**MEDIA INFLUENCES AND ROLE MODELS**

**STUDY GUIDE**

**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Period: \_\_\_\_\_\_**

**Reflective questions to ask yourself**

1. What affect does media have on \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_?
2. What role models do I have and how are they \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ me and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_?

**Living in the Digital Age - The Good News**

1. Average \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ steadily \_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. Higher ability to \_\_\_\_\_\_\_\_\_\_\_ (shifting attention from one task to another)
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_ more \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to visual stimuli
4. Improved ability to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ large amounts of \_\_\_\_\_\_\_\_\_\_\_\_\_\_ rapidly and decide what’s important and what’s not.
5. New uses of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ that use different parts of the brain
6. Increased \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Living in the Digital Age - The Bad News**

1. Lack of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and problem solving skills
2. Loss of fundamental \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ intimacy
4. Shorter \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
5. Impacts \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
6. Loss of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Communication through Media - Negative Effects**

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ sexuality
2. Increased \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (cyberbullying, etc.)
3. Increased \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ activity
4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ expectations
5. Increased \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
6. Information \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Communication through Media - Positive Effects**

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ world-wide
2. Spreads \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ on basic rights
4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (tutorials, etc.)
5. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ advertisements
6. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ programming

***Psychology Today Magazine, Jan/Feb. 2009***

“If you aren’t living according to your values, you won’t be happy, no matter how much you are achieving.”

**How to Evaluate Media**

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_: Whose message is this?
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_: What group is the target?
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_: What do you actually see or hear?
4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_: What is the meaning we create from the text in our own minds?
5. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_: What techniques are being used to persuade me to believe or do a certain thing?
6. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_: What is the point of view the story is being told from?

**What is a Role Model?**

1. A person who models \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, attitudes and values.
2. Teens visualize they have the ability to be like that individual and \_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ like them.
3. Helps teens make decisions about his/her life in order to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Choosing Role Models**

1. Role models can \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ others’ personal \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, attitudes and values-both positively and negatively.
2. Successful people surround themselves with others who are \_\_\_\_\_\_\_\_\_\_\_.
3. We must be very careful whom we choose to be our \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**Top Qualities of Positive Role Models**

1. Passion and ability to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. Clear set of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ they stick to
3. Commitment to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. Selflessness and acceptance of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
5. Ability to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Role Models and Goals**

1. Your mindset about \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ can have an influence on what role models you choose.

**Growth Mindset**

1. Takes on challenges without \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ during tough times
3. Learns from \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ feedback/criticism
5. Seeks learning, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_- and success

**Fixed Mindset**

1. Avoids or fears \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ when things are tough
3. Makes \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ so failure isn’t possible
5. No personal \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**“Those with whom we associate have an influence on us. Association with productive, self-sufficient, well-adjusted, happy people can have a positive effect on us that may lead to our success in life!”**

**YOU ATTRACT WHAT YOU ARE!!!**