1. What’s your point?

Think of a time when a parent, teacher, or friend criticized you. What happened? How did this make you feel? How did you handle it? Are you proud of the way you handled it? What might you do differently if something like this happens in the future? Did this experience change the way you offer feedback to others?

1. flipping the switch

We all communicate differently with different people. In our lives. Does the way you communicate (or say things) affect how others perceive you? Explain.

3. Oh, Puh-leeeeeeze!

Many people dream of being successful, but their actions can sometimes hold them back. What are some ways you can be sure that your actions help you achieve your goals in life?

4. Listen Hear!

Think of a time when you could have been a better communicator or a better listener. Describe the situation. What happened? What is more important – communicating in a way that is easy for you or communicating in a way so that others can understand you? Is there a difference? Explain.

5. Quit talkin’! I know what to do!

Give an example of a time when you really thought you knew what you were supposed to do but did not. What happened?

6. Never underestimate the power of PMA

Do you think our attitude (whether positive or negative) is something we are born with or that we have the power to control within ourselves? Think about a time when your attitude (either positive or negative) impacted you and those around you. When is it most challenging for you to keep a positive mental attitude? What do you do to help keep yourself positive during difficult times?

8. A super Ball and a raw egg

Think of a time when you wanted to give up on something but didn’t. What was the situation? Why did you want to give up? Why didn’t you? How did you deal with it?

9. Believe it or not: your attitude and ethusiasm just might get you the job

You have a friend who is getting ready for a job interview. This friend is not feeling too positive lately, and you want to help her get ready for the interview. What are some things you might do to help you friend prepare?

10. translating features to benefits

Describe how it makes you feel talking about yourself in a positive way. Is it easy, difficult, awkward, etc? Since this is important when it comes time getting a job, what might you do to improve your ability to do this? If this is already easy for you, how can you be sure you don’t come across as “full of yourself” or conceited?