



KNOWLEDGE IS POWER

**HOW TO INCREASE YOUR IMPACT
THROUGH EDUCATION**

Workshop curriculum for women 12 and up

**VISIT OUR WEBSITE
AT WWW.UTWOMEN.ORG**

Knowledge is Power:

How To Increase Your Impact Through Education

This curriculum packet was designed to assist the [Utah Women & Leadership Project's](#) mission of strengthening the impact of Utah girls and women. It is available to use, free of charge, with groups of young women in various settings (e.g., churches, schools, community, nonprofit, families). It is not to be used by those intending to make a profit.

Objective: To understand the benefits women gain throughout their lives by completing a postsecondary education.
Learning Outcomes: <ol style="list-style-type: none">1. Understand the benefits associated with obtaining certificates and degrees and how they can impact life as a woman.2. View attending college as a non-negotiable part of their future.3. Understand and practice the S.M.A.R.T Goal technique.
Materials Needed: <ul style="list-style-type: none">• Paper or notebooks/journals for each student• Pens and colored markers• Easel pad• Printed resources from resource list below
Section 1: <i>Benefits of A Degree</i> Use slides or section outline to lead students through discussion, Benefits of Completing College handouts, vocabulary activity, and Strengthening Your Impact worksheet
Section 2: <i>Dear Future Self</i> Use slides or section outline to lead students through discussion and writing exercise.
Section 3: <i>Be a #GoalGetter</i> Use slides or section outline to lead students through discussion and S.M.A.R.T Goals worksheet.
Section 4: <i>Act On What You've Learned (Review)</i> Use slides or section outline to lead students through discussion and charades activity.
Resources: <ul style="list-style-type: none">• Workshop section outlines• Workshop slides• Worksheets & instructions

Note: You may need to adjust activities or divide this lesson into two sessions, depending on age and time availability.

Thanks to Wheeler Machinery Co. for their generous donation to fund this curriculum project and to Bonnie Mortensen who created the lesson plan and materials.
For questions contact uwlp@usu.edu.

Workshop Overview

Start the workshop with Slide 1 and then briefly discuss the overall content of the workshop (Slide 2). Next read the Malala quote (Slide 3) and continue to Slide 4 and Section 1.

Section I

Benefits of Completing College

Objective: To learn the benefits of completing a college education. This will be done by reviewing the Benefits To Completing College handouts, then participating in an interactive vocabulary exercise designed to reinforce the benefits discussed. The students will then have an opportunity to demonstrate their understanding of these concepts by completing the Strengthening Your Impact Worksheet.

Time Needed: 30 - 40 minutes (all 3 sections)

Materials Needed: Accompanying handouts, worksheet 1, vocabulary words sheet (with sections already cut), paper (chart paper, if possible), pens, colored markers, and a timer.

Discussion Overview (Slides 5-12):

Completing college offers life-long benefits for women (Slide 5). How can a college education impact my life? (Slide 6). Ensure each student has a “Benefits-Overview” handout.

Economic (read the points off Slide 7 or from the list below)

- Earn more money
- Be better prepared to financially support self and family
- Have better job opportunities
- Gain access to better health care and related benefits
- Have lower risk of unemployment

Health & Wellbeing (read the points off Slide 8 or from the list below)

- Live longer lives (on average)
- Have an overall healthier lifestyle (exercise more, healthier diet, lower alcohol abuse, lower cholesterol levels, higher fiber intake, smoke less)
- Are less overweight or obese
- Have increased life satisfaction and overall happiness
- Are more resilient and less depressed (better mental health)
- Obtain more resources to pay for health insurance

Civic & Community Engagement (read the points off Slide 9 or from the list below)

- Participate substantially more in civic and community activities
- Voting
- Donating blood
- Filling leadership roles
- Be a more conscientious civic and community volunteer

Parenting (read the points off Slide 10 or from the list below)

- Provide healthier lifestyles for their children
- Work higher paying, more flexible jobs
- Have more college-educated children who can better provide for self and families

Intellectual/Cognitive (read the points on Slide 11 or from the list below)

- Increased ability to integrate ideas and concepts
- Stronger writing and verbal skills
- Higher critical and creative thinking, as well as decision making skills
- Enhanced quantitative and analysis skills

Self-Development (read the points off Slide 12 or from the list below)

- Improved self-understanding
- Greater independence and feelings of control in life
- Superior leadership skills
- Higher ethical and moral standards and reasoning
- Stronger social skills
- Better self-concept/self-esteem
- Openness to diversity and racial understanding
- Greater ability to make reasoned, reflective judgments
- Stimulating occupations and increased quality of life

(Slide 13) Ensure each student has a "Benefits - Confidence" handout. Review the handout together as a group. (One idea is to call on students to read each benefit or have them read and discuss together in small groups.) Instruct the students to reflect on these questions as a group and on their own.

