

EL/Civics Lesson Plan

Program Name Delaware Area Career Center ABLE/ESOL Program

Staff Responsible for Lesson Sara J. Ledford

Title: New Year's Resolutions

Date(s) Used	January 2011
Civics Category	II. Civic Participation
Civics Objective	8. Community Resources - Diversity
Time Frame to Complete Lesson	60 Minutes
EFL(s)	Levels 3, 4, 5.
Standard(s)	Read with Understanding, Convey Ideas in Writing, Speak so Others can Understand, Listen Actively
Benchmark(s)	R.3-R.5, W.3-W.5, S.3-S.5, L.3-L.5.
Materials	Reading Handout, Questions Paper, Newspaper articles and magazine articles that students may or may not bring into class.
Activities	<ol style="list-style-type: none"> 1. Write New Year Resolutions on Board. Define 2. Students tell of their resolutions and past experiences with resolutions made. 3. Distribute papers. Students read silently. 4. Read paper orally as a class defining words and answering questions students may have. 5. Answer questions on handout. (page two) 6. Students bring in magazine or newspaper articles the next day about New Year's Resolutions. 7. Students write opinions and ideas relating to our discussion and the handouts.
Assessment/ Evidence	Answered questions. Opinion papers.
Reflection.	This lesson went well. Students liked sharing their experiences with making and keeping resolutions.

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New Year's Resolutions

A New Year's Resolution is a personal goal to change for the better. Many Americans make New Year's resolutions in January. This could mean committing to a new project or just getting rid of an old habit. New Year's resolutions are usually considered positive steps in the right direction.

What makes a New Year's resolution different from a general "turning over of a new leaf?" New Year's resolutions involve a new start or a second chance as another year begins. Almost everyone makes at least one new goal in January, but only about 10% of the goals made are kept!

Why set a goal and then fail to achieve it year after year? Do these resolutions have any value? Although a person may not fully accomplish the goal he has set for himself, he has thought about his life. He has made an effort to do better. He thinks: Well...maybe next year.

The prefix *re* in resolution means again. Solution is to solve, to finish or to complete. The word **resolution** means to reach a firm decision, to speak your opinion, will to intent, to solve or find an answer, or to change something complex into several simple parts or steps.

Have you ever made a New Year's resolution? Did you make one this year? Do you think you would like to make a new goal for 2011? Here are some ideas to help us with the concept of New Year's resolutions:

1. Think about the past, present, and future. This will help us set a goal for ourselves.
2. Choose a goal. (Use words like *I will, I plan, I am determined*)
3. Write simple steps to reach your goal. (I will attend class every Tuesday and Thursday.)
4. Share your goal/resolution with someone.

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Please write the answers.

1. What is another word for a resolution? _____
2. What is the meaning of the prefix *re*? _____
3. What percent of people actually keep the resolutions they make? _____
4. Why are resolutions good? _____
5. Do people in your country have a special time to set goals or make plans to improve themselves or their situations? _____
6. Why do you think it is so hard to carry out a new plan you have made?

7. How is a New Year's Resolution different from "turning over a new leaf"? _____
8. Write one resolution for this year. _____
9. Write 3 to 5 small steps you could take to make your resolution a reality.
 1. _____
 2. _____
 3. _____
 4. _____
 5. _____

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On the back of this paper please write a paragraph based on our discussion of New Years Resolutions. We will share ideas in class.