



UNITED TRIBES  
TECHNICAL COLLEGE  
LAND GRANT EXTENSION

# UTTC LAND GRANT EXTENSION

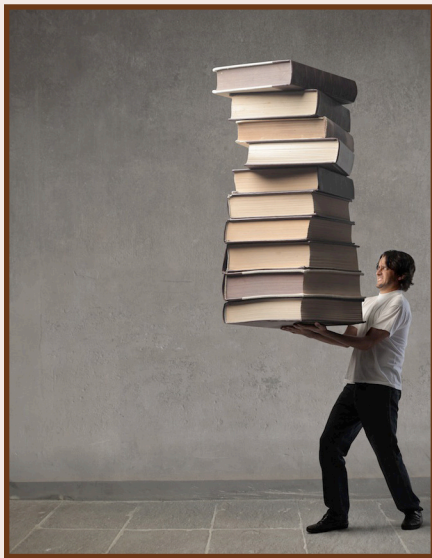
## UTTC Lifeskills Lessons – Managing Home & Self

### Lesson 34: Will-power, Hope, and Perservance

LS00034

#### SENECA CHIE

*Every fire is the same size when it starts*  
– Seneca Chie



#### RESOURCES

- Jerry Pattengale, “Shoot for the Right Goals, Chronicle Tribune (Paxton Media) April 17, 2003.
- <http://www.heritage.org/research/lecture/four-essential-principles-for-education-success>
- <https://www.youtube.com/watch?v=jgQBoXsxr8w> (13.5 minutes - Nelson Mandela’s Story)
- UTTC Extension Handout “Blind Men Elephant”
- UTTC Extension Handout – “To’lowim Woman and Butterfly Man

#### SHOOT FOR THE RIGHT GOALS BY JERRY PATTENGALE

*“As I swished my long jump shot, the packed gymnasium roared. Suddenly I was very alone. They were the wrong fans, and that was the wrong basket! There was nowhere to hide. It was a highly promoted basketball tournament. My team lost, but I won legendary status. I retired as a freshman. Throughout my growing up years, I would often pretend, in my backyard to hit the winning shot. I hit the long jumper at the buzzer. I experienced the applause. Well, that day on the court with my team, for a few moments, I lived out that childhood dream. For a lifetime, though, I’ve relived the nightmare. With a few seconds left, the coach had inserted two new players. They immediately ran to the wrong basket and yelled, “We’re open!” As the shooting guard, I shot. The only consolation, in retrospect, is that there was no three-point line. The throbbing noise of laughing fans somehow became muted. An out-of-body experience happened. I wanted to pull my knee-high gold-stripped socks over my head and disappear. All three of us--the majority of our team--had run to the wrong end. I had taken the shot. I spent a decade on the court that day. It seemed never ending. It’s a disheartening feeling to discover you’ve shot at the wrong goal.”*

How heart-breaking! Setting goals and practicing is important, but experiencing failure due to lack of thought during the aim is emotionally, mentally, spiritually, and physically shattering. But, it does NOT mean defeat. It does mean we continue to hope. It does mean we use will-power and choose paths to persevere. Even if you have a logical plan to achieve a goal and you can say the goal out-loud, you must make aim and take steps on a good path to successfully achieve the goals.

1. **Hope** – is the opposite of defeat and allows setbacks to become learning opportunities.
2. **Will-Power** – is personal strength and discipline, rooted in strong motivation, to carry out our dreams and goals.
3. **Perseverance** – is what keeps the goal in mind so we do not disappoint ourselves.



## EVALUATE YOUR HOPE SCALE

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Each of the eight questions below are connected to will-power or the path needed to achieve a goal. Rate your response to each question with (1) being definitely false, (4) as definitely true, or (2) or (3) being somewhere in between. Add the eight scores together for a total score.

1. I think of many ways to get out of a jam.  
(Path) \_\_\_\_\_
2. I energetically pursue my goals? (Will-power) \_\_\_\_\_
3. There are lots of ways around any problem.  
(Path)\_\_\_\_\_
4. I can think of many ways to get the things in life that are important to me. (Path) \_\_\_\_\_
5. Even when others get discouraged, I find a way to solve problems. (Path) \_\_\_\_\_
6. My past experiences have prepared me well for my future. (Will-power) \_\_\_\_\_
7. I've been pretty successful in life. (Will-power) \_\_\_\_\_
8. I meet goals that I set for myself. (Will-power)\_\_\_\_\_

This simple test can predict the level of hope you carry to achieve your goals. The higher the total score (maximum 32) the more positive energy you have to connect your belief in yourself to achieve your goals.

