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Read

Method: "My value shield"

Author	RSTS teacher Baiba Purlica
Aim	To identify and to symbolize life values, to develop self-awareness through creative exercise
Duration of activity (min)	20-30
Necessary materials	"Value shield" sheets and color pencils
Action description	<p>Teacher hands out "Value shield" sheets in the class. Students have their own color pencils. The students write down in the square of shield:</p> <ol style="list-style-type: none"> 1. What am I good at? 2. What would I like to learn 3. What do I like to do/ things. 4. things that will make me happy in the future (expand vision, skills, abilities, life values) <p>Teacher explains at the beginning of activity: This is your "Value shield". It gives you force and energy to live. Value shield" serves like the repellent of failures. It reflects the values of your personal life.</p> <ol style="list-style-type: none"> 1.- 2. - reflects the values of personal life; 3.-4. - reflects the resources of the person; 1.-3. - reflects the things that makes you forceful, powerful; 2.-4. – reflects on self-growth and individual development. <p>The teacher allows for anyone who is willing to present their opinion to the others. It is possible that some students have not been aware of the various important life values involved in the activity. Using the method they can define new goals and a new direction for his/herself the extent to which they can to raise self-awareness. It gives an impulse to define new goals and find motivation to do so. The discussion can be about the feelings of the students in this approach.</p>
Result	The application of this method is useful for the self-awareness and personality growth of students. At the end of activity students find answers: how much and what he/she would like to learn in depth and how far he/she wants to go; how is he/she continuously improving his/herself, expanding knowledge, skills, and abilities. A real life tasks are reflected in this activity.
When to use	Teacher is able to use the method when the teacher notices a lack of interest towards the course.



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Conclusion	The mentioned method can serve for the identification of professional interests relating with professional education and career.
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”My value shield”

A large shield-shaped template divided into four quadrants by a vertical and a horizontal line, intended for writing values.