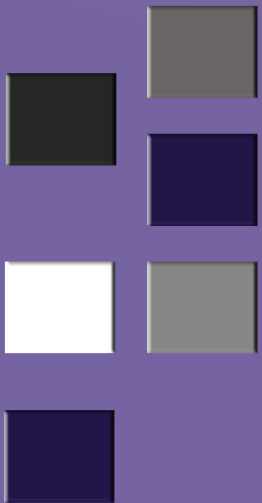


My Role Models



My Role Models

Workbook titles in this series include:

My Dream Career

Examining My Online Identity and Digital Media Use

How I Communicate in Different Places

My Role Models



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All websites links were accurate at the time of printing- March 2013.

**EMPLOYMENT
ONTARIO**

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2013



My Role Models



Learner Snapshot

In this module, you will

- talk about the qualities of a good role model
- explore the qualities you have that would make you a good role model
- explore the qualities that you can work on to be a good role model

There are 11 activities and five sections in this module. As you work through the activities, the progress bar will tell you how far you have come. You can check off each activity as you complete it on the chart on page 4.



My Role Model Progress Badges

	<p>Overview and Introduction to My Role Models</p> <ul style="list-style-type: none"><input type="checkbox"/> Activity #1<input type="checkbox"/> Activity #2<input type="checkbox"/> Activity #3 (Optional)
	<p>Qualities of a Good Role Model</p> <ul style="list-style-type: none"><input type="checkbox"/> Activity #4<input type="checkbox"/> Activity #5<input type="checkbox"/> Activity #6<input type="checkbox"/> Activity #7 (Optional)
	<p>You as the Role Model</p> <ul style="list-style-type: none"><input type="checkbox"/> Activity #8<input type="checkbox"/> Activity #9
 <p>BONUS BADGE</p>	<p>Famous Role Model - Rxtension</p> <ul style="list-style-type: none"><input type="checkbox"/> Activity #10
	<p>Wrap-Up</p> <ul style="list-style-type: none"><input type="checkbox"/> Learner Self-Reflection<input type="checkbox"/> Activity #11

Self-assessment

Before I do this module,
my skills are

After I finished this
module, my skills
were better

Skills	Before I do this module, my skills are			After I finished this module, my skills were better	
	Good	Average	Needing Improvement	Yes	No
I can read a paragraph, letter or email that is a few paragraphs long to find information					
I can read a flyer or brochure to find information					
I can read a story or chapter in a textbook to find information					
I can understand information when I watch a video or presentation					

Before I do this module,
my skills are

After I finished this
module, my skills
were better

Skills	Before I do this module, my skills are			After I finished this module, my skills were better	
	Good	Average	Needing Improvement	Yes	No
I can make a presentation to a group or interview someone who I don't know					
I can write a short paragraph					
I can write a few paragraphs					
I can fill in a form					
I can write a journal entry					

Before I do this module,
my skills are

After I finished this
module, my skills
were better

Skills	Before I do this module, my skills are			After I finished this module, my skills were better	
	Good	Average	Needing Improvement	Yes	No
I can log in to a user account on a digital device					
I can complete a form online					
I know how to post a message on a blog, gaming site or social networking site					
I can create files using software on a computer					

Before I do this module,
my skills are

After I finished this
module, my skills
were better

Skills	Before I do this module, my skills are			After I finished this module, my skills were better	
	Good	Average	Needing Improvement	Yes	No
I can monitor and evaluate how I am doing					
I can identify barriers to my goals					
I am willing to accept new challenges					
I have a positive attitude to learning					



Before I do this module,
my skills are

After I finished this
module, my skills
were better

Skills	Before I do this module, my skills are			After I finished this module, my skills were better	
	Good	Average	Needing Improvement	Yes	No
I can participate in a group discussion					
I understand my role in the group					
I understand my responsibilities to the group and the program					
I accept the opinions of the others in the group					
I am prepared to participate in learning					
I meet deadlines					



Overview

In this module, you will be thinking and talking about good role models. At the end of this module, you should be able to

- understand what a role model and a mentor are
- understand the difference between a public figure and a good role model
- know some of the qualities of a good role model
- begin to understand how you can become a role model

The module will start and end with a self-assessment. The first activity you will complete is the self-assessment.



Activity #1 Self-assessment

Complete the “Before” part of the self-assessment on **page 5** to determine what level your skills are at now.

PROGRESS...



Introduction to My Role Models

A role model is someone who provides you with an example to follow. A role model might be someone you

- know
- have never met but look up to

A mentor is someone who helps you by sharing his/her knowledge and experience with you. There are many different ways that you could interact with a mentor.

A mentor might

- teach you something new (e.g., in a class)
- coach you (e.g., in a sport)
- motivate you to start something or to finish something (e.g., your education)
- guide you (e.g., help you set goals)
- help you solve a problem (e.g., how to finish a project)

A good mentor must also be a good role model.

