



UNITED TRIBES  
TECHNICAL COLLEGE  
LAND GRANT EXTENSION

# UTTC LAND GRANT EXTENSION

## UTTC Lifeskills Lessons – Managing Home & Self

### Lesson 35: Heroes and Causes

LS00035

#### CHIEF AUPUMUT

When it comes time to die, be not like those whose hearts are filled with fear of death, so when their time comes they weep and pray for a little more time to live over again in a different way. Sing your death song, and die like a hero going home.

*Chief Aupumut in 1725, Mocican*



#### RESOURCES

- Jerry Pattengale, “Shoot for the Right Goals, Chronicle Tribune (Paxton Media) April 17, 2003.
- <http://indiancountrytodaymedianetwork.com/2014/10/03/7-lakota-values>
- [http://kalloch.org/lakota\\_four\\_values.htm](http://kalloch.org/lakota_four_values.htm)
- [https://en.wikipedia.org/wiki/Livestrong\\_Foundation](https://en.wikipedia.org/wiki/Livestrong_Foundation)

#### WHO ARE OUR HEROES?

##### *Who Are Our Heroes?*

Many of the people we consider heroes earned that respect by taking on and supporting a cause that improved the lives of others. Being considered a hero did not necessarily make their lives better or easier. How do heroes connect with causes? How do these heroes get motivated to work for a cause? How did they face the hardships and maintain the physical and emotional strength needed to keep moving forward?

Most times, heroes get involved with a cause because the cause finds them. Have you ever heard of Lance Armstrong? He was a hero in the sports world because he won the Tour De France bike race for seven years in a row – 1999 to 2005. Today Lance Armstrong may not be remembered as a hero for being a phenomenal bike racer. But, he might be considered a hero by many because he endured a bout of testicular cancer and took up the cause of increasing awareness and funds needed to fight cancer.

He formed the Armstrong Cancer Foundation and the Live Strong Campaign. His personal struggle motivated him to take up a cause, which found him. He marched toward the goal of having men get regular cancer screenings and others to donate money to support cancer prevention and research efforts. The campaign is known worldwide.

The following list of characteristics identify what it takes to be recognized as a hero. A hero....

- goes above and beyond the call of duty.
- acts wisely under pressure.
- risks their life, their fortune, or their reputation.
- leads in a specific cause or project.
- serves in a calling above their personal self.

Thinking about well-known heroes such as *Sitting Bull, Martin Luther-King, Bobbie Kennedy, Rosa Parks, Russell Means, Billy Mills*, etc. we will find these characteristics. Using the listed characteristics, make a list of at least three people you consider your heroes.

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## HOW DO WE PICK CAUSES?

While life situations often serve as motivation for us to take up a cause and become a hero, a successful cause needs a strong foundation. People working for the same cause need shared VALUES to build a foundation. Values are time-tested principles that help guide decision and behavior. Examples of values might be **Four Lakota Values**

**Wacantognaka**, or generosity, means to contribute to the well-being of all people and life by sharing and giving freely. Giveaways have always been part of Lakota society. "What you give away, you keep; what you keep you lose" is a long-time Lakota saying.

**Wotitakuye**, or kinship, is one of the important values coming from the tiyospaye, the extended family. It includes the ideas of living in harmony and belonging as true wealth. Kinship is the importance of totally trusting in others for physical, emotional and spiritual needs.

**Wacintaka**, or fortitude, means facing danger or challenges with courage, strength and confidence. Believing in oneself allows a person to face challenges. One of the first lessons a Lakota child learned in the old days was self-control and self-restraint in the presence of parents or adults, building discipline and self-control.

**Woksape** – or wisdom: The knowledge and wisdom of those older than yourself is very important. Wisdom has to do with understanding and living the spiritual values and beliefs upon which one's culture is founded and being able to share these values with others.

Here is a list of personal qualities for today's leaders, educators and workers. Can you match each quality to someone you see as a hero.

