**Personal Growth (Grade 12)**

Learning Target: I can identify the potential outcome of negative attitudes in the workplace.

**Activity**: How Does Attitude Affect My Job?

1. Pretend you work as a lab technician at a local hospital.
2. From the list below, chose 3 positive and 3 negative attitudes.
3. Write a sentence to explain how each attitude would affect your relationship with your co-workers.
4. Write another sentence to describe how your supervisor would respond to each attitude.
5. Share your responses in your advisory
6. Have you ever expressed any of these attitudes?

**Arrogant** (having an exaggerated feeling of importance and ability)

**Belligerent** (aggressive and hostile

**Caring** (showing concern for others)

**Complaining** (expressing a dissatisfaction or annoyance)

**Confrontational** (approaches conflict in an argumentative way)

**Defensive** (quick to challenge criticism)

**Determined** (being dedicated to the task or belief)

**Enthusiastic** (eagerly showing a high level of interest)

**Humble** (displaying a low or modest estimate of importance or ability)

**Insecure** (uncertain and lacking confidence in one’s abilities and actions)

**Optimistic** (having hope and a positive outlook for things to come)

**Persevering** (continuing on with a task, even in the face of extreme difficulty)

**Pessimistic** (having a negative outlook for things to come and expecting the worst)

**Resilient** (able to bounce back after a negative experience)

**Uncooperative** (lacking the willingness to do what is asked)

Positive Attitude 1: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Positive Attitude 2: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Positive Attitude 3: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Negative Attitude 1: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Negative Attitude 2: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Negative Attitude 3: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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