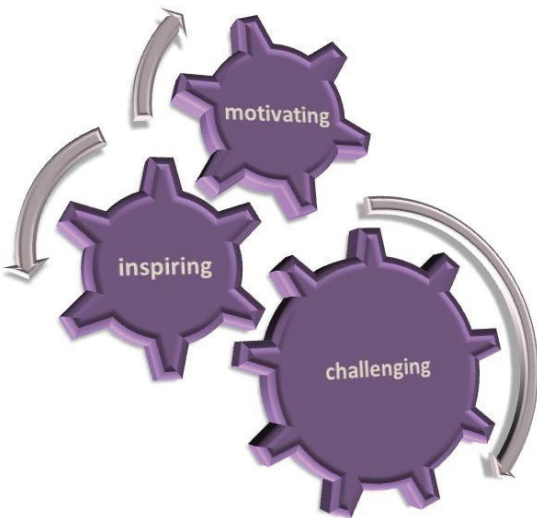


Activity #2 Role Models and Mentors



Think about the following questions and share your answers with the group.

1. Can you think of someone who you would consider as a role model to you?
2. Can you think of a time when someone acted as a mentor to you?



PROGRESS...



Activity #3 Role Model and Mentor Word Search (Optional)

Complete the word search.



COACH
GUIDE
MENTOR

TEACH
EXPERIENCE
HELP

MOTIVATE
GOALS
KNOWLEDGE
ROLEMODEL

PROGRESS... Activity1-3 Completed



Badge Awarded



Qualities of a Good My Role Models

Role models can be just about anyone. Sometimes role models are people who we know. Sometimes role models are public figures. Public figures are people who are generally well known, such as

- politicians
- celebrities
- athletes
- historical figures

However just because someone is a public figure or well known doesn't make him/her a good role model. What qualities do you think are demonstrated by a good role model?

Good role models are often good leaders. They bring out the best qualities in people and provide inspiration or guidance. Read the following statements about good role models.

Good role models

- always treat others the way they want to be treated
- never take advantage of other people
- are happy "in their own skin" or with who they are
- are independent
- know how to handle stress
- are honest
- are good listeners
- don't give up- they set goals and work towards them until they achieve them
- admit their mistakes
- are passionate and dedicated to what they do
- are focused on the community, not just themselves
- assertive without being aggressive



Many role models are public figures but not all public figures are good role models. We see public figures or characters every day in the media. Examples of poor role models are

- politicians who are caught in scandals
- athletes who are caught taking performance-enhancing drugs

Think about the different types of media you watch and who the role models are that you see all the time.

Good Role Model?



Bad Role Model?



Activity #4 Media-Based Role Models

Think of an example of a role model in each category. Then think about why this person or character has become a role model. Do you think that they are good role models?

Media	Example of a Role Model	Why is this person or character a role model?	Good or Bad?
Television Shows			<input type="checkbox"/> Good <input type="checkbox"/> Bad
Reality TV Shows			<input type="checkbox"/> Good <input type="checkbox"/> Bad
Comics			<input type="checkbox"/> Good <input type="checkbox"/> Bad
Movies			<input type="checkbox"/> Good <input type="checkbox"/> Bad
Sports			<input type="checkbox"/> Good <input type="checkbox"/> Bad

PROGRESS...



Activity #5 Who Are My Role Models?



- Think of three different people who you would consider as your role models. They can be people you know, or public figures (such as athletes, historical figures).
- Complete the table.

Role Model	Why is this person a good role model for me?



PROGRESS...



Local Role Models

Have you ever thought about how many different role models there might be in your community? Local role models are often involved in the community where they live. The best place to learn about who they are is to read the local newspaper. Many local newspapers also publish an online version of the newspaper that is even more up-to-date than the print version.

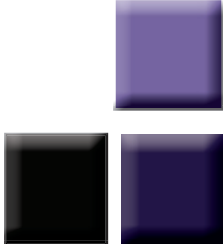
Activity #6 Identifying Role Models in My Community

- a. Skim through the local newspaper (paper-based or online) to try and find stories with local role models.
- b. Look for people who you think possess the qualities of a good role model.
- c. Record your findings below. You can use point form notes.
- d. When you are finished, present your information to the rest of the group.

PROGRESS...50%



Activity #7 Group Project (Optional)

- 
- a. Based on the presentations made in Activity #6
 - pick a local role model from your community
 - invite this person to come and speak about what he/she does.

 - b. Assign tasks to different group members, such as
 - contact the speaker and invite him/her to come and speak at a mutually convenient date and time
 - prepare a list of questions that you might want to ask the speaker
 - greet and introduce the speaker
 - thank the speaker at the end of the presentation
 - send a formal thank-you letter



The Employment Link

Role models demonstrate qualities that you should have to be successful in the workplace. Following good role models will mean that you are developing skills, knowledge and attitudes that you will be able to use when you are looking for work, as well as on the job.

