

# Creating Openness to Challenge and Discovery



## Thriving Target: Openness to Challenge and Discovery

Definition: Becoming open to challenge and discovery is a developmental process—meaning that it increases a little bit at a time over childhood and adolescence. Helping youth develop their abilities happens by gradually increasing the challenge of 4-H opportunities.

*"In a growth mindset, challenges are exciting rather than threatening. So rather than thinking, oh, I'm going to reveal my weaknesses, you say, wow, here's a chance to grow."*

Carol Dweck, Ph.D. Growth Mindset Researcher Stanford University

### Life Skills:

**Planning & Organizing** - a method for doing something that has been thought out ahead of time; how the parts can be put together

1. Consider the total situation.
2. Identify the parts, steps, and necessary sequence or order.
3. Assign a person to be responsible, design a time line, and identify resources required to accomplish the parts or steps.
4. Assemble the parts into a structure according to the desired purpose.

**Self Motivation** - able to make the needed effort to carry out a task or a plan; personal will to take action

**Critical Thinking** - strategies for analyzing, comparing, reasoning, and reflecting focused on deciding what to believe or do; discovering the meaning.

### Success Markers for the Thriving Target: Openness to Challenge & Discovery

**Expect to See** – Youth identify a step they can take to grow their skills in 4-H Shooting Sports.

**Like to See** – Youth reflect on one or two steps they took that helped them succeed in their project.

**Love to See** – Youth make a future steps of how to challenge him/herself to grow towards a goal.

### Lesson Objective

Youth will declare ways they want to challenge themselves in their 4-H Shooting Sports project(s) therefore creating an *Openness to Challenge and Discovery*.

### Preparing for the Lesson

- 1) Stair Step Handout (one per youth), and a pencil or pen to write with per youth.

Conduct Lesson:

**When you climb steps where do you start?** (take answers)

**When you started in 4-H shooting sports what was a couple of the first steps you took?**

**At our club time, you are going to identify some steps that would help you reach a goal you have in 4-H shooting sports. You are going to learn how to be open to new challenges and discoveries to reach your goal.**

*Do*

(Hand out the worksheet). **You mentioned some steps you took when you started in 4-H Shooting Sports, take this worksheet and fill in a couple of those first steps.** (give time to complete)

**What is one thing you are challenging yourself on now? Write it on the step 3.** (give time to complete)

**At the top of the steps, write down a goal you want to accomplish in 4-H shooting sports** (give time, then ask one or two people to share)

**On steps 4 and 5, write down the different things you need to challenge yourself on, or discover to meet that goal.** (give time to complete)

*Reflect*

**As you look at your steps to reach your goal, does it make you excited? (raise hands) Looking at your steps does it seem too difficult? (raise hands) Will these steps challenge you, or are they too easy?**