Willing to speak up \_\_\_\_\_

Confident \_\_\_\_\_

Cooperative \_\_\_\_\_

Creative \_\_\_\_\_

Can connect learning to action (Critical thinker)

\_\_\_\_\_

Focused \_\_\_\_\_

Generous \_\_\_\_\_

Disciplined \_\_\_\_\_

Honest \_\_\_\_\_

Observant \_\_\_\_\_

Optimistic \_\_\_\_\_

Patient \_\_\_\_\_

Humble \_\_\_\_\_

Serves others \_\_\_\_\_

Wise \_\_\_\_\_

Spiritual \_\_\_\_\_

Most days we are just living a normal life, one day at a time. How can we become part of a cause? Does it count to just be a good person, a good child, a good parent, a good student, a good teacher, a good leader? Yes, it counts! That is a start. In order to be a hero to others, we do not have to start a big cause, we can support causes lead by others

One thing we all can do is to join established causes that make the world a better place. We can join a community organization or a church group. We can attend meetings, we can take our turn in shouldering the leadership role within that group, and we can do group projects that make the community a better place. Think about some organizations? Think of some causes that you can support? You can gain by giving.

- Could you be a coach for a children's sporting event?
- Could you volunteer to deliver meals to elders?
- Could you volunteer to watch other people's children?
- Could you volunteer to plant flowers in the community park?
- Could you work at the soup kitchen or emergency food bank one day a week?
- Could you be a school parent leader, scout troop leader, or chaperone for Boys and Girls Club events?

All this talk about heroes, values, and causes sounds like the world is a wonderful place. Talking the talk is easy. Walking the walk is more difficult. Walking the daily path takes practice and action.

- Do you have a goal?
- Do you know your values?
- Are you living in a way that shows your values?
- Are you leading or supporting a cause?
- Do you stand up for the weak – children, people living in poverty, abused or bullied individuals, elderly, etc.?

No one is perfect, but if you strive to put your feet on the floor every day, say good morning to the Creator, and act to achieve your goal you are doing what you can! You will be ready when the time comes for you to walk into the next world?





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## HEROES AND CAUSES

#### **OBJECTIVES:**

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1. To allow participants to learn about what makes a hero and identify personal heroes.
2. To discuss cultural values – Lakota and others.
3. To discuss the importance of connecting to causes to support strong families and communities.
4. To discuss opportunities to support causes through volunteerism.

#### **PROCEDURE:**

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1. Write objectives on the board.
2. Distribute Lesson 35 Talking Sheet: Heroes and Causes
3. Ask for a volunteer to open the session with a prayer, offer a prayer asking the Creator to guide participants in learning to be a hero and supporting causes to make the world a better place, or begin the session with a minute of silence.
4. Read aloud the lesson relating to Lance Armstrong and the cause of Livestrong and cancer prevention.
5. Ask participants to list people they see as heroes in their life.
6. Ask participants to identify people who show quality characteristics needed to become heroes.
7. Ask participants to read aloud the Lakota values.
8. Discuss these values and values brought forward from other cultures.
9. Show one or two of the videos listed as resources. Facilitate discussion relating to the video.
10. Facilitate discussion relating to volunteer opportunities in the local community.
11. Distribute and collect evaluation.

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

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Jerry Pattengale, Purpose guided student: Dream to Succeed. Chapter 2.  
<http://indiancountrytodaymedianetwork.com/2014/10/03/7-lakota-values>  
[http://kalloch.org/lakota\\_four\\_values.htm](http://kalloch.org/lakota_four_values.htm)  
[https://en.wikipedia.org/wiki/Livestrong\\_Foundation](https://en.wikipedia.org/wiki/Livestrong_Foundation)  
<https://www.youtube.com/watch?v=AUQq5pft4wU> (video 1.5 minute – Have you ever volunteered)  
<https://www.youtube.com/watch?v=aS-mAz34NA0> (video 6.0 minutes – Power of volunteering)  
<https://www.youtube.com/watch?v=DuD8Rd61q18> (video 3.5 minutes – Benefits of volunteerism)  
<https://www.youtube.com/watch?v=flyiGMNGQyA> (video 1.6 minutes – Why Volunteer – cartoon)

#### **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 characteristics that build heroes

1                      2                      3                      4                      5

Please rate your increase in awareness in the values of various cultures.

1                      2                      3                      4                      5

Please rate how comfortable you in telling others about the benefits of taking leaderships roles and supporting causes in local communities.

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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