

Overcoming Obstacles: Classroom Lesson Plan

Lesson Topic:

Recognizing Obstacles as a Part of Everyone's Life

Lesson Objective:

Students will be able to describe obstacles as a part of life and provide example situations of obstacles they may encounter in the workplace.

Materials:

- Current newspapers from your local community
- Projector or other method to watch the movie

Advanced Preparation:

- [Preview the video](#) before sharing it with your students [2:52].
- Gather copies of local newspapers.

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.

View the Video: "Overcoming Obstacles"

1. Tell students they will be watching the video titled, "Overcoming Obstacles".
2. Explain that the video presents role models talking about obstacles and giving tips on overcoming them.
3. Tell students that as they view the video, they should listen for ideas they would like to put to work in their own lives.
4. View the video together.
5. View the video again; this time, invite students to formulate questions or comments about the ideas discussed in the video and to be prepared to discuss these after viewing the video.

Video Follow-up:

1. Ask students to offer their questions, comments, reactions and responses to the video.
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. Provide pairs of students with a copy of a local newspaper. Have each pair of students look for news stories that demonstrate people overcoming short- and long-term obstacles. Have students focus on one article while answering the following questions in writing or verbally with their partner:
 - a) Describe the obstacle the individual or group was facing.
 - b) What did he/she/they do to overcome this obstacle?
 - c) Were they successful in overcoming the obstacle? How do you know?

- d) What might you have done differently in that situation? Why?
 - e) Have you ever faced a similar obstacle? If so, describe the situation. What did you do?
 - f) Think about a career you are interested in. List at least three obstacles that you might face if you choose to pursue this career. How might you overcome each of these obstacles?
4. Encourage students to speak with their parents and friends about obstacles they have faced in their personal or professional lives. Remind students that everyone faces obstacles, and they can learn even more about how to overcome these inevitable obstacles from talking with others' about their experiences.

Extension Activities:

1. Use the “Related Questions to Explore” as discussion springboards or writing prompts to help students further explore overcoming obstacles.
2. Supply students with a collection of grade-appropriate short biographies, memoirs, or summaries of individuals who have faced and overcome obstacles.
3. Guide students to review their lives from the time they were born until now. Have each student make a list of obstacles they had to face and overcome on the way to where they are today.
4. Have students interview adult friends and/or family members to discover how they managed obstacles in their private and/or professional lives. Work with students to generate a list of questions they can use during the interview process.

Related Questions to Explore:

- Why is it important to ask for help when overcoming obstacles? How can you find the best person or people to help you overcome an obstacle?
- One role model in the video said not to 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 help you overcome obstacles? Tell about a time you were fearful but still continued to reach for a goal. What happened to the fear when you reached 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 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?



Ideas for Future Lessons/Activities Related to Overcoming Obstacles:

1. What Do I Need to Do to Overcome Obstacles? Exploring and Understanding the Qualities of Resilient People
2. Literature-Based Learning: Reading, Responding to, and Identifying Obstacles in the Autobiographies and Memoirs of Famous Females
3. Conducting and Recording Interviews about Overcoming Obstacles with Real Life Inspiring Women
4. Women Who Have Overcome Challenges: Researching the Role of Persistence in Various Careers
5. Obstacles in Hollywood: *Remember the Titans*
6. What Would You Do? Challenging Scenarios about Obstacles for Students to Imagine and Discuss
7. Using Timelines to Review the Obstacles in Our Lives