



Maximizing your time:

Block periods
please see "block scheduling" version
if you have much longer periods

Below, you can find suggestions for using the Virtue Strengths Survey resources to maximize student learning with the time you are able to allot in your curriculum: half, 1, 2, or 3 periods

**Note: if students are in middle school, for the survey-taking period, you may wish to prohibit talking or schedule at a time when they can have an hour to take the survey. They often take longer than 45 minutes when they consult their classmates about how they should answer. Progress on the Survey cannot be saved and returned to at a later time.*

UNIT OBJECTIVES:

Virtue Strengths Survey: Students will deepen their own self-understanding through the discovery and analysis of their virtues.

Catholic Anthropology and the Virtues: Students will be able to describe the significance of virtue within Christian human anthropology. They will be able to use the language of specific Christian virtues to describe themselves and others.

Virtues and Positive Psychology: Students will be able to describe concrete examples of correlations between the findings of psychology and the philosophy of virtue.

Practicum: Cultivating the Virtues: Students will deepen their understanding through further analysis of their virtues and developing a plan for practicing them. They will then examine ways to create a culture of virtue, where what is best in each person is recognized and valued.

1/2 period:

(You may wish to pre-assign the video on the survey homepage.) Take the survey during half of class (45 min.) Students explore their virtues using the linked results and complete post-survey activities on their own (as homework)

- Taking the survey: <https://plus.openlightmedia.com/courses/vss-teacher/lessons/survey-2/>
- Post-survey activity: <https://plus.openlightmedia.com/courses/vss-teacher/lessons/practicum-cultivating-the-virtues/topic/p1-results-and-growth/>

Recommended Reinforcement: 1-2x a week as a class warm-up, show the quick explainer video for one of the virtues, and have students name someone they have seen practicing it, giving an example of how. As routine bellwork, students can also complete "My Call to Holiness" plan for practicing virtue, in the P1 lesson materials, drawing new ideas for goals from the *Virtue Field Guide*.

- Youth Virtue Pages with short explainers: <https://plus.openlightmedia.com/youth-virtue-pages/>
- P1 lesson with "My Call to Holiness" handout: <https://plus.openlightmedia.com/courses/vss-teacher/lessons/practicum-cultivating-the-virtues/topic/p1-results-and-growth/>
- *Virtue Field Guide*: <https://shop.openlightmedia.com/product/virtue-field-guide/>

1 full period (Must be split over two days)

Last 45 minutes of first period: (You may wish to pre-assign the video on the survey homepage.) Take the survey in class. Students explore their virtues using the linked results and complete post-survey “Define my Virtues” Handout as homework.

- Taking the survey: <https://plus.openlightmedia.com/courses/vss-teacher/lessons/survey-2/>
- Post-survey activity (handout found here): <https://plus.openlightmedia.com/courses/vss-teacher/lessons/practicum-cultivating-the-virtues/topic/p1-results-and-growth/>

First half of second period: In class, complete the Virtuous Self Story and Virtue Spotighting Activities. Make sure students have the virtues reference list handout so they can identify the virtues in others stories.

- Virtuous Self Story: <https://plus.openlightmedia.com/courses/vss-teacher/lessons/practicum-cultivating-the-virtues/topic/p2-virtuous-self-story/>
- Virtue Spotighting: <https://plus.openlightmedia.com/courses/vss-teacher/lessons/practicum-cultivating-the-virtues/topic/p3-virtue-spotting/>

Recommended Reinforcement: 1-2x a week as a class warm-up, show the quick explainer video for one of the virtues, and have students name someone they have seen practicing it, giving an example of how. As routine bellwork, students can also complete “My Call to Holiness” plan for practicing virtue, in the P1 lesson materials, drawing new ideas for goals from the *Virtue Field Guide*.