- What stood out to you?
- Have you ever thought about how college affects your self-esteem?
- How could you influence those in your home and community with a college degree?

An education increases not only your opportunities but your confidence, too!

Activity 1: Switch it Up! (Slide 14):

- If you have a large enough group, divide into teams.
- Each team should have a piece of chart paper (if available) and markers.
- Vocabulary words: Have a small container with the precut word strips folded in half. Have one team member (if using teams) pull a word from the container.
- Set the timer for 5 minutes and instruct the teams to do the following:
 - Write the vocabulary word at the top of their paper.
 - Write the definition below the word.
 - Option 1: If old enough, they could use their phones to look up the word.
 - Option 2: Ask them to write the definition in their own words (preferred).
 - When the alarm rings, tell the teams to switch their paper with another group (clockwise around the room, or whatever works).
- Now that they have a new paper, the team must work together to create a sentence using their new vocabulary word. Set a timer for 10 minutes.
- When the alarm rings, have each team read their definition and sentence.
- If possible, hang up chart paper on walls around the room. This information may be helpful to the students throughout the remainder of the workshop.

Activity 2: Strengthening Your Impact Worksheet:

- Ensure each student has a "Strengthening Your Impact Worksheet."
- Read Drew Faust quote on Slide 15.
 - "We educate women because it is smart. We educate women because it changes the world." - Drew Faust, Harvard's First Woman President
- Discussion (Slide 16)
 - Now that you know the benefits of completing college, complete the worksheet to help organize your thoughts.
- Think about the following:
 - Have you already made a commitment to yourself to obtain a degree?
 - Which benefits are most important to you?
 - What barriers can you identify?
 - What can you do now to prepare?

Section 2

Dear Future Self

Objective: To assist students with deciding now to attend college in the future by identifying the benefits that resonate with them most. Students will write a letter to their future selves outlining their commitment to themselves to complete a college education.

Time Needed: 20 minutes

Materials Needed: “A Letter to My Future Self” worksheet, pens or pencils

Discussion Overview:

- Writing vs Typing (Slide 18). Read the research study

Researchers Pam A. Mueller of Princeton University and Daniel M. Oppenheimer of the University of California, Los Angeles, conducted an interesting study. They showed research participants a TED Talk and asked them to take notes. They asked one half of the participants to use a laptop and one half to write by hand. When the lecture was over, the researchers tested them on the information in the lecture. *Here’s what they found:* Even though the laptop users and hand writers remembered facts, such as dates, equally well, the hand writers had a much better understanding of conceptual questions.

Activity 3: Write a Letter to Your Future Self:

- Discussion (Slide 19) Why is this a good idea?
 - **Reality check.** This letter will help you to raise some essential questions and help you move in the right direction.
 - **Self-reflection.** Practicing asking yourself meaningful questions is a great way to learn how to recognize what is important to you.
 - **Reminder.** The most important hopes and dreams can be forgotten when life gets busy and takes unexpected turns. This letter will be a great reminder.
- Ensure each student has a copy of the “A Letter to My Future Self” worksheet.
- Instruct students to:
 - Use what you have learned today to express your thoughts about your future educational and career goals.
 - Use the “Strengthening Your Impact” worksheet as a guide.

Section 3

Learning to Set Goals: Becoming a #GoalGetter by setting S.M.A.R.T. goals

Objective: Learn how to utilize the S.M.A.R.T. Goals method to set meaningful educational goals.

Time Needed: 20 - 30 minutes

Materials Needed: "S.M.A.R.T. Goals Worksheet" and pens or pencils

Discussion:

(Slide 21) "According to research, goal setting is the single most powerful motivational tool in a leader's toolkit. Why? Because goal setting operates in ways that provide purpose, challenge, and meaning.

Goals are the guideposts along the road that make a compelling vision come alive. Goals energize people. Specific, clear, challenging goals lead to greater effort and achievement than easy or vague goals do." From *Leading at a Higher Level* by Ken Blanchard

S.M.A.R.T. Goals Outline (Slide 22)

- *Specific:* Make sure your goals are focused and identify a tangible outcome.
- *Measurable:* Set a clear definition of success.
- *Attainable:* Choose a goal that is challenging, but still reasonable to achieve.
- *Relevant:* Determine if this is aligned to your values and if it is a priority focus for you.
- *Time-Bound:* Set a realistic time frame.

