

YouTube Resource Guide

Project ACCESS: YouTube Video Resource Guide

SELF AWARENESS

1. Zack Matere, “*Growing Knowledge*”. Inspirational, on using the computer and sharing the internet as a source of valuable knowledge for self, and to help others
<http://www.youtube.com/watch?v=OE63BYWdqC4&NR=1> 2 minutes
2. Jack Canfield, “*Positive Thinking for Self Esteem*”. Obstacles can be opportunities.
<http://www.youtube.com/watch?v=j7hBoa75YRs&feature=related> 1:18 minutes
3. Jack Canfield, “*Successful Planning*”. Importance of planning the day the night before.
<http://www.youtube.com/watch?v=1FKApe9tvHw&NR=1> 1:05 minutes

MULTIPLE INTELLIGENCE

1. Amy Whittle, *A Movie About Multiple Intelligence* 5:11
<http://www.youtube.com/watch?v=2stVs4mjbsU&feature=related>
2. *The Simpsons, 2008, Multiple Intelligence* 6:14
<http://www.youtube.com/watch?v=xMZ9YRnJJWE>
3. *Song About Multiple Intelligences*, 5:31 <http://www.youtube.com/watch?v=2FucqOplfVM&NR=1>
4. *Multiple Intelligence Song “So Many Ways”*
http://www.youtube.com/watch?v=RmW_3ZhQZpc&NR=1
5. *Learning Styles: Student Success Center*, 2:56
<http://www.youtube.com/watch?v=ooqvgcY5VKU>

HOPES & DREAMS

1. *** Will Yurman, “*Seniors Share Their Hopes & Dreams*” Tough life stories told by seniors in Rochester, New York. The seniors also share their goals and ambitions. They are within days of HS graduation. <http://www.democratandchronicle.com/videonetwork/97915806001/Seniors-share-their-stories-hopes-and-dreams> 7:56 minutes
2. *** Will Smith, “*Your Words & Thoughts Have Physical Power*” Will Smith shares his ideas on what motivates and inspires him to live happily and successfully.
<http://www.youtube.com/watch?v=pfWGoLj1JCM&feature=related> 9:57 minutes
3. ***cnjonline, “*Clovis HS Seniors Goals & Dreams*”, seniors share their future plans and dreams.
<http://www.youtube.com/watch?v=D36x15npj88&feature=related> 5:50 minutes

INSPIRATION, MOTIVATION

1. Simon Webbe, “20 Words That Can Change Your Life”. Visual overlaid with some thoughts on change and being inspired to change.
<http://www.youtube.com/watch?v=PLZxJZ70MQ4&feature=related> 4:29 minutes
2. Al Pacino, “*Inspirational Speech*” from Any Given Sunday. The inches we need...on teamwork
<http://www.youtube.com/watch?v=WO4tlrjBDkk&feature=related> 4:41 minutes
3. Momo, “*This Video Will Change Your Life, Part I*”. Inspirational, motivational presentation.
<http://www.youtube.com/watch?v=rib0TU2hkxA&feature=relmfu> 19:02 minutes
4. Lead Out Loud, “*Be Unsinkable*”. Good visuals with music and words overlaid on the theme of being unsinkable when challenged.
<http://www.youtube.com/watch?v=1UePW8hMD3w&feature=related> 2:31 minutes
5. Rocky Balboa’s inspirational speech to his son.
http://www.youtube.com/watch?v=_Z5OookwOoY&NR=1&feature=fvwp
3:20 minutes
6. *** “*I’m a Show You How Great I Am*” Be great, be powerful beyond measure. Video clips brought together with music and audio. Entire script to the video could be used as basis of discussion or writing later. <http://www.youtube.com/watch?v=OSYtQy9EqTA&feature=related>
4:19 minutes
7. Edgevolution, “*Overcoming Adversity*”, Music with powerful word overlays.
<http://www.youtube.com/watch?v=1kGmjb9Qhgz&feature=related> 2:15 minutes
8. *** 60 Minutes CBS “*The Player: NFL Super Agent Drew Rosenhaus*”,
http://www.cbsnews.com/8301-504803_162-2011747410391709.html?tag=cbsnewsMainColumnArea.3 14:07 minutes

