

UNIT 5

Skills for Living

DreamMakers – DreamBreakers

This unit is considerably longer than the earlier ones. It covers seven different life skills students must learn if they are to be successful in achieving their dreams. These are skills that can be applied in any setting and help students develop good judgment and self-control. Lesson 21 discusses how to respond to the temptation to cave in under pressure from peers or personal difficulties. To help in this, the deepest reasons that people have for engaging in destructive behaviors are examined and discussed. Lesson 22 contrasts infatuation with real love, and Lesson 23 investigates the role of impulsiveness in giving in to temptation and stresses the importance of staying focused on long- and short-range goals. The techniques used by the media to manipulate opinions and attitudes are covered in Lesson 24. In this lesson, students are coached in how to evaluate advertisements and, by extension, to evaluate similar messages from their own peers who have bought into those messages themselves.

The rest of the unit deals with boundaries. In Lesson 25, students are presented with the importance of saying “no” when they are pressured to engage in harmful activities. They are given instruction on how to cope with difficult situations that will help them deal effectively with the pressure to compromise their principles. Next, students are encouraged to identify any destructive beliefs and replace with healthy, productive ones. They are coached in making responsible decisions and in identifying “traps” that would interfere with their dreams. The unit closes with a lesson on setting personal and moral boundaries. The importance of choosing and setting those boundaries before difficult situations and decisions arise is emphasized, and the students are shown how to handle various types of situations.

The GOING DEEPER sections in this unit employ character studies and proverbs to illustrate successful and unsuccessful ways to resist the temptation to compromise. The importance of choosing good companions for the road of life is stressed in Lesson 25, followed by the study of several “antidotes” to poisonous, destructive beliefs. The GOING DEEPER sections wind up with a study of the Ten Commandments and how these ancient laws have relevance to modern life.