

Model: Workplace Skills

Topic: Attitude Counts

Competency: Students will demonstrate personal qualities that are needed to be successful in the workplace

Length: One Class Period

Objective: Students will learn about positive and negative attitudes and examine their own attitudes.

Materials: Attitude Quotient Survey

Description of Activity:

1. Attitude is the way we think, feel, and do. In the world of work, employers not only look at your ability to apply your technical skills & knowledge effectively on the job, they also look at your attitude at work. Many times your values help to determine your attitude toward work. Discuss pride, passion, and belief with students.
 - **Pride**
"Pride" is taken to mean self-dignity. Pride prevents you from doing just enough to get by. If you know everything you do at work or school has your name and signature on it, then you will give it your best shot and nothing less.
 - **Passion**
Just a simple plain 'interest' in any work or career you choose isn't enough. However, a burning desire and intense enthusiasm for all things worth doing will pull you through the challenges of work.
 - **Belief**
In order to generate that passion, it is important to believe. You have to take personal responsibility for your success, believe that nothing is impossible, and that you can learn from your mistakes and move on. Know that you can achieve all that you set out to do for yourself. You only need to start believing in yourself.
2. Ask students how they felt when they came to school today? Did you come with a "just another day" attitude or are you bursting with enthusiasm and positive energy? How can these attitudes impact your day at school?
3. Discuss negative attitudes. Examples such as: makes excuses for not completing work; poor time management, i.e. always late, misses deadlines; doesn't respect authority such as teacher or supervisor.
4. Ask students to define work ethic. Work ethic is generally associated with people that work hard and do a good job. Many characteristics of work ethic can be summarized using three terms -- *interpersonal skills*, *initiative*, and *being dependable*. If you have a positive attitude toward school and work, you generally have a good work ethic.
5. The students complete the attitude quotient survey.
6. Have students share their scores.

7. Additional activity – Read the following quotes from famous people and ask students to interpret the meaning:

Abraham Lincoln – I don't like that man. I must get to know him better.

Zig Ziglar – It is your attitude, not your aptitude, that determines your altitude.

Author unknown – Your attitudes and the choices you make today will be your life tomorrow, build it wisely.

Frank Lloyd Wright – The thing always happens that you really believe in; and the belief in a thing makes it happen.

Lou Holtz – Ability is what you're capable of doing. Motivation determines what you do. Attitude determines how well you do it.

Helen Keller – When one door of happiness closes, another opens; but often we look so long at the closed door that we do not see the one which has been opened for us.

Vince Lombardi – If you aren't fired with enthusiasm, you will be fired with enthusiasm.

Mary Engelbreit – If you don't like something change it; if you can't change it, change the way you think about it.

Dr. Viktor E. Frankl – I am convinced that life is 10 percent what happens to me and 90 percent how I react to it. We are in charge of our attitudes.

Evaluation: Students will be able to describe positive and negative attitudes and how they can impact success at school and work.

ATTITUDE QUOTIENT

The following twelve attitude traits are important to your ability to work. A high rating will help you win the approval of your co-workers and the applause of your boss. How do you measure up?

Rate yourself on the traits listed below with five being the highest rating and a one being the lowest rating.

| | | | | | |
|---|---|---|---|---|---|
| Good grooming | 1 | 2 | 3 | 4 | 5 |
| Tactful | 1 | 2 | 3 | 4 | 5 |
| Courteous | 1 | 2 | 3 | 4 | 5 |
| Organized | 1 | 2 | 3 | 4 | 5 |
| Enthusiastic | 1 | 2 | 3 | 4 | 5 |
| Dependable | 1 | 2 | 3 | 4 | 5 |
| Cooperative | 1 | 2 | 3 | 4 | 5 |
| Dedicated | 1 | 2 | 3 | 4 | 5 |
| Willing to try new ways of doing things | 1 | 2 | 3 | 4 | 5 |
| Ambitious | 1 | 2 | 3 | 4 | 5 |
| Showing initiative | 1 | 2 | 3 | 4 | 5 |
| Accept constructive criticism | 1 | 2 | 3 | 4 | 5 |

TOTAL SCORE _____

Total all circled numbers and place the figure in the space provided for your total score.

Now see the explanation below to determine *your* "ATTITUDE QUOTIENT!"

TOTAL SCORE

01-20
21-34
35-48
49-62
63-70

ATTITUDE QUOTIENT

You'll last one day
Remain on probation
Shows potential
Sure to please
Prepare for promotion