



Empowerment Topic: Overcoming Obstacles

Lesson Objective

To help students realize that obstacles are part of life, including a career path.

Preparation

Preview the video (2 minutes 52 seconds) in advance of the lesson.

Warm-up Activity

1. Ask students to explain what is meant by the phrase "overcoming obstacles."
2. After clarifying the meaning of the phrase, have students volunteer to discuss some of the obstacles they, or people they know, have overcome in their lives.
3. Have students research to discover news stories from your local community that demonstrate people overcoming short and long term obstacles.
4. You can also supply students with a collection of grade-appropriate short biographies, memoirs or summaries of individuals who have faced and overcome obstacles.

View the Video: *Overcoming Obstacles*

1. Tell students they will be watching the video titled, "Overcoming Obstacles." (Tip: You can use steps 2, 3, and 4 to establish a framework for watching the video, or just skip ahead to step 5.)
2. Explain that the video presents role models sharing ideas on the topic of obstacles and how to overcome them.
3. Point out that each role model offers one or more ideas about how to overcome obstacles.
4. Tell students that, as they view the video, they should listen for ideas they would like to put to work in their own lives.
5. View the video together.
6. Tell students they are going to view the video again; before this second viewing, invite students to formulate questions or comments about the benefits (good parts) of experiencing and overcoming obstacles as discussed in the video and to be prepared to discuss these after viewing the video.

Video Follow-Up

1. Ask students to discuss or write about their video-related questions, comments, reactions and responses.
2. Invite students to note specific things they learned in the video about ways to deal with and overcome obstacles and to reflect upon their observations (e.g., "I liked when the role model said we can ask for help with our obstacles.")
3. Encourage students to edit any written work so it can be shared with classmates.
4. Use student writings as a springboard to further discussion.

Extension Activities

- Guide students take time to review their lives from the time they were born until now in order to make a list of obstacles they had to face and overcome on the way to where they are today.
- Have students interview adult friends and or family members to discover how they managed their obstacles in their private and /or professional lives. (Tip: Work with students to generate a list of questions they can use during the interview process.)

Related Questions to Explore

Use the list of questions below to help students learn more about the information presented in the video:

- Why is it important to ask for help when overcoming obstacles? How can you find the best person or people who can help you overcome an obstacle?
- One role model in the video said that it's important to not allow an obstacle to change you. What do you think she meant by this? How can you face and overcome an obstacle without letting it change who you are as a person? Explain your answer.
- If you are fearful when facing an obstacle does that mean that you are a failure? How can fear actually help you overcome your obstacles? Can you tell about a time you were fearful but still continue to reach for a goal? What happened to the fear when you reach your goal?
- In the video, one role model said that, when faced with an obstacle, you should ask yourself what you can do to overcome this obstacle. What other questions would be helpful for you to ask yourself when trying to overcome an obstacle?
- Besides exploring the Career Girls website, what are some other ways you can learn more about overcoming obstacles?