**S.W.E.A.T. Pledge #10: I Am A Product of My Choices**

**STUDENT:** Watch the Mike Rowe S.W.E.A.T. (Skill & Work Ethic) video: “I Am A Product of My Choices” at <https://www.mikeroweworks.org/sweat/>.

• Write your responses to the following questions, prompts, and/or scenarios to demonstrate your understanding of the essential skill of Positive Attitude. *For example: State examples from the video and from your life experiences that explain how Positive Attitude affects school, work, and life challenges.*

• Participate in a class discussion of the questions, prompts, and/or scenarios. Use your responses as input to the discussion.

**TEACHER:** Conduct a class discussion of the IEES questions, prompts, and/or scenarios. Discuss how your courses provide opportunities to exhibit positive attitude.

**ADDITIONAL RESOURCES to extend, enhance discussion**:

1. TREES Career Guide for Students

2. Ethics and Compliance Toolkit at <https://www.ethics.org/resources/free-toolkit/>

3. The Work Ethic Site, University of Georgia <http://workethic.coe.uga.edu/less1.html>

4.

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| Q1. To what degree should your past decisions affect your future? |  |
| Q2a. In the video, how did John Fitzpatrick’s attitude affect his ability to get references?  Q2b. Where will you get your references? |  |
| Q3a. Some of the challenges John Fitzpatrick faced were …  Q3b. What are some of the challenges that you may face as your look for a job? |  |
| Q4a. My biggest challenge in the future will be…  Q4b. How will you solve the challenge? |  |
| Q5. |  |

**IEES Framework Alignment**

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| PERSONAL ETHIC | Integrity, Respect, Perseverance, Positive Attitude |
| WORK ETHIC | Dependability, Professionalism |
| TEAMWORK | Critical Thinking, Effective & Cooperative Work |
| COMMUNICATION | Active Listening, Clear Communication |