**Listening and Note-Taking Pre-Test**

**Pre-Test Instructions:** Read the “Caring” lecture and ask students to take notes using the “T” method. Use the example notes that follow the lecture to discuss student results. **Note**: Student notes do not need to match the example notes verbatim. Students may use different words and abbreviations to convey the same information. Mastery is identifying at least 80% of the main ideas and details shown in the example notes.

Pre-Test

 Points

|  |  |
| --- | --- |
| “T” Set Up (1 Point) |   |
| Heading (1 Point) |  |
| Main Ideas (count number up to 4) |  |
| Details (up to 8) |  |
|  | Total: /14 |

Total: \_\_\_\_\_\_\_\_\_ = \_\_\_\_\_\_\_%

 14

 Caring Lesson

Being able to care for ourselves is expected. Being able to care for others is a bonus. **There are many ways** you can care about, share with and serve others. **The first** way you can care about others is through your actions. For example, you might make your mother’s bed, (assuming you’ve already made yours, too) help a younger kid with reading or homework, hold the door open for the person behind you at the store, or stop and say hi to a neighbor you know and really listen to their answer when you ask “how’s it going?”

**Another way** you can show you care is with your words. Say kind things to and about other people (it’s okay to do it even if you don’t think they REALLY deserve it). Offer someone some advice, or say, “sorry” even if it is wasn’t your fault. Sometimes you can just make eye contact with someone and smile and those kind glances are the kindest “words” someone might “hear” all day. Your words can also stop bad things from getting around; if you hear a bad gossip, rumor, or news about someone, take the time to check it out to see if it is valid before you “forward” it to others.

**A third way** you can show you care is with your thoughts. Positive thoughts (and for some people, prayers) can be very powerful. It might sound kind of funny, because in a way, this is an invisible act, but you can show an act of kindness for another person by thinking good thoughts about him or her. For some people, this is harder that it may seem. Thinking positive thoughts take practice for most folks, but it is a kind act you can do, that can make a difference for another.

**The last** **way** you can show you care is with material gifts. If you are able to buy things for someone, chances are they will really appreciate it. If you really want to surprise them, do it at an unexpected time, like not on their birthday. You can buy things for the environment, too. For example, Mrs. Peterson, here at Nicollet, volunteers for the TREE TRUST, an organization that donates and plants trees for parks and individual citizens. Most recently, several hundred trees were donated to residents in North Minneapolis, following the tornado that blew through there last spring. When she was younger, I “forced” my daughter, Amy, to put 10% of her allowance into a separate pot called “charity”. She could use that money however she wanted, as long as it was used to help others. One year she helped buy school supplies and now donates to Toys for Tots. It doesn’t matter how much or how often, just that we do what we can when we can show others we care.

**You just heard four ways** you can show you care; with your thoughts, words, actions, and material things. **Following this lecture** **you will be expected to identify** the four ways you can show you care, list an example of each, and complete a matching activity.

Answer Key

Caring Lesson Notes

Ways to show you care Examples

Actions help mom and dad at home

 Hold door for someone

Words say hi to someone

 Check a rumor before you pass it along

Thoughts think positive thoughts about someone

 If you believe in prayer, say a prayer for someone

Material gifts Surprise someone with a gift

 Donate gifts or money to charity