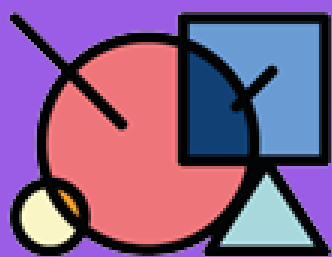




MICRO TASKS



S4B

Note to user: After familiarizing with each video pill, the user will be provided with the opportunity to perform several tasks/activities/games in order to practice and further develop the respective skill.

SKILL

PASSION AND SELF-MOTIVATION

MICRO TASK NUMBER: 2

01 What are the objectives of the task?



The objectives of this task are:

- ✓ To better reflect on self-esteem and self-confidence
- ✓ To become aware of passion, common interests, and current skills

02 What will teachers learn?



This task will give teachers the chance to reflect individually on themselves, about their passion, skills and what sets them apart from other people.

Self-motivation relates to passions and can help teachers discover if they want to do something else later in life.

03 Tasks and procedure



The procedure for this micro-task makes it easy to quickly assimilate the necessary steps as follows.

Step 1: Teachers have to answer each question with a small drawing, symbol, or short sentences. It is necessary to do it once a week for a month in order to be aware of similarities and differences.

Q1: What you would like to change about yourself?

Q2: What is your biggest personal success?

Q3: Who is the person you most admire?