- Youth Virtue Pages with short explainers: <https://plus.openlightmedia.com/youth-virtue-pages/>
- P1 lesson with “My Call to Holiness” handout: <https://plus.openlightmedia.com/courses/vss-teacher/lessons/practicum-cultivating-the-virtues/topic/p1-results-and-growth/>
- *Virtue Field Guide*: <https://shop.openlightmedia.com/product/virtue-field-guide/>

1- 1/2 periods:

Period 1

First 45 minutes: Take the survey. Students explore their virtues using the linked results and complete post-survey reflection as homework

- See “Teacher Resources: Taking the survey”
<https://plus.openlightmedia.com/courses/vss-teacher/lessons/survey-2/>
- Post-survey activity: <https://plus.openlightmedia.com/courses/vss-teacher/lessons/practicum-cultivating-the-virtues/topic/p1-results-and-growth/>

Second 45 minutes: Explore the videos on positive psychology and the virtuous. Discuss: how does virtue make us happy? What were some of the most surprising things to hear? How can we grow in virtue daily? Complete “My Call to Holiness” plan for practicing virtue, in the P1 lesson materials. Begin Virtuous Self Story as homework.

- Positive Psychology and the Virtues:
<https://plus.openlightmedia.com/courses/vss-teacher/lessons/positive-psychology-and-the-virtues/>
- P1 lesson with “My Call to Holiness” handout:
<https://plus.openlightmedia.com/courses/vss-teacher/lessons/practicum-cultivating-the-virtues/topic/p1-results-and-growth/>
- Virtuous Self Story: <https://plus.openlightmedia.com/courses/vss-teacher/lessons/practicum-cultivating-the-virtues/topic/p2-virtuous-self-story/>

Third 45 minutes: In class, finish the Virtuous Self-Story and Virtue Spotlighting. Make sure students have the virtues reference list handout so they can identify the virtues in others stories.

- Virtuous Self Story: <https://plus.openlightmedia.com/courses/vss-teacher/lessons/practicum-cultivating-the-virtues/topic/p2-virtuous-self-story/>
- Virtue Spotlighting: <https://plus.openlightmedia.com/courses/vss-teacher/lessons/practicum-cultivating-the-virtues/topic/p3-virtue-spotting/>

Recommended Reinforcement: 1-2x a week as a class warm-up, show the quick explainer video for one of the virtues, and have students name someone they have seen practicing it, giving an example of how. As routine bellwork, students can also complete “My Call to Holiness” plan for practicing virtue, in the P1 lesson materials, drawing new ideas for goals from the *Virtue Field Guide*.

- Youth Virtue Pages with short explainers: <https://plus.openlightmedia.com/youth-virtue-pages/>
- P1 lesson with “My Call to Holiness” handout:
<https://plus.openlightmedia.com/courses/vss-teacher/lessons/practicum-cultivating-the-virtues/topic/p1-results-and-growth/>
- *Virtue Field Guide*: <https://shop.openlightmedia.com/product/virtue-field-guide/>

2 periods

Period 1:

1. Take the survey. Students explore their virtues using the linked results and complete post-survey reflection as homework.

- Taking the survey: <https://plus.openlightmedia.com/courses/vss-teacher/lessons/survey-2/>
- Post-survey activity: <https://plus.openlightmedia.com/courses/vss-teacher/lessons/practicum-cultivating-the-virtues/topic/p1-results-and-growth/>

2. Watch Virtues and Catholic Anthropology. In between videos, process. Some ideas include: discussion question from the *Virtue Field Guide* on one of the virtues included, nominate a classmate who you think has one of the virtues in the video just watched (telling which virtue and why), give an example of how the virtue could be practiced in your class, create a quick skit showing the virtue and its opposite.

- Virtues and Catholic Anthropology: <https://plus.openlightmedia.com/courses/vss-teacher/lessons/virtues-and-anthropology/>
- Virtue Field Guide: <https://shop.openlightmedia.com/product/virtue-field-guide/>

Period 2:

1. Continue watching Virtues and Catholic Anthropology, as above. Begin Virtuous Self Story as homework.

2. In class, complete Virtuous Self-Story and do Virtue Spotlighting. Make sure students have the virtues reference list handout so they can identify the virtues in others stories.