Activity 4: "S.M.A.R.T. Goals" Worksheet

- Have students complete the "S.M.A.R.T. Goals Worksheet" (Slide 23).

Section 4

Review Activity: Act on What You've Learned

Objective: Acting out the ideas will help students remember and recall the benefits of higher education and apply them in their own way.

Time Needed: 20 - 30 minutes

Materials Needed: Charade printable, bowl, timer (if you prefer)

- Cut along the dotted lines of the charade ideas printable.

Instructions:

(Slide 26) Let's see how many benefits of higher education you can remember! Acting out the ideas will help you remember and recall the benefits of higher education and apply them to scenarios in your own way. At the same time, you'll be sharing what you've learned with others and helping them to expand their understanding, too!

Charades Instructions (Slide 27)

Decide whether players will act in groups of two or by themselves. Have the actor(s) pick a piece of paper out of the bowl and read the scenario without telling anyone what they have read. If the actor has difficulty reading or doesn't understand the card, help explain it to them or have them pick a new one.

The actor will begin to act out the scenario on the card and the actor must remain silent.

The audience will try and guess what the actor is portraying and when they guess correctly the next actor can have a turn.

Workshop Conclusion

- Let's Review What We've Learned (Slide 28 - 29).
- Share your own words of wisdom.
- Conclude with final quote from Desmond Tutu (Slide 31).
- Acknowledge source of curriculum (Slide 32).



APPENDICES



WORKSHEETS & SLIDES

Benefits of Completing College

INTRODUCTION AND OVERVIEW

Individuals can receive hundreds of benefits by attending and completing college. To help inform all Utahans of these benefits, we have created 6 one-page handouts that summarize these benefits by category. These can be used with children, teens, and adults in any type of setting, including homes, schools, churches, communities, and college campuses.

Better Jobs and Higher Pay

The economic benefits of higher education are growing, and the earning gap between college graduates and non-college graduates continues to expand. An investment in education will lead to a lifetime of economic advantages, including higher earnings, lower unemployment, better employer-provided benefits, and greater job satisfaction.

Healthier and Happier Lifestyles

Individuals with higher levels of education are more likely to live longer, healthier, and happier lives. This "halo" of good health and a positive mental outlook is passed along to the families of college graduates and even affects health care costs in the communities where they live.

Confident, Stronger Sense of Self

Enhanced self-esteem, personal development, and determination are gained through postsecondary education. Self-understanding and confidence can form a foundation for lasting achievements throughout one's adult life.

Intellectual and Reasoning Abilities

College graduates show a measurable improvement in factual and core knowledge, reasoning capabilities, and critical thinking, analysis, and lifelong learning skills.

Parenting

Higher education can have a tremendous impact on an individual's parenting knowledge, skills, and choices. Educated parents are more likely to be involved with their children's education and to promote good health and positive lifestyle choices.

Society

Education prepares individuals to be actively involved in and contribute to their communities. Educated citizens are more likely to vote, volunteer, and hold community leadership positions. Formal education enables individuals to "give back" to the communities where they work and live.

The following sources provided the data used for this set of materials:

- "The Value of Higher Education for Women in Utah," Retrieved at: http://www.utahwomenandeducation.org/assets/Research__Policy_Brief_1.pdf
- "Education Pays 2010: The Benefits of Higher Education for Individuals and Society," Retrieved at: <http://trends.collegeboard.org/sites/default/files/education-pays-2010-full-report.pdf>
- "Goals for the Common Good: Exploring the Impact of Education," Retrieved at: http://www.measureofamerica.org/file/common_good_forecaster_full_report.pdf

www.utahwomenandeducation.org



Individuals can receive hundreds of benefits by attending and completing college.

Benefits of Completing College

CONFIDENT, STRONGER SENSE OF SELF

College enhances personal development. As a wide variety of competencies and abilities are developed, individuals are better prepared to overcome challenges and more effectively contribute in all settings.

A college education leads to greater independence and feelings of control.

- College encourages students to develop a greater sense of independence and feelings of control over their lives, which then influences the development of other skills, such as communication, planning, decision-making, and leadership.
- Obtaining a college degree can also foster a host of related characteristics that are sustainable throughout one's life, such as responsibility, self-determination, motivation, resilience, open-mindedness, and lifelong learning.

