**S.W.E.A.T. Pledge #8: The Most Annoying Sounds**

**STUDENT:** Watch the Mike Rowe S.W.E.A.T. (Skill & Work Ethic Aren’t Taboo) video: “The Most Annoying Sounds” at <https://www.mikeroweworks.org/sweat/>.

• Write your responses to the following questions, prompts, and/or scenarios to demonstrate your understanding of the essential skills of Integrity and Positive Attitude. *For example: State examples from the video and from your life experiences that explain how Integrity and 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 integrity and positive attitude in the workplace.

**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. North Carolina Network for Excellence in Teaching: Employability Skills   
<https://www.nc-net.info/teaching-employability-skills/>

4.

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| Q1a. In the video, Travis has a good attitude. How is he able to have such a good attitude?  Q1b. How does Travis show integrity and positive attitude? |  |
| Q2a. The last time I was irritated was …  Q2b. Why was that experience irritating? |  |
| Q3a. What do you complain about?  Q3b. Why does it annoy you? |  |
| Q4. If I put myself in Travis’s situation I would be … |  |
| Q5. When someone is whining, it reminds me of … |  |

**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 |