Completing tables is a transferable skill used in many workplaces. Using a newspaper to find local role models helps you to develop your skills at finding information which is also necessary in most workplaces.

PROGRESS... Activity4-7 Completed



Badge Awarded

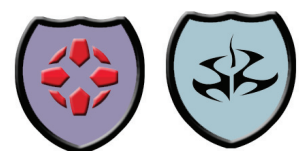


You as the Role Model

You don't have to be famous or be a public figure to be a role model! Being a good role model for others is something you can work on every day. A good role model has similar qualities to a good leader.

Being a good role model and leader will help you in all aspects of your life. It will help you in your relationships, when you are looking for a job, and when you are working.

You probably already have more qualities of a good role model than you think you do! Look at the statements about good role models on page 12. These are all things you can work on, if you aren't already doing them.



Activity #8 When I Have Shown Role Model Qualities

- a. For each quality, think of when you have shown this quality.
- b. Then think about how you can improve on it to become an even better role model.

Qualities of a good role model	An example of something I have done	How can I improve on the quality?
They treat others the way they want to be treated		
They are happy “in their own skin” or with who they are- they have good self-esteem		
They are independent		
They know how to handle stress		
They are honest		
They are good listeners		
They don’t give up- they set goals and work towards them until they achieve them		
They admit their mistakes		
They are passionate and dedicated to what they do		
They are focused on the community, not just on themselves		
They are assertive without being aggressive		

PROGRESS...

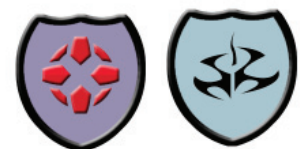




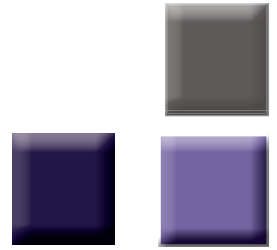
Helpful
Tips

Tips on Becoming a Good Role Model

1. Being a good listener is a great quality to have as a role model. Practice good listening by paying attention to what people are saying and to their body language.
2. A great way to focus on the community is to volunteer somewhere. It is also a great way to build skills that you can use for employment.
3. When you make a mistake, don't be afraid to admit it. Nobody is perfect. It will show people that you are human and that you are honest. If your mistake affected someone else negatively, make sure you apologize.
4. If you say that you are going to do something, do it. Don't leave a project incomplete.
5. Focus on activities that you really enjoy so that you can show your passion.
6. Be confident in yourself. Stand up for yourself but make sure you keep your anger in check!
7. Research ways to help you handle your stress.
8. Make positive choices. If you are in a situation where you aren't sure what to do, think about how your role model would handle it and follow his/her example.
9. You might have some bad habits but you can always work on them!



Activity #9 Role Model Role-Play



- a. Think about someone famous who you look up to as a role model.
- b. If you could ask them five questions, what would they be? Prepare five questions that you would ask and record them below.
- c. Work with a partner. Each person will take a turn being the famous role model and the interviewer.
- d. Ask your five questions as if you are interviewing your famous role model.

My Questions

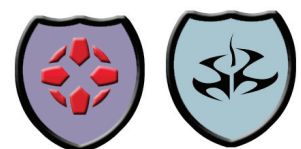
1.

2.

3.

4.

5.





The Employment Link The skills you develop to become a better role model are transferable to any workplace. Interview skills are key to getting a job - practicing them will help you be more successful in an actual interview situation.



Badge Awarded



PROGRESS... Activity 8-9 Completed



Activity #10 Role Model Research-Extension Activity

- a. Choose a famous role model (sports figure, comic book character, etc.).
The person doesn't have to be your role model, but it should be someone who has the qualities of a good role model.
- b. Research that role model on the Internet. Use a variety of sources (websites, YouTube videos, blogs, etc.).
- c. Prepare a short report (1-2 pages typed) or a presentation (4-10 slides) about that role model.
- d. When you are finished, do a short presentation (5-10 minutes) about your famous role model to the group.

Include

- an introduction to who the role model is
- the qualities you think a good role model should have
- the reasons this person or character is a good role model



BONUS
Badge Awarded



PROGRESS... Activity 10 Completed



Wrap-Up

Reflection

- a. Read the reflection questions.
- b. Use the reflection questions to write a paragraph reflecting on this module.
- c. Post your reflection online. Your instructor will tell you where to post it.
- d. Use the space below for your draft.

1. Who are my role models?
2. What qualities do my role models have?
3. How can I become a good role model?

My Reflection



Activity #11 Post Self-Assessment



Complete the "After" portion of the self-assessment on page 5 to determine if you think your skills have improved.

PROGRESS... 100% COMPLETE!



Badge Awarded



☆☆☆

MISSION COMPLETED