College graduates demonstrate a greater ability to make reasoned, reflective, and unbiased judgments.

- Studies have shown that college helps individuals increase awareness, dialogue, and involvement in racial understanding, openness to diversity and gender-role attitudes, and parts of the political process.
- In addition, research has shown that college attendance impacts students' social and political attitudes and values; it appears to also decrease an individual's overall prejudice and promotes increased interest in world affairs and social issues.

Educated individuals develop higher ethical and moral standards.

- Colleges and universities provide opportunities for students to confront biased opinions and prejudice, which allows students to examine and develop the moral and ethical standards needed to prepare to contribute effectively in the workplace and community.
- Longitudinal studies have demonstrated that there are numerous positive, principled moral reasoning advantages—including changes in attitudes and values—gained from a college education.

College graduates have increased levels of academic and social self-concept and self-esteem.

- Higher education provides students with constant growth opportunities to develop and strengthen self-efficacy and self-confidence, particularly in situations where they must communicate with others and learn new information and skills.
- College graduates demonstrate improved self-understanding, which also strengthens their academic, social, and general self-concept and self-esteem.

The process of completing a college degree facilitates the development of a more confident and stronger sense of self. In turn, graduates can more effectively influence those around them in their homes, workplaces, and communities.

www.utahwomenandeducation.org



The process of completing a college degree facilitates the development of a more confident and stronger sense of self.

**THE BENEFITS OF HIGHER EDUCATION: Confidence
Vocabulary Printable**

Confidence	Resilience
Independence	Prejudice
Stability	Bias
Motivation	Self Determination
Impact	Dialogue

Strengthening Your Impact Worksheet

Planning for your Education

- Does a college education fit in with the other plans you have already imagined for your future? If not, what would you need to do to make it work?

- Have you already made plans for pursuing a college education? Have your parents or teachers talked to you about it? What specific things are you doing to prepare?

The Benefits of College

- List three of the benefits from college that really stuck out to you today. Why are they important to you?

- Think of a woman you admire who has earned a college degree. What ways has it benefitted her?

- What does it mean to you to be a lifetime learner?

Overcoming Barriers

- What are some challenges you think you might face in pursuing higher education. How will you address those challenges?

Action Plan

- List three things you can do over the coming year to prepare for college:

A LETTER TO MY FUTURE SELF

Dear _____,

I want you to know why my education is important to me and to you..

Lined writing area consisting of 25 horizontal lines for text entry.



A series of 24 horizontal blue lines spanning most of the page width, providing a template for writing.



S.M.A.R.T. Goals Worksheet

Directions: Create three S.M.A.R.T. goals that will help you create a path to post-secondary education.

SPECIFIC
MEASURABLE
ATTAINABLE
REALISTIC
TIME-BOUND

Here is an example:

I want to create good study habits to sustain me through college so I will set aside 30 minutes once a week to plan out the following week's homework each term or semester.

Goal One:

Goal Two:

Goal Three:

THE BENEFITS OF HIGHER EDUCATION:

Charades Printable

Live Longer	Read To Your Children
Exercise More	Eat a Healthier Diet
Provide For Your Family	Maintain a Healthy Weight
Have Healthy Babies	Be a Leader
Help Children Do Better In School	Earn a Higher Wage
Live a Happier Life	Vote
Donate Blood	Live a Healthier Lifestyle
Volunteer in Your Community	Access Better Healthcare
Be a Lifelong Learner	Be More Intelligent

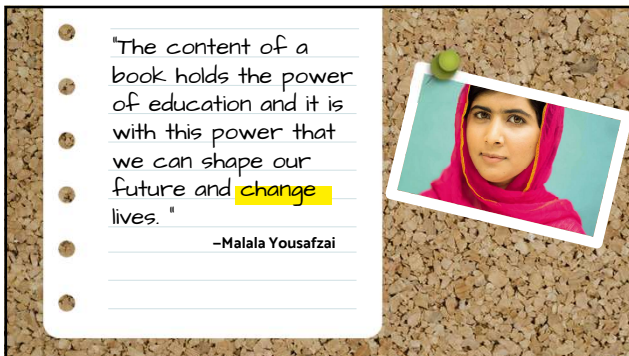
Work Better in Teams	Communicate Better
Solve Problems	Be More Creative
Speak Better	Write Better
Be More Knowledgeable	Be More Independent
Have Lower Risk of Unemployment	Have Higher Self-Esteem
Appreciate Diversity	Help Children Do More Extracurricular Activities
Smoke Less	Be More Resilient
Be Less Depressed	Work More Flexible Jobs
Have a Stimulating Job	Have Control in Life
Enhance Your Analytical Skills	Have Better Interpersonal Skills



