

Session 4
“Values” – 1

Goals

- To discuss the meaning and importance of values
- To discuss how values are formed
- To allow students to prioritize their values
- To allow students to relate their actions and choices to their value system

Materials

Index cards
Writing Paper
Activity 2

Procedure

Wait until each student is seated. Welcome the students. Have a student from the class recap the previous VA Heroes lesson. Describe the goals for today’s lesson. Explain the rules for Activity #1 – The Auction.

Script

Today we will learn about values. Values are the ideals of life that guide our thoughts and actions. Values are our strong opinions that certain things are true. Values shape our attitudes and feelings about what goes on in our world. Some *things* we own are more important to us than others: we say we value those things more. We also value some ideas, opinions and ways of behaving more than others. It’s those ideas, opinions, and behaviors that we usually talk about when we talk about *values*.

What are some things people value? (Allow students to respond, then give your own examples). When we are young, we usually have values similar to our parents. As we get older, our peers and other people important to us may also influence what we value and believe. You all listed some values a few seconds ago. Can you prioritize your values? Which ones are most important to you? There will be situations where you will have to choose one value over another.

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Activity 1: The Auction

Today we are going to do an auction. Each student begins the auction with the same amount of money. We are going to auction off values to the highest bidder.

It is very hard to prioritize values. In life, however, there are situations that arise that cause us to choose one value over another. You may value wealth and contentment. Yet you may get a job offer one day that pays well but would challenge your peace of mind every day. What would you do? You may value security and fame. However, many careers that offer fame have very little job security. You might have to pay your dues for many years and go without many luxuries in order to realize a dream of fame. Values can help you pick friends, as well. You may value popularity and academic success. Have you ever known people that could help make you very popular but often distract you from your studies? Knowing yourself well enough to accurately prioritize your values will certainly be useful.

Values: Love, Family, Independence, Wealth, Happiness, Wisdom, Security, Power, Peace of Mind, Strength, Courage, Creativity, Honesty, Talent, Beauty, Respect, Popularity, Good Health, and Fame.

Practical suggestions: Mentors can distribute Monopoly money (not provided) or give each student an imaginary ‘account.’ The mentor or a designated student should keep track of how much students spend. When students have spent all their money on winning bids, they cannot spend any more.

Activity 2: How Are Your Values Reflected In Your Hopes and Dreams?

Answer the following questions with as much honesty, as possible. What values do you see reflected in your answers?

Activity 3: Quote for Discussion

Read the quote. What do you think the author was trying to say?

*The potential for strength, endurance, courage,
inventiveness, and creativity exists in
every human being God created.*

*Michelle Wallace (born 1952)
American Writer and Critic*

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Activity 4: VA Hero

Tim Reid is co-founder of the New Millennium Studios in Petersburg, Virginia. Reid was born in Norfolk, Virginia. He became the first head of a black-owned movie studio to create, produce and distribute films. Television viewers know the 60 year-old Reid as Venus Flytrap, the ultra-hip disc jockey on the popular sitcom “WKRP in Cincinnati,” as an undercover cop for four years on the long running “Simon & Simon,” as the husband half of a sleuthing couple in “Snoops,” as the father on “Sister, Sister” and as the star and creator of the critically acclaimed “Frank’s Place.”

Activity 5: Life Skill

If someone drops something and you are close to it, pick it up.

Hold the door for people rather than letting it close on them.