



Name: _____

Date: _____

Vocabulary

- **Positive factors** (n.) things (such as thoughts, beliefs, events, situations, or people) that contribute to a good outcome or increase your chances of success
- **Negative factors** (n.) things (such as thoughts, beliefs, events, situations, or people) that contribute to a bad outcome or decrease your chances of success

Warm-Up

Christina wants to pursue her interest in photography.

1. What would make it easier for Christina to succeed?

2. What roadblocks might get in Christina's way?

Activity: Positive and Negative Factors

1. Identify an interest you wrote on your identity map.

My interest: _____

Activity: Positive and Negative Factors (cont.)

- Put a check mark next to one positive factor and one negative factor that could influence your interest.

Possible Positive Factors	Possible Negative Factors
Encouragement from friends	Lack of support from others
Study group	Stress
Help from teachers	Lack of sleep
Confidence	Inconsistent diet
Staying active	Low self-esteem
Growth mindset	Fixed mindset
A stable support group	Criticism
Other: _____	Other: _____

- With your partner, answer the following questions based on your interest and the factors you chose. Do not exchange papers with your partner.

- How can you make the most of the positive factor you chose so you can pursue your interest more successfully?

- How can you decrease the effects of the negative factor you chose?

Wrap-Up

Who are some people in your life who can help you increase positive factors and decrease the effects of negative factors?
