**Unit 1 Project**

This unit will be all about Personal Awareness (learning about YOU). Think about the topics as we discuss them over the next couple of weeks and what you learn about yourself along the way. Create something (a PowerPoint presentation, a journal entry, a magazine page, poster etc.) expressing your new awareness.

Your project should be creative and insightful and should include something from each of the 14 topics listed below. I need to see that you’ve taken this unit seriously and really applied this information to your own life. These projects will be graded (I will read them), but you are not required to share them with the rest of the class. You MUST work on this during your own time, we will NOT have enough time in class to do it all!!!!!!!!!!!!!!!!!!

* Values
* Strengths
* Self-defeating beliefs
* Emotions
* Relationships
* Basic Human Needs
* Stress
* Managing Problems
* Making Decisions
* Peer Pressure
* Resolving Conflicts
* Peace
* Community
* The Future