**Secondary 108 PSL Session 6 Proposal**

*Last edited by: [Agnes Tan, 24th March 2013, 8.27p.m.]*

*Last vetted by: [Yijing, 25thMarch 2013, 10:50pm]*

Agenda for PSL Session

Date/Time                     : 27 March 2013, 3.00pm - 4.00pm

Duration                 : 1 hour

Conducted by              : Agnes Tan, Julia Goh, Koh Wei Xin [PSLs] Ong Yi Jing, Qiu Biqing [SPSLs]

Venue                  : 108 Classroom

Method of Conduction : Class discussions, games in support groups

Topics Covered            : More About Myself (Understanding Myself, Self-Respect)

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| Time | Activity | Question to ask | Strategies/Steps | Objectives |
| 5 min3.00-3.05pm | Singing of “Who Says” (Introduction to session) |  | - PSLs to play the song “Who Says” to the class- PSLs to inform the class that the topic for the session will be on “Understanding Myself and Self-Respect” | - To start the session off with something engaging- To allow Year Ones to know what the topic for the session will be |
| 5 min3.05-3.10 pm | Settling Down/ Taking Attendance | - How was school today?- Who isn’t present? | - PSLs to get the class to move the tables and chairs to the sides of the class to get ready for PSL Session- Attendance Taking | - To allow sufficient time for the Year Ones to get ready for the session. |
| 10 min3.10-3.20 pm | News Paper tower game!  | -Did you notice anyone who was a bit more assertive in the group?- Were there many people who gave out ideas in the group?-How did your team do in completing the task? | -Year Ones will be grouped according to their support groups and they will be tasked with creating the tallest newspaper tower in 7 minutes, with only rubber bands-The tower will have to remain standing for at least 5 seconds and the group that manages to build the highest tower wins! | -Allows the year ones to experience working with others of different MBTI types and showcase how they work in a group to get things done, whether they are more dominating or better listeners than idea givers.- Energiser for the year ones that also allow them to experience working with others before finding out more about the personality types |
| 10 min3.20-3.30pm3 min explaining 4 min doing of quiz3 min debrief | Personality Quiz (MBTI Types) |  | - PSLs to get Year Ones to get their MacBooks and switch them on.   (\*Remind Year Ones to bring their MacBooks on their class Facebook group the day before PSL Session)- Meanwhile, PSLs are to write the link of the personality test:  <http://tinyurl.com/108personalityquiz> on the whiteboard.- PSLs to give an overview of the personality test:- List the various personalities:Extroversion/IntroversionDefines where you direct your energy. Extroversion indicates outwards towards the world, and Introversion indicates a tendency inwards towards your thoughts and ideas.Sensing/iNtuitionDefines how you process information. Do you prefer to process information through your five senses (Sensing) or do you  prefer to trust your hunches and read between the lines? (iNtuition)Thinking/FeelingDefines how you make decisions. Do you prefer logical analysis (Thinking), or contemplating about how each option affects people? (Feeling)Judging/PerceivingDefines how you order your life. Do you prefer making plans and keeping to schedules (Judging), or do you usually keep things open? (Perceiving)There are 16 types in total. Now that you know your type, check out your type description by following the appropriate link.Nevertheless, no matter what their results are, they should know that everyone has a little bit of every character in them. Hence, they should accept who they are and not struggle to fit into any certain “type”. | To allow the Year Ones to find out what their personalities are, how they prefer to work, and also to  |
| 10min3.35-3.50pm | Video on Self-Respect |  | PSLs to screen this video of Cameron Russell talking about beauty and image being superficial, and how you should accept yourself <http://www.youtube.com/watch?v=KM4Xe6Dlp0Y> | To show an example of women can respect themselves, and to let the Year Ones realise that there is no fixed definition of “beautiful”. Whether you’re curvy or skinny, learn to be proud of it, because that’s beautiful. |
| 10 min3.45-3.55pm | Debrief on Self-Respect | - How does our self-respect affect us?- How does our self-respect affect others?- How can we raise self-respect?* Cultivate self-confidence
* Be true to yourself / Get to know yourself
* Learn to handle criticism
* Avoid jealousy / comparison
* Forgive, forget and move on
* Be selfless
 | -Lacking self-respect will lead to us being insecure and strive to be someone we are not. Be yourself because everyone is unique.-To develop self-respect means to cultivate the self confidence to deal with whatever life throws at us | -  Ensure that this session’s topic has been conveyed clearly and completely. |
| 5 min3.55-4.00pm | Buffer time |  |  | - In case we overrun         |

Logistics needed

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| Item | Quantity | Brought by |
| Phone with “Who Says” | 1 | Julia |
| Computer (with video) | 1 | Julia |
| Newspaper  | 2 stacks | 1 stack - Wei Xin1 stack - Agnes |
| Rubber bands | 30 | Julia |