- Virtuous Self Story: <https://plus.openlightmedia.com/courses/vss-teacher/lessons/practicum-cultivating-the-virtues/topic/p2-virtuous-self-story/>
- Virtue Spotlighting: <https://plus.openlightmedia.com/courses/vss-teacher/lessons/practicum-cultivating-the-virtues/topic/p3-virtue-spotting/>

Recommended Reinforcement: As routine bellwork, students can also complete “My Call to Holiness” plan for practicing virtue, in the P1 lesson materials, drawing new ideas for goals from the *Virtue Field Guide*.

- P1 lesson with “My Call to Holiness” handout: <https://plus.openlightmedia.com/courses/vss-teacher/lessons/practicum-cultivating-the-virtues/topic/p1-results-and-growth/>
- Virtue Field Guide: <https://shop.openlightmedia.com/product/virtue-field-guide/>
- Youth Virtue Pages with short explainers: <https://plus.openlightmedia.com/youth-virtue-pages/>

3 periods (Lesson pieces can be moved around for variety, so long as the Virtue Survey is taken before the Psychology and Practicum lessons)

Period 1: Watch Virtues and Catholic Anthropology. In between videos, process. Some ideas include: discussion question from the *Virtue Field Guide* on one of the virtues included, nominate a classmate who you think has one of the virtues in the video just watched (telling which virtue and why), give an example of how the virtue could be practiced in your class, create a quick skit showing the virtue and its opposite.

- Virtues and Catholic Anthropology: <https://plus.openlightmedia.com/courses/vss-teacher/lessons/virtues-and-anthropology/>
- Virtue Field Guide: <https://shop.openlightmedia.com/product/virtue-field-guide/>

Period 2:

1. Take the survey.

- Taking the survey: <https://plus.openlightmedia.com/courses/vss-teacher/lessons/survey-2/>

2. Explore the videos on positive psychology and the virtuous. Discuss: how does virtue make us happy? What were some of the most surprising things to hear? How can we grow in virtue daily? Positive Psychology and the Virtues: <https://plus.openlightmedia.com/courses/vss-teacher/lessons/positive-psychology-and-the-virtues/>

- P1 lesson with “My Call to Holiness” handout: <https://plus.openlightmedia.com/courses/vss-teacher/lessons/practicum-cultivating-the-virtues/topic/p1-results-and-growth/>
- Virtuous Self Story: <https://plus.openlightmedia.com/courses/vss-teacher/lessons/practicum-cultivating-the-virtues/topic/p2-virtuous-self-story/>

Period 3:

1. Complete P1: “Survey Results and Personal Growth”, Begin P2 | Virtuous Self Story.

- P1: <https://plus.openlightmedia.com/courses/vss-teacher/lessons/practicum-cultivating-the-virtues/topic/p1-results-and-growth/>
- Virtuous Self Story: <https://plus.openlightmedia.com/courses/vss-teacher/lessons/practicum-cultivating-the-virtues/topic/p2-virtuous-self-story/>

2. Finish the Virtuous Self Story and do P3 | Virtue Spotlighting. Make sure students have the virtues reference list handout so they can identify the virtues in others stories.

- Virtuous Self Story: <https://plus.openlightmedia.com/courses/vss-teacher/lessons/practicum-cultivating-the-virtues/topic/p2-virtuous-self-story/>
- Virtue Spotlighting: <https://plus.openlightmedia.com/courses/vss-teacher/lessons/practicum-cultivating-the-virtues/topic/p3-virtue-spotting/>

Recommended Reinforcement: As routine bellwork, students can also complete “My Call to Holiness” plan for practicing virtue, in the P1 lesson materials, drawing new ideas for goals from the *Virtue Field Guide*.

- P1 lesson with “My Call to Holiness” handout: <https://plus.openlightmedia.com/courses/vss-teacher/lessons/practicum-cultivating-the-virtues/topic/p1-results-and-growth/>
- Virtue Field Guide: <https://shop.openlightmedia.com/product/virtue-field-guide/>

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