**Mandela Principle:** No matter the length of the journey, perseverance is necessary to endure the struggle and reach the end. The right purpose makes perseverance possible!

### PERSEVERANCE AND THE BIG PICTURE

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In 1913, The Native Lands Act of South Africa was enacted. The act prohibited blacks from buying land, or even renting land outside of the Reserves. As a result, Nelson Mandela, born in 1918, became deeply committed to his goal of equal rights for blacks and whites.

In 1944, Mandela formed the African National Conference Youth League to address civil rights issues. In 1952, African National Congress president, Nelson Mandela, launched a massive civil disobedience campaign. At the same time, Mandela, now a lawyer, opened a black law firm and endured daily struggles as he defended black families who fought to regain land. In 1962, Mandela was arrested and jailed for treason and in 1964 he was sentenced to a life term. Mandela was offered release in 1971, if he would openly support the 1915 act. He would not compromise. Due to economic sanctions from other countries toward Africa, black families gained support. In February 1990, after 27 years in jail, Mandela was released.

In 1993, Mandela was awarded the Nobel Peace Prize "for laying the foundation of a new, democratic South Africa." In his acceptance speech the world heard what motivated Mandela to stick to his goal. What gave him hope and will-power leading to perseverance? A portion of his speech included, "This

reward will not be measured in money.... It will and must be measured by the happiness and welfare of the children, the most vulnerable citizens in any society and the greatest of treasure. The children must, at last, play in the open field, no longer tortured by the pangs of hunger or ravaged by disease or threatened with the scourge of ignorance, molestation and abuse .... Thus shall we live, because we will have created a society, which recognizes that all people are born equal, with each entitled in equal measure to life, liberty, human rights, and good governance."

This speech tells the story of Mandela's will-power and hope that supported him to persevere for many, many years. Your goals may not be so big or impactful, but the same hope and will-power is required if you are to persevere.

### BE A HIGH-HOPE INDIVIDUAL

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The Hope Scale in the lefty column tells you about your current abilities to use a path and will-power to persevere. What can you do to increase your level of hope and become a "High-Hope individual"? Research indicates that the common thread among people who experience positive change or growth in their personal lives is that "they attempt to increase the sense of willpower and search out good paths to reach goals." The following behaviors and activities are important to increase your level of hope.

- Learn and practice positive self-talk.
- Think about difficulties you encounter as wrong plans or decisions, not as a lack of talent or skill.
- Think of setbacks as challenges, not failures.
- When struggles arise, think about small successes you have had and how that felt.
- Read, watch and listen to stories about other people who are successful.
- Be open to new paths or ideas.
- Talk to friends about your goals. Ask for ideas and help – do you see the big picture.
- Find roles models who you want to be like.
- Move your body in some sort of exercise so you can connect mind and body.
- Eat properly and rest enough, to remind yourself how wholeness feels.
- Laugh at yourself, especially when you are stuck or depressed.
- Adjust small goals as needed to achieve big goals.
- Reward yourself when you make a good choice or choose a good path (small sub goals).

**Educate yourself in areas you need to improve.**

**Learn how to learn.**



## HANDOUT

### BLIND MEN ELEPHANT

The following is a well-known poem by John Godfrey Saxe (1816-1887) that leads to good discussion about perspective and opinions, with a common moral being "perspective makes all the difference." To use the poem in a deeper way, we might consider that small amount of knowledge and/or closed mindedness might make all opinions correct. Asking questions and gaining more education may force us to change our mind and our future thoughts.

It was six men of Indostan  
To learning much inclined,  
Who went to see the Elephant?  
(Though all of them were blind)  
That each by observation  
Might satisfy his mind.

The First approached the Elephant,  
And happening to fall  
Against his broad and sturdy side,  
At once began to bawl:  
"God bless me! But, the Elephant  
Is very like a wall!"

The Second, feeling of the tusk,  
Cried, "Ho! What have we here  
So very round and smooth and sharp?  
To me 'tis mighty clear  
This wonder of the Elephant  
Is very like a spear!"

The Third approached the animal,  
And happening to take  
The squirming trunk within his hands,  
Thus boldly up and spake:  
"I see," quoth he, "the Elephant  
Is very like a snake!"

