

Samples of Activities Contained in the Instructor's Guide

This activity is associated with Chapters 1 through 3 of the text

Activity 1: Introducing the ABCs

Purpose: To demonstrate the relevance of the ABCs to students' lives

Ask students to think of some common difficulties that college students experience. Some situations might be:

- a problem with a roommate
- boredom in a particular class
- making a new friend
- approaching a professor

After a list of typical problems have been generated, ask students to identify how a change in affect, behavior, and cognition could help to resolve the problem. Then ask the class for suggestions as to how they might bring these changes about.

This activity is associated with Chapters 7 through 8 of the text

Activity 9: Understanding Negative Motivation

Purpose: To have students work out ways to change negative motivation to positive motivation

Ask each student to identify one task for which they are negatively motivated. Divide students into small groups of two and have each student take a turn describing the task. Ask pairs to work together to determine a possible means of replacing the negative motivation with positive motivation. Students should describe what ABCs would need to be in place to experience positive motivation toward the task and suggest ways to bring this change about.

This activity is associated with Chapter 15 of the text

Activity 23: Enhancing Listening Skills

Purpose: To give students the opportunity to practice listening skills and assert their opinions

This activity can be done with groups of three or more students. Choose a controversial issue such as gun control, violence on television, or capital punishment and ask students to take a position. Have the students divide into discussion groups. Assign one student to act as the moderator and recorder as the other students state their opinions.

Once the students are assembled into groups, the moderator should choose one student to state his or her position on the topic. Before another student can express a contrary opinion, he or she must first briefly summarize the previous speaker's comments. It is the moderator's role to see to it that the process works. After each summary the moderator should check to see if the listener's summary adequately represents the speaker's position. If the speaker says it does not adequately represent his or her position, the moderator should ask the listener if the speaker's position needs to be repeated before attempting another summary. This process continues until the speaker is satisfied with the listener's summary. Only then can the next student express his or her position on the topic. The same rules discussed above apply for subsequent speakers.

This activity can last as long as the discussion continues. Teachers may want to assign new moderators after five or ten minutes. The exercise can be followed by having the groups report back on what they learned about active listening.

This activity is associated with Chapter 18 of the text

Activity 32: Overcoming the Odds

Purpose: To demonstrate how strong personal motivation can overcome seemingly impossible obstacles

Someone once said that they would prefer one person with a *burning desire* to one hundred people with an *interest*. Point out to students that their text mentions several situations in which the burning desire of the human spirit has triumphed against incredible odds. Ask students to get into groups and list as many situations or events where one person or a group of people triumphed because of high motivation or great passion. The examples could be personal or drawn from history, contemporary events, or sports. Examples of people and events you might want to add to the discussion could be:

- Battle of Britain
- Joan of Arc
- American Revolution
- Charles Atlas (90 lb. weakling)
- Napoleon
- Helen Keller
- Moon Landing
- Demosthenes
- 1969 New York Mets
- Beethoven
- Pete Rose
- Martin Luther King
- Abe Lincoln
- Horace

Generally, such great achievement occurs because of personal determination, high motivation, and commitment to a cause.