



3 ... 2 ... 1 IMPACT!

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Activity: Who Has Motion?

MOTION



Agenda

Framing the session:

- **Exposure**
- **Awareness**
- **Voice**
- **Reflections, Bridge to Practice, & Closeout**



Let's Agree to Some Norms

- **Stay student-centered:** We keep students at the forefront of what we are learning and why we are learning.
- **Be open:** We are all learning together, so we commit to being open to new ideas and to working outside our comfort zones. We commit to ensuring that this environment is a safe place not to know.
- **Support:** We seek to understand, so we ask questions and ask for help.
- **Assume best intentions:** We give people the benefit of the doubt and assume the best intentions.
- **Equity of voice:** We allow a chance for everyone to participate and we listen carefully to one another.





3 ...

EXPOSURE

Exposure is defined as the fact of experiencing something or being affected by it because of being in a particular situation or place.

The Limited Exposure Experience

- **There is an entire other world that our students have not had the opportunity to experience.**
- **None or limited opportunities for exposure subconsciously/consciously breeds space for them to rationalize their world in ways that can keep them from achievement.**



The Negative Exposure Experience

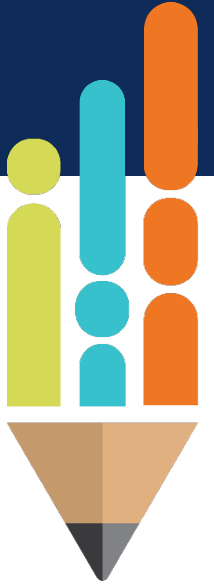
Audience's Experiences

THE SHIFT



What does positive exposure look like?

- Parks
- Museums
- Community events
- Festivals
- Volunteer events
- Sporting events
- Art exhibits
- Music performances
- Library
- Civic events
- Entrepreneurship event
- Local businesses
- Restaurants
- Conferences
- Job shadowing
- Mentor Matching

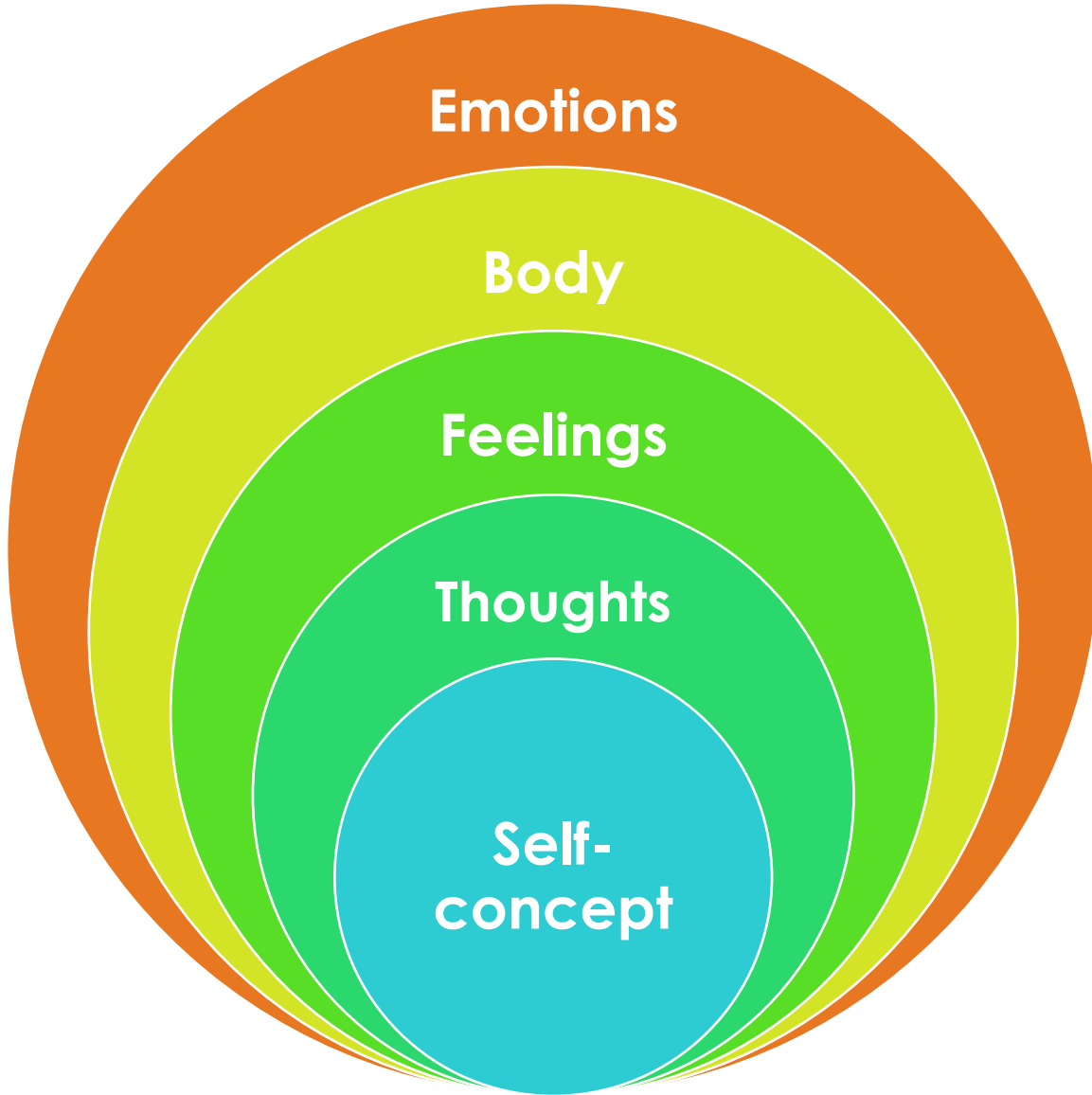




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AWARENESS

Awareness is defined as knowing something; knowing that something exists and is important.



