



# Lesson 5: The Power of Character

**LEARNING OBJECTIVE:** Define Character and learn the AIMHigh Character Philosophy

After learning the content in this session, a student should:

1. Know the AIMHigh Character Philosophy and articulate its meaning
2. Learn the AIMHigh Principles of good Character<sup>R5</sup>
3. Learn how to build academic, personal, professional and social character.
4. Receive their Reputation vs. Character Analysis

**MATERIALS NEEDED:**

- AIMHigh Character Philosophy
- Principles of good Character<sup>R5</sup> Handout
- My Reputation vs. My Character Activity Sheet

**TIME REQUIRED: 90 MINUTES**

**KEY WORDS**

**AIMHigh Character Philosophy** – The fundamental belief of the AIMHigh program as it relates to the importance of being a person with good character.

**Principles of good Character<sup>R5</sup>** – the AIMHigh principles of great character comprised of 5 traits students must develop.

**Respect** – the ability to show consideration or regard to others regardless of race, ethnicity, sexual orientation, economic status etc. Treating yourself and others with dignity.

**Responsible** – being answerable and/or accountable for your actions and/or decisions. Not engaging in blaming or finding excuses.

**Reliable** – the ability to be honest and trustworthy by keeping your word and your commitments. Living with uncompromised integrity.

**Resourceful** – the ability to be creative and imaginative to overcome difficult situations. Maximizing the use of your available resources.

**Resilience** - the ability to successfully adapt to life tasks in the face of social disadvantage or highly adverse conditions. Demonstrating Grit pursuit of goals.



# LESSON 5: Session Outline

## I. THE AIMHIGH CHARACTER PHILOSOPHY

### A. Setting the Atmosphere (5 Minutes)

1. Upbeat Energy as students enter the room
2. Positive Energy Display on the Screens
3. Welcome all students as they arrive.

### B. Empowerment Ice Breaker (10 Minutes)

1. Video, Quote or Activity Encouraging Students to AIMHigh.
2. Caught in a lie video Trump Surrogate (Pastor Burns).
  - a. Use video to demonstrate the importance of being authentic
  - b. <https://www.youtube.com/watch?v=5GmDqeZr97w>

### C. What is the AIMHigh Character Philosophy and what does it mean? (45 Mins)

1. AIMHigh Character Philosophy
  - a. “Your words set the bar, but your actions show us who you are.”
  - b. Explain that the main idea of this philosophy makes the point that although it’s easy to talk, your words tell us your truth. You could discuss how people always discuss what they will do for the new year, but often don’t follow through on their commitments. Tell the young men not to allow their ego to write checks that their character can’t cash.
2. Introduce the Character<sup>R5</sup> principles of AIMHigh (See Handout)
  - a. Discuss the Induction Ceremony and begin rehearsals

### D. Key Term Debrief & Announcements (30 Mins)

1. Recite AIMHigh Character Philosophy
2. Discuss the AIMHigh Induction Ceremony and the importance to living up to what they say in the Empowerment Affirmation.
3. Have students practice reciting the Empowerment Affirmation together



# LESSON 5: Class Discussion

## DISCUSSION TOPICS and STUDENT ACTIVITIES

1. Ask students to discuss their interpretation of the AIMHigh Character Philosophy
2. Discuss with students, which of the Character<sup>5</sup> traits do they need the most improvement.
3. Ask students to discuss areas in which their reputation may not be in alignment with their character.

## USING MEDIA IN THE CLASSROOM

**Show video: AIMHigh Insights Reputation vs. Character**

<https://www.youtube.com/watch?v=6n1PMOXm6PM>

**Assignment:** Students should continue preparation for the induction ceremony.