*Apply*

**If you are excited about the steps on your staircase, you have set the right steps for you.**

**If they seem too difficult, what do you need to change to make them a good challenge?** (take answers)

**If they seem too easy, what can you do to make your steps more challenging?** (take answers)

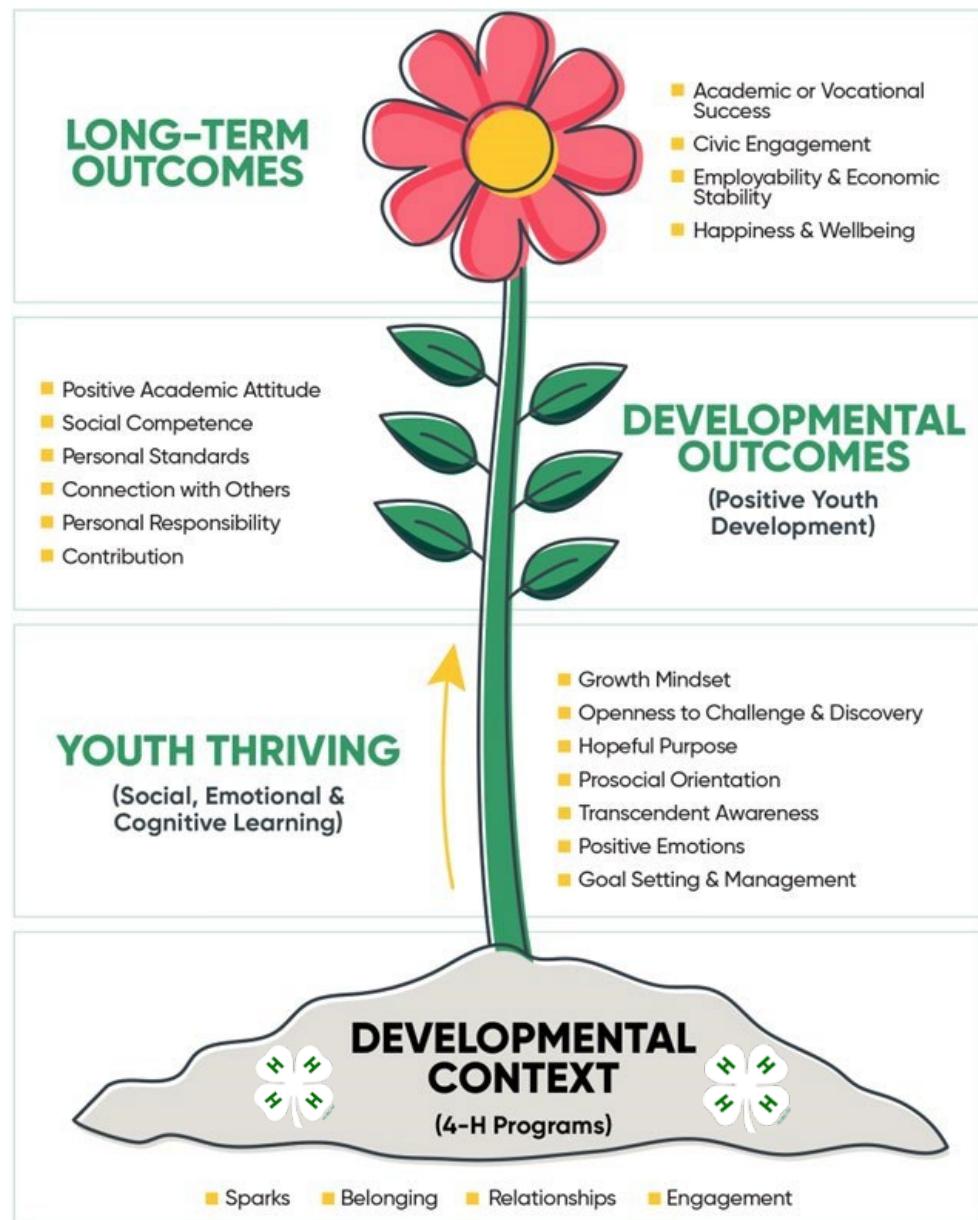
**Is it possible to take more than one step at a time, or skip steps?** (yes, like when you are older you have longer legs. Or in shooting sports, you may start with shotgun as a teenager instead of training on a bb gun)

**Is there another goal you want to reach? You can draw your own stair steps at the top of the page. I encourage the you to share this with your coach and parents, so they can discover ways to assist you.**

**Debrief -Share what is a goal you have and which step and challenge are you most excited about?**

For more information on creating an Openness to Challenge and Discovery:

- Visit Oregon State University's blog on [Helping Youth Thrive](#) and [Openness to Challenge and Discovery](#)
- Read *Parenting Champions: What Parents Need to Know about the Mental Game* by Lanny Bassham.
- Read *With Winning in Mind* by Lanny Bassham.





# Openness to Challenge and Discovery

## 4-H Worksheet



**Use this area to make a new staircase with new steps to new goals!**

