

## LESSION PLAN: SOCIAL GAMING: GAME PLAN ASSESSMENT



### OBJECTIVE:

To empower teens to build and maintain control of their behavior through self-assessment and understanding.

### TIME:

One 45-minute session

### MATERIALS:

Computers for student activity

### PROCEDURE:

**1. Why do we plan?** Begin by discussing with students how creating a **Game Plan** helps to accomplish goals. Examples to use might be:

- If your goal when you enter High School is to make the varsity soccer team by your junior year, you might make a **Game Plan** to get there. Your plan might include playing in a league outside of school, asking an upper classman to show you some drills, and spending an hour every day practicing on your own.

Or maybe

- You want to become a video game designer. Your plan to accomplish that might include researching what courses you'll need to take – classes to learn coding and about online illustrations, keeping up with your schoolwork so you have the grades to get into the school of your choice.

Emphasize that creating a **Game Plan** and then following through will help them to reach their goals.

**2. How do we plan?** Ask the students to share some plans they have made to accomplish a goal. They can be as simple as a plan to finish a school project on time or a plan to save enough money to buy new headphones or games.

**3. What are the steps?** Discuss how understanding steps needed to achieve the goal and self-assessment are important parts of creating a plan. In the first scenario, if you want to play on the varsity soccer team what do you need to know/understand about yourself? Things such as: How well do I play now? What are my strengths and weaknesses? How can I improve my performance? And where can I learn more about the skills I need?

**4. How do we plan for gaming?** Distribute the link to the student activity. (<https://www.quiz-maker.com/QMHMOLT>) Each student will go through the activity individually to assess how social gaming currently impacts their life – both positively and negatively. Encourage them to answer the questions truthfully –this is a self-assessment; you aren't going to collect the answers.

**5. Entering the Challenge.** At the end of this activity, reconvene the group and ask if they learned anything new about themselves. Then encourage them to work individually or in teams to create entries for the **Game Plan Challenge**. Their entries will help other teens by building awareness of both the benefits of online gaming, as well as the potential risks and incentives to build their own **Game Plans** to maintain a healthy balance.