### Lesson Outline:

**Week X Day X**

**Date Facilitated:**

| FYE Target Learning Area: Professional and Civic responsibility |
| Lesson Subject: Common Read- Professional Confidence |

#### Lesson Purpose:
- What do you hope to accomplish? I hope for students to understand when entering their career and even going into an interview they need to have confidence in what they are doing. I also hope to be able to tie this into the Common Read, showing a valuable lesson about confidence from Marie Curie's life.

- What do you intend students to learn as a result of this particular lesson? I hope for students to learn that entering an interview or a job with confidence can help them achieve great things; even if they are not 100% confident, acting confident can help you to be confident. I am hoping to use Marie Curie's life as an example.

- Why are you addressing this now? Being in college, you might be certain areas (like classes, clubs, volunteering), but you also may struggle with confidence in other areas (interviews, jobs, etc.). I want to instill a sense of confidence in my students, showing them the value of being self-confident.

#### Instructional Materials:
- Projector
- Paper
- Markers/Colored Pencils

#### Pre-meeting Materials/Student Assignments for class:
- Read Common Read, *Radioactive* by Lauren Redniss and come prepared to discuss
- Laptop or mobile device to access the Common Read
- Writing utensil

#### Lesson Outline/Activity:

**CLOCK IN**

**Take Attendance**

**Check in Question (3-5 min total):**

- Tell me about a time when you felt confident. What were the circumstances that made you feel that way? How do you think you can replicate those feelings for future situations?

**Common Read Discussion (5-10 min total):**

- Marie Curie was a Polish and naturalized-French physicist and chemist, who pioneered research on radioactivity. She was the first woman to: win a Nobel Prize, win the Nobel Prize twice, win a Nobel Prize in two different sciences, become a professor at the University of Paris.

- Clearly, Marie Curie had an aura of self-confidence about her, as she was able to make many important and groundbreaking scientific discoveries that would change the fate of many scientific fields, despite being one of the few women in her field.

- Discuss: Why do you think Marie Curie was able to accomplish all that she was able to? What challenges do you think she encountered, being a woman in a very male heavy field? How do you think people were able to take her seriously? Do you think she ever doubted herself? How do you think she overcame those doubts?
Activity (10-12 min total):
- Pass out paper and markers. Draw a version of themselves when they are most confident. Encourage your students to try and emulate the style of some of the artwork in the book, Radioactive.
- Have each person share their drawing and why they chose to draw themselves in that way.
- Discuss any similarities between each of the drawings and why that may be (Example: students may draw themselves in professional clothing. Feel free to tie this into how if “you look good you feel good”). Feel free to review professional dress if your students need to.

Show 13 min Ted Talk (17-20 min total):
https://www.youtube.com/watch?v=w-HYZv6HzAs
- Activity: In the video, Dr. Ivan Joseph says that he wrote himself a letter congratulating him on his accomplishments. When he felt discouraged, he would read that letter. On the back of your drawings, write yourself a letter congratulating yourself on recent accomplishments or future accomplishments they foresee having. Encourage your students to hang these in their rooms, as a reminder for when they are feeling down on themselves.
- Have your students share what they wrote, if they are comfortable.

Wrap up discussion (5 min total):
- Discuss the following questions: Why is self-confidence important? How do you think you will apply what you learned today to the rest of your college career? How will this impact your performance in classes? In an interview? In a job?