1



2



3



4



5



6



Economics

- Earn more money
- Be better prepared to financially support self and family
- Have better job opportunities
- Gain access to better health care and related benefits
- Have lower risk of unemployment

7



Health & Wellbeing

- Live longer lives (on average)
- Have an overall healthier lifestyle (exercise more, healthier diet, lower alcohol abuse, lower cholesterol levels, higher fiber intake, smoke less)
- Are less overweight or obese
- Have increased life satisfaction and overall happiness
- Are more resilient and less depressed (better mental health)
- Obtain more resources to pay for health insurance


8



Civic & Community Engagement

- Participate substantially more in civic and community activities
- Voting
- Donating blood
- Filling leadership roles
- Be a more conscientious civic and community volunteer


9



Parenting

- Provide healthier lifestyles for their children
- Work higher paying, more flexible jobs
- Have more college-educated children who can better provide for self and families

10



Intellectual/Cognitive

- Increased ability to integrate ideas and concepts
- Stronger writing and verbal skills
- Higher critical and creative thinking, as well as decision making skills
- Enhanced quantitative and analysis skills

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Self-Development

- Improved self-understanding
- Greater independence and feelings of control in life
- Superior leadership skills
- Higher ethical and moral standards and reasoning
- Stronger social skills
- Better self-concept/self-esteem
- Openness to diversity and racial understanding
- Greater ability to make reasoned, reflective judgments
- Stimulating occupations and increased quality of life

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Benefits of Completing College Handout
Review the handout **together** as a group.
Reflect on these questions as a group and on your own.

- What stood out to you?
- Have you ever thought about how college affects your self-esteem?
- How could you influence those in your home and community with a college degree?

An education increases not only your opportunities but your **confidence**, too!

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Switch it Up Activity

What does it mean?
Following the instructions given, find the **definition** of your vocabulary word and write it on your paper.

SWITCH!

Teamwork
Work together to create a **sentence** using the vocabulary word on the paper(s) in front of you.

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"We educate women because it is smart. We educate women because it **changes** the world."

—Drew Faust
Harvard's First Woman President

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Strengthening Your Impact Worksheet
Now that you know the benefits of **completing** college, fill out the worksheet to help organize your thoughts.

Think about the following:

- Have you already made a commitment to yourself to obtain a degree?
- Which benefits are most important to you?
- What barriers can you identify?
- What can you do now to prepare?

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Dear Future Self...
Write it down, make it happen.

02.

What We Are Learning About

1. Benefits
2. Future
3. Goals
4. Act

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Writing vs Typing

Researchers Pam A. Mueller of Princeton University and Daniel M. Oppenheimer of the University of California, Los Angeles, conducted an interesting study.

They showed research participants a TED Talk and asked them to take notes. They asked one half of the participants to use a laptop and one half to write by hand. When the lecture was over, the researchers tested them on the information in the lecture.

Here's what they found: Even though the laptop users and hand writers remembered facts, such as dates, equally well, the hand writers had a much better understanding of conceptual questions.

Don't get us wrong – we love technology!
We also think it's important to seek new ways to help us be more successful as we learn.

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Activity: Write a Letter To Your Future Self

Why is this a good idea?

- Reality check.** This letter will help you to raise some essential questions and help you move in the right direction.
- Self-reflection.** Practicing asking yourself meaningful questions is a great way to learn how to recognize what is important to you.
- Reminder.** The most important hopes and dreams can be forgotten when life gets busy and takes unexpected turns. This letter will be a great reminder.

Use what you have learned today to express your thoughts about your future educational and career goals.

Use the "Strengthening Your Impact" worksheet as a guide.

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Goals

Become a #GoalGetter! Set S.M.A.R.T. goals.

What We Are Learning About

- 1. Benefits
- 2. Future
- 3. Goals
- 4. Act

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The Importance of Setting Goals

From Leading at a Higher Level by Ken Blanchard

"According to research, goal setting is the single most powerful motivational tool in a leader's toolkit. Why? Because goal setting operates in ways that provide purpose, challenge, and meaning.

Goals are the guideposts along the road that make a compelling vision come alive. Goals energize people. Specific, clear, challenging goals lead to greater effort and achievement than easy or vague goals do."

Now, let's talk about setting S.M.A.R.T. Goals!