Awareness



Awareness: Self-Concept

- **Self-concept equals perception**
- **Personal experiences**
- **Expectations for your future**
- **Belief in your abilities**



Awareness: Thoughts

- Thoughts are tied to emotions.
- To become more aware of emotions, you must first understand thoughts and thought processes.
- Inventory the following:
 - What do I say about myself?
 - How do I talk about myself to others?
 - What do I say about situations I encounter?



Awareness: Feelings

- **How do I feel when I say things about myself?**
- **How do I feel when others say things about me?**

Positive or negative, identify which feelings are connected to your thoughts and experiences.

Awareness: Body

Are you aware of your body responses when you have certain thoughts?

- **Thoughts can trigger body responses through facial experiences, heart rate, voice, or somewhere else.**
- **Is this the type of physical response you want?**



Awareness: Emotions

Emotions are the most powerful factor in how we interact with others.

Awareness



Identify

- Create simple assessments that allow the students to assess their skill levels
- Create assessments that identify their talents

Empower

- Empower students to use their passions to find their career paths
- Use their passions to help them build confidence





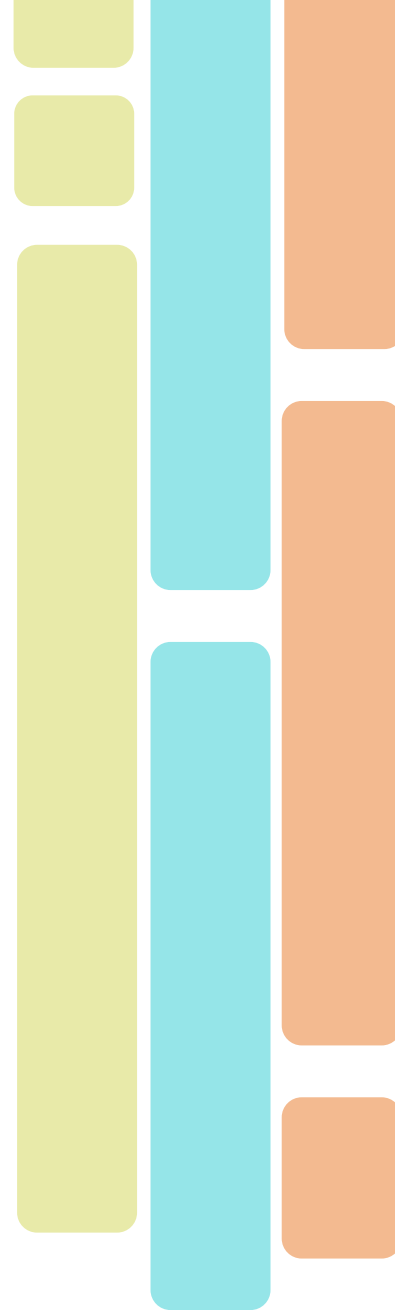
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Voice

Voice is defined as the right to express an opinion.

Voice is Power!

- Help students understand the power within their voice...
 - Opinions
 - Actions
 - Multi-uses of social media
 - Influence



Audience

- Peers
- Family
- School officials

Methods of Influence

- Tik – Tok challenges
- Block parties
- Fashion

If you can influence a group of people to do something together, how best can you use your power?





IMPACT!

When students are exposed to new worlds and opportunities it helps them to become more aware of who they are, where they are and what they can achieve. Becoming equipped with the aforementioned exposure and awareness will allow students to build confidence and find their voice. Once their voice is found, they can effectively make an impact on their community.



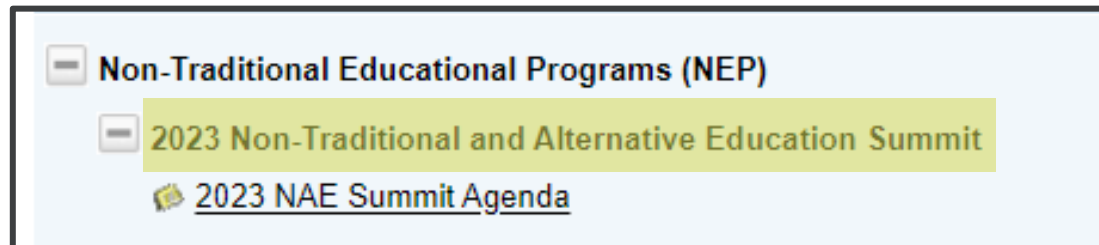
Thank You!

- Questions?
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