The Fourth reached out an eager hand,  
And felt about the knee.  
"What most this wondrous beast is like  
Is mighty plain," quoth he;  
"Tis clear enough the Elephant  
Is very like a tree!"

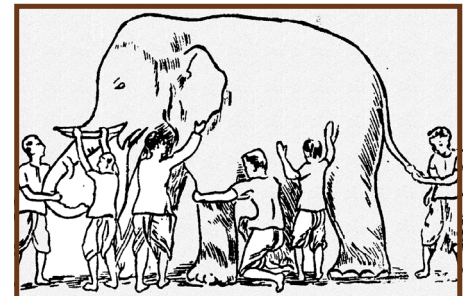
The Fifth, who chanced to touch the ear,  
Said : "E'en the blindest man  
Can tell what this resembles most;  
Deny the fact who can  
This Marvel of the Elephant  
Is very like a fan!"

The Sixth no sooner had begun  
About the beast to grope,  
Then, seizing on the swinging tail  
That fell within his scope,  
"I see," quoth he, "the Elephant  
Is very like a rope!"

And so these men of Indostan  
Disputed loud and long,  
Each in his own opinion  
Exceeding stiff and strong,  
Through each was partly in the right,  
And all were in the wrong!"

#### Moral:

So oft in theologic wars,  
The disputants, I ween,  
Rail on in utter ignorance  
Of what each other mean,  
And prate about an Elephant  
Not one of them has seen!







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## *UTTC Lifeskills Lessons – Managing Home & Self*

### Lesson 34: Will-power, Hope, and Perservance

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## WILL-POWER, HOPE, AND PERSERVANCE

#### **OBJECTIVES:**

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1. To introduce the three necessary component for achieving life goals.
2. To discuss the story relating to the “Choosing the Right Goals” and address right goals for participants.
3. To complete the “Hope Scale” and discuss steps necessary to become a High-Hope Individual
4. To discuss the Nelson Mandela story and identify how will-power and hope and perseverance were used throughout his life.

#### **PROCEDURE:**

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1. Write objectives on the board.
2. Distribute Lesson 34 Talking Sheet: Will-Power, Hope and Perseverance
3. Ask for a volunteer to open the session with a prayer, offer a prayer asking the Creator to guide participants as they evaluate their hope level and strive to achieve life goals, or begin the session with a minute of silence.
4. Together read the “School for the Right Goals” scenario.
5. Ask participants to list personal goals for themselves.
6. Read the Nelson Mandela story or show the video listed in the resource section. Have participants identify what Mandela’s life goal really was.
7. Facilitate discussion relating to how Nelson Mandela used will-power, hope and perseverance to achieve his goal.
8. Optional: Use the Lifeskills Lesson #34 Handout, “Blind Men Elephant Story” and facilitate discussion about seeing the big picture.
9. Guide participants into completing the Hope Scale and understanding the hope score.
10. Ask participants to read together the list of behaviors that are needed to become a “High-Hope individual”.
11. Distribute and collect the evaluation

#### **RESOURCES FOR INSTRUCTION SUPPORT:**

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1. Jerry Pattengale, “Shoot for the Right Goals, Chronicle Tribune (Paxton Media) April 17, 2003.
2. <http://www.heritage.org/research/lecture/four-essential-principles-for-education-success>
3. <https://www.youtube.com/watch?v=jgQBoXsrx8w> (13.5 minutes - Nelson Mandela’s Story)
4. UTTC Extension Handout “Blind Men Elephant”
5. Fralick, M. Native American College and Career Success – Chapter 1 thru 6

#### **TIME:**

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50 minutes





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**EVALUATION**

*On a scale of 1 to 5, with 1 being least confident and 5 being most confident, please circle one per question.*

**Not Confident**

**Very Confident**

Please rate how confident you are identifying your goals and evaluating if you are shooting for the Right Goal

1                      2                      3                      4                      5

Please rate your increase in awareness relating to the three components of achieving a goal

1                      2                      3                      4                      5

Please rate how comfortable you in addressing your personal Hope Scale score and working toward High-Hope

1                      2                      3                      4                      5

Please rate if this session gave you a greater understanding of a different culture and the struggles required to achieve a societal goal

1                      2                      3                      4                      5

Please rate if this session gave you a greater understanding of opportunities in the local community where volunteer services might be appreciated

1                      2                      3                      4                      5

***New things I learned or understand better because of the lesson***

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**Comments**

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