. Develop self-awareness and self-management skills to achieve school and life success.
2. Use social-awareness and interpersonal skills to establish and maintain positive relationships.
3. Demonstrate decision-making skills and responsible behaviors in personal, school and community contexts.

Guided Questions:

1. Most middle school students don't have a paid job. What type of "work" can a middle school student do? (Volunteer, do chores at home for allowance, help neighbors and get paid such as mowing lawns or shoveling snow).
2. Why are the skills shown in the video important to use even if you are not engaged in full time employment?
3. How can you help your school by using the skills in the video?
4. What type of job or profession do you think you might like when you graduate high school?
5. What do you need to do to prepare for your occupational/employment goals?

Suggested Activity:

1. Individually list and then facilitate group discussion around any of the questions above.
2. Interview an adult who is engaged in the type of work the student thinks they would like to do and report back to the group.
3. Some schools have a requirement for community service hours. Discuss how these skills can be used in fulfilling the hours.
4. Have students introduce themselves to someone they don't know well and share two interesting things about themselves. (This can also be done virtually by each student introducing themselves to their class).

In School Application Ideas: What current or upcoming school events could students use the skills demonstrated in the video?

Examples: Student Council Meeting/Activities, Volunteer Opportunities, Pep Assembly, Veteran's Day Ceremony, Career Fair/Month, Athletics

VIDEO 2 - SALLY THE LEADER

Essential Skills Link:
https://dekalbccf.org/wp-content/uploads/2018/07/Essential-Skills-Wheel-web.jpg

Essential Skills Demonstrated:
All of the Essential Skills can be applied to this video. The ones that are highlighted in the video are:

- Be able to speak clearly and appropriately
- Be able to resolve conflicts
- Be a leader
- Be a team player
- Be organized
- Be self-motivated
- Be able to build strong relationships
- Be confident

Standards:
Illinois State Board of Education - Social Emotional Learning Standards (SEL)
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3. Demonstrate decision-making skills and responsible behaviors in personal, school and community contexts.

Guided Questions:

1. How can a middle school student be a leader?
    a. At school
    b. At home
    c. In the community
2. What skills do you have that make you a leader?
3. What skills do you want to learn or improve to become a strong leader?
4. What are the challenges of being a leader in middle school?
5. Who can help you become a stronger leader?

Suggested Activity:

1. Individual response and/or list and then group discussion around any of the questions above.
2. Ask each student to identify someone (a person they know, athlete, celebrity, politician, historical person, etc) and list what qualities and actions make that person a leader. Make a poster for a more active project.

In School Application Ideas: What current or upcoming school events could students use the skills demonstrated in the video?

Examples: Student Council Meeting/Activities, Volunteer Opportunities, Pep Assembly, Veteran's Day Ceremony, Career Fair/Month, Athletics

VIDEO 3 - BE A WORD CHANGER

Essential Skills Link:
https://dekalbccf.org/wp-content/uploads/2018/07/Essential-Skills-Wheel-web.jpg

Essential Skills Demonstrated:
All of the Essential Skills can be applied to this video. The ones that are highlighted in the video are:

- Be respectful
- Make good choices
- Be able to build strong relationships
- Be responsible
- Be encouraging of others
- Be able to show appropriate behavior

Standards:
Illinois State Board of Education - Social Emotional Learning Standards (SEL)
This video supports the SEL goals outlined in the Social Emotional Learning Standards

1. Develop self-awareness and self-management skills to achieve school and life success.
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3. Demonstrate decision-making skills and responsible behaviors in personal, school and community contexts

Guided Questions:

1. In this video, we saw Chris going through a change from “Old” to “New” Chris - what are some ways that his life could be affected if he didn’t make changes to his behavior?
2. In the video Chris took responsibility for his hurtful comments. How do you think his friends and schoolmates felt when he did this? What can you do or say to repair a relationship when you have made a hurtful comment or acted in a hurtful way?
3. In the video, Chris worked on a partner project with Tim. What did he do that was helpful when working with his partner? What did he do that was not helpful? What qualities make a good partner for group work?
4. What are some of the problem solving skills you can use when you and the team are not working well together?
5. In the video, Chris uses humor in ways that are helpful and hurtful. When can humor be a way to have fun and when is it a way to hurt others?

Suggested Activity:

1. What are some of the ways you can deal with negative thoughts that come to you? Brainstorm ways that you can handle those thoughts (positive and negative)? From the list, what are respectful ways to manage your thoughts that can help you build strong relationships?
2. Humor can be a powerful tool that can connect people but also cause hurt in relationships. Think about the categories of humor and let’s think about examples of how people use humor - jokes, riddles, wit, physical comedy, slapstick, sarcasm, etc. Teachers can give examples of different types of humor and have students in the class identify the category.
3. The **way** you say something matters. Have students read a statement in different tones (expected and unexpected). How does the meaning change with different tone and body language? (list examples)

In School Application Ideas: What current or upcoming school events could students use the skills demonstrated in the video?

Examples: Student Council Meeting/Activities, Volunteer Opportunities, Pep Assembly, Veteran’s Day Ceremony, Career Fair/Month, Athletics

VIDEO 4 - GOOD IDEA/BAD IDEA:

Essential Skills Link:
https://dekalbccf.org/wp-content/uploads/2018/07/Essential-Skills-Wheel-web.jpg

Essential Skills Demonstrated:
All of the Essential Skills can be applied to this video. The ones that are highlighted in the video are:

- Be respectful
- Be a problem solver
- Be a careful listener
- Be confident
- Step out of your comfort zone
- Make good choices

Standards:
Illinois State Board of Education - Social Emotional Learning Standards (SEL)
This video supports the SEL goals outlined in the Social Emotional Learning Standards

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3. Demonstrate decision-making skills and responsible behaviors in personal, school and community contexts.

Guided Questions:

1. People in the video were struggling with confidence in different situations and looked to a friend for help. How do you know what you do well? What do you enjoy? How do you learn about new interests and step out of your comfort zone?
2. In the video, Tim was trying to be a good friend and give advice to his friends. Who would you ask for advice? Whose advice do you trust the most?
3. How do you respond to a friend who makes choices you don't agree with?
4. Did you notice the difference Tim's words had on his friends? How does your voice influence and affect others?
5. What are things you can do to become more confident?

Suggested Activity:

1. When have you stepped outside of your comfort zone? How did it make you feel?
2. Self-Assessment: What am I good at? What can I improve on? What was something that you were scared to try but now you are glad you did? What is something I've never done but would like to try sometime? What is a step toward making it happen?
3. Goal setting activity

In School Application Ideas: What current or upcoming school events could students use the skills demonstrated in the video?

Examples: Student Council Meeting/Activities, Volunteer Opportunities, Pep Assembly, Veteran's Day Ceremony, Career Fair/Month, Athletics

VIDEO 5 - BEFORE AND AFTER IMPRESSIONS:

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Guided Questions:

- In the past 5 videos, we've watched students struggle to learn new skills as they have made decisions in different parts of their life. Is there one thing that stood out to you from any of the videos? What is one thing that you learned or were challenged to apply in your life. (provide a printout of overview of videos)

Suggested Activity:

- Give every study a copy of the "Essential Skills Wheel". Have everyone identify 3 of the skills that they feel are their strengths and also identify 3 areas where they feel they could use more work.

In School Application Ideas: What current or upcoming school events could students apply the skills demonstrated in the video?

Examples: Student Council Meeting/Activities, Volunteer Opportunities, Pep Assembly, Veteran's Day Ceremony, Career Fair/Month, Athletics