

Directions: Use the video, Science of Character, from the website Let It Ripple along with this worksheet as a guide, so you can clearly lead your students through an introduction to the EduGuide program they will be working on this year. Pair it with the Student Guide, so your students are clear about your expectations and are ready to begin working from the start.

Orientation Activity: Science of Character

Students will examine various elements and areas of character study, as well as ways in which learning these key core skills helps us not only achieve our personal academic goals, but also helps us later on in life with our career and relationships. Identify ways in which these core-learning skills can improve our own self-concept and ultimately our relationships with others. Further the discussion by watching the video together and sharing in a group discussion.

1. Link to Film on EduGuide – <http://www.eduguide.org/video/view/51>

In the orientation activity of the ‘Coaches’ Core Learning’ path, there is a video that quickly reviews the science behind the study of character strengths, skills, and qualities. It will be in one of the students’ EduGuide activities at a later point in their personal ‘Core Learning’ path; however, it may be a good idea to review these concepts now at the start of the program to get the conversation going and give students a better idea of what they will be working on this year through their own personal path of exploration, online with EduGuide.

2. Questions for Exploration:

- What are your strengths? Which strengths would you like to continue to develop?
- How could building on your strengths create a better space for learning?
- How do you think EduGuide could help build on your strengths?
- How does your attitude help shape your learning environment?
- What kind of traits do you want your teachers to have? Why?
- What kind of example do you want to set for other students at your school?
- What are some ways you can help others learn about their own strengths?

3. Link to Website – Let It Ripple –

<http://www.letitripple.org/character>

4. Questions for Further Discussion:

- How can these skills help you achieve academically? In life? In relationships?
- Which are your weaker areas? How could you improve on these?
- Think of someone you admire. What are their 3 strengths?
- Brainstorm together as a class or in small groups: What are some of the ways in which character intersects with education, culture, work, faith, citizenship, science, art, philosophy, and politics?

5. Tips: Explore the Let It Ripple Website

- Download the periodic table of character strengths and revisit with students during the year as they continue to explore these areas through their EduGuide activities.