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S M A R T

Specific	Measurable	Attainable	Relevant	Time-Bound
Make sure your goals are focused and identify a tangible outcome. Without the specifics, your goal runs the risk of being too vague to achieve. Being more specific helps you identify what you want to achieve. You should also identify what resources you are going to leverage to achieve success.	You should have some clear definition of success. This will help you to evaluate achievement and also progress. This component often answers how much or how many and highlights how you'll know you achieved your goal.	Your goal should be challenging, but still reasonable to achieve. Reflecting on this component can reveal any potential barriers that you may need to overcome to realize success. Outline the steps you're planning to take to achieve your goal.	This is about getting real with yourself and ensuring what you're trying to achieve is worthwhile to you. Determining if this is aligned to your values and if it is a priority focus for you. This helps you answer the why.	Every goal needs a target date, something that motivates you to really apply the focus and discipline necessary to achieve it. This answers when. It's important to set a realistic time frame to achieve your goal to ensure you don't get discouraged.

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EXAMPLE

Specific → I want to create good study habits to sustain me through college.

Measurable → I will set aside 30 minutes

Attainable → once a week

Realistic → to plan out the following week's homework

Time-Bound → each term or semester.

Create 3 S.M.A.R.T. goals on the S.M.A.R.T. Goals Worksheet

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Act On What You've Learned!

Actions speak louder than words...especially in this activity!

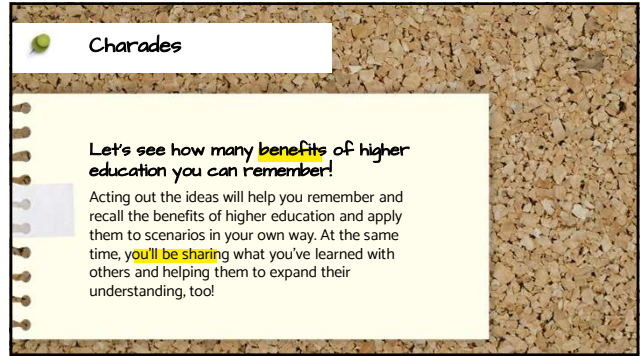
What We Are Learning About

- 1. Benefits
- 2. Future
- 3. Goals
- 4. Act

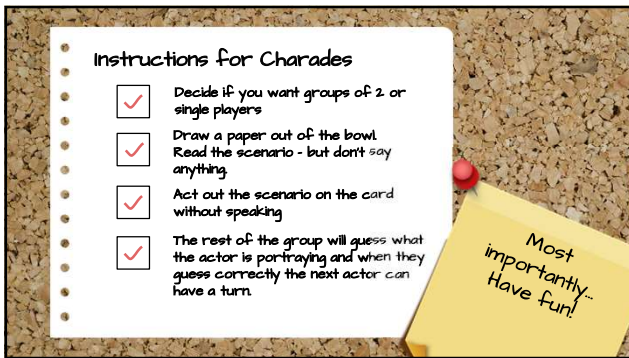
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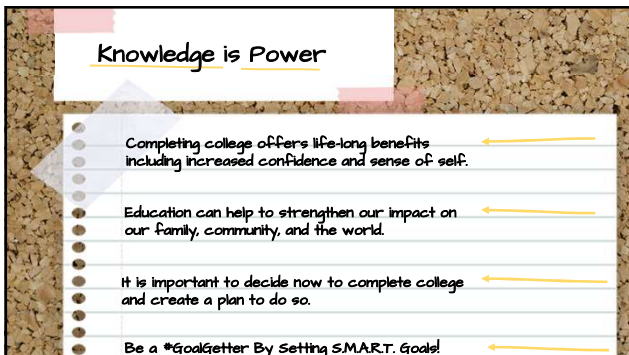
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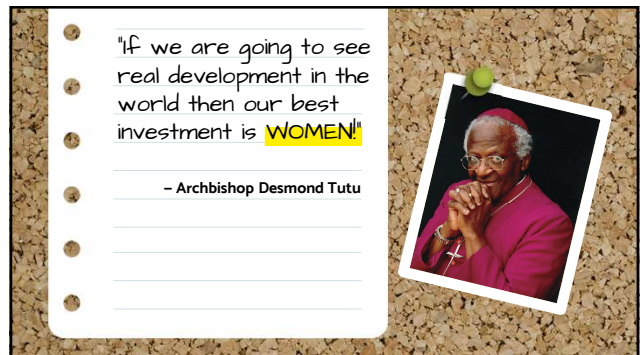
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EXTENSION 
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