

The Seven Habits of Highly Effective Teenagers Lesson Plan

Seek first to understand, then to be understood! – Lesson Plan

Here is the lesson plan for Habit 5's advisory activity. Please read over the lesson ahead of time.

Introduction:

"February's habit is 'Seek first to understand, then to be understood'." This habit refers to the idea of putting others first before yourself in your actions, communication, and relationships. It is easy for us to worry about ourselves and place others last, but we need to understand that teamwork will always help us get further than working by ourselves. Teamwork cannot be complete without relationships, and often any friendship, relationship, or team efforts has bumps along the way. That is why it is important to stop, imagine yourself in the other person's place, and realize there are always two sides to every viewpoint. In your life, you are going to work with hundreds of people along the way, and this skill is important if you want to be successful. If you can be compassionate and understanding of others, they will often treat you in the same manner. Next time someone does something you do not like try to – **Seek first to understand, then to be understood!**"

Demonstration – [Watch the "Habit 5" video](#). Ask your students the following questions: "What is the difference between being understanding and being understood? Have you ever had a conversation where you were distracted, tell us about it? Why are listening important to relationships or teamwork? How can you tell someone is listening to you? What are different ways of communicating?"

Activity:

Tell the students that they are to count to 20 as a group, but there are four rules they must follow. **Rule 1:** Only one student can say a number at time, if multiple students say the same number, they must start over **Rule 2:** You cannot say more than one number **Rule 3:** You must count in the chronological order **Rule 4:** The students cannot communicate with each other (**Once the rules are explained have them try.**) (After a few attempts stop the game and provide some examples of how they can accomplish their task.) **Why is paying attention and listening an important skill in this game? If you were to measure everything you hear in a given day, how much do you think you actually retain in your memory? What are some ways you can improve your listening skills? How can you tell if someone is actually listening to you? Recently, a business magazine took a poll by business owners, they asked what skill they most desired for their employees. What skill do you think that was? (Communication Skills) Why do you think that skill is sought after by business owners? Does this habit, place you first or the other person first? Why is that hard to do?**

Conclusion:

"Seek first to understand, then to be understood is a difficult habit to grow; however, it can be done through practice, a caring attitude, and an open ear. Often our first thought is to make sure everyone knows what we have to say, but it is important for us to listen to what others have to say. Active listening shows you care, know what you are talking about, and will help you be effective in your relationships or teams. Next time you get into a conversation – **Seek first to understand, then to be understood!**"