Lesson Plan

Topic: Relating Perseverance in CRP to students while at UF
Length: 50 minutes
Materials: Computer, Projector and Screen, Video Clips, Power Point

Learning Objectives

1. Compare Kamila’s experiences to the clips shown and students’ personal perseverance
2. Students will explain the importance of perseverance in being successful.
3. Encourage students to work through adversity.

Follow Me, Follow You Ice Breaker (5 Mins)

- Have everyone stand in a circle.
- Ask each person to look around the circle and choose someone as their leader, but to keep their choice a secret.
- Then ask everyone to think of a pose.
- On the count of three, each person first strikes their pose, then looks at their leader and does whatever their leader is doing for the rest of the exercise.
- End the exercise when the entire group is doing the same movement or is in the same pose. If this does not happen, end the exercise when group members stop switching poses.
- Repeat if desired and within time constraint

Group Discussion (10 Mins.)

- Ask class what they believe perseverance is and then give them the definition (continued effort to do or achieve something despite difficulties, failure, or opposition – from Merriam-Webster).
- Ask the class a series of questions concerning the perseverance Kamila showed throughout the book
  o In what ways did she persevere?
  o How did she persevere?
  o What were her biggest obstacles?
  o What were some of the smaller obstacles?
  o What motivated her?

Activity (15 Mins.)

- Students will quickly answer questions regarding their personal experiences in which they had to persevere on piece of paper (questions posted on Power Point) ~5 minutes
  o Describe a time in your life where you had to work especially hard to achieve a goal (can be anything from a big goal to a small goal)
  o Why was it important to achieve the goal?
  o Did you ever feel like giving up?
  o Who or What helped you keep going?
What made it difficult to keep going?
How did you feel once you accomplished your goal?
• Have students discuss some of their personal experiences within their predetermined small groups. Focus on getting class to discuss what were the obstacles, what were the main motivators, who helped them along the way, and feelings they had after finishing their commitment.

**Video Clips (5 Mins.)**

• Show “Perseverance Derek Redmond” - [http://youtu.be/Nifq3Ke2Q30](http://youtu.be/Nifq3Ke2Q30)

**Video Clip Discussion (10 Mins.)**

• Have students share their initial reactions, thoughts, and feelings about the clips
• Compare the students thoughts on the clips and experiences/sentiments displayed in the clips to Kamila’s experiences in the book.
  o What connections can you see between Kamila’s struggles and those in the videos?
  o How does comparing these three very different experiences make perseverance seem universal?
  o Do any of these three experiences inspire you to stick to your goals?

**Closing Reflections and Announcements (3-5 Mins.)**

• Give a quick summary of the topic of perseverance discussed
• Take any questions students may have