**Winning & Losing**

In many aspects of life, there is competition. People compete for jobs or promotions for which there is only one opening and for spots on a team or admission to a school that can only accept a certain number of people. Even when there is no competition to achieve what you want, certain things can get in the way.

There will be times when we don’t achieve our goals. If we are ambitious, there number of times we achieve our goals will be much less that the number of times we fail. It is important to use failure as a tool, rather than a label or judgment. In other words, it’s essential to learn from failing, rather than assume that failing makes you a “failure”.

**Activity: Winning & Losing**

**Directions:**

1. Have students get together in pairs (a group of three can work, as well)
   1. (Another alternative is to have 2 students complete this activity while other students in the Advisory observe)
2. Have each pair (or group of three) will need to gather by a single chair (one chair per group).
3. Have one person in each chair (or group of three) to sit in the chair.
4. Instruct students that the goal for the person sitting is to stand up and the goal for the person (or people) standing is to keep the seated person sitting. (Remind students to be respectful of each other and do their best to not cause any physical harm).
5. Allow students to work for 1-2 minutes.
6. Have students change roles and repeat the process.
7. Afterwards, have students reflect.

**Reflection:**

1. Compare and contrast the attitude of the person who “won” (achieved his/her goal) to the person who “lost” (did not achieve his/her goal)?
2. For the first attempt to of the person whose goal was to stand, was he/she aware of how the other(s) would respond to get him/her to stay seated? Why or why not?
   1. Once he/she learned that response by trying to get up and not succeeding, how did the person sitting use that information?
3. Describe what happens when you continue to attempt to achieve your goal? (How is your first attempt to achieve you goal different form your last attempt to achieve your goal?)
4. What happened to the person who “lost”?
5. Before you started, were you aware of whether you were going to “win” or “lose”?
6. Do you think there are people who will try to push you down when you are pursuing your goals?
   1. What do you think is the best way to react to the actions of such people?
7. What is the purpose of trying?
8. Do you think there is value is trying to achieve difficult goals?