GOAL SETTING

1. Teachertube MS, “*If It’s To Be, It’s Up To Me!*” Song/Music
<http://www.youtube.com/watch?v=uThBb3kGf4k&feature=related> 3:49 minutes
2. Venture Guide, “*S.M.A.R.T. Goals*”, bear and squirrel with goal of “Helping the Homeless”
<http://www.youtube.com/watch?v=3y0Jja52B2o&feature=related> 2:29 minutes
3. Jack Canfield, “*Setting Career Goals*”. Determining the right niche for you that may be fulfilling.
http://www.youtube.com/watch?v=8_GlwPYDNNQ&feature=related 1:22 minutes
4. Jack Canfield, “*First Step to Achieve Your Dreams*”. Complaining and blaming others are topics.
<http://www.youtube.com/watch?v=n3rmiqyM79E&feature=related> 3:11 minutes

5. Jack Canfield, "*On Never Giving Up*". 144 rejections on his book, Chicken Soup.... Be willing to persevere. Believe it's possible. Take action. <http://www.youtube.com/watch?v=CqgGIQtFkgs> 2:19 minutes
6. Jack Canfield, "*How To Accelerate Your End Result*". Ask, believe, receive. Focus on the opposite of your irritations. What are your goals?
<http://www.youtube.com/watch?v=8jS8knNjsgQ&feature=related> 7:17 minutes
7. Jeffrey Gitomer, "*Positive Mental Attitude*". Positive attitude you give yourself over time. Negative is instant. Believe you can achieve.
<http://www.youtube.com/watch?v=Xd8aTtgs33w> 4:59 minutes
8. Jeffrey Gitomer, "*Kick Your Own Ass*". Your attitude impacts every single thing that you do. Start out by being the best you can be for yourself.
<http://www.youtube.com/watch?v=fswlLUI73xl&feature=related> 2:51 minutes
9. Momo, "*Figuring Out What You Really Want, Part I*"
http://www.youtube.com/watch?v=NAilzzbaR_o&feature=relmfu 8:28 minutes
10. Jeffrey Gitomer, "*How Important is Being Friendly*". Friendly is internal , your desire to be nice all the time. <http://www.youtube.com/watch?v=LPzMEiw5XyM&feature=related> 4:35 minutes
11. Jeffrey Gitomer, "*What It Takes to Be #1*". Ask yourself, How good am I at that? Have the fire in your soul to love what you do. <http://www.youtube.com/watch?v=wSsw1iRIam4&feature=related> 4:07 minutes
12. Jeffrey Gitomer, "*Doing Your Best*". Tell yourself that you ARE the best, among other things. Convert anger, it is wasted energy. Love what you do. Love it or leave it. You have to be willing to fight for what you want. <http://www.youtube.com/watch?v=TQn1ov65bQc&feature=related> 5:01 minutes
13. Jeffrey Gitomer, "*Learn From Rejection*". How can I get better? Ask, why was I rejected ?
<http://www.youtube.com/watch?v=wsrhfdZ9zJw&feature=related> :30 seconds
14. Sunny James, "*Fulfilling Your Dreams*". On positive attitude. Throw away "I can't"
http://www.youtube.com/watch?v=4pY3ORwp6Lg&feature=mfu_in_order&list=UL 1:45 minutes
15. BeyondtheQuote videos, "*What Drives You To Succeed?*" Music, visuals and quotes.
<http://www.youtube.com/watch?v=uNTxA0nLFZM&feature=related> 1:21 minutes
16. Will Smith, "*You Want Something...*" from movie, Pursuit of Happiness.
<http://www.youtube.com/watch?v=MPnudujiBZI&NR=1> :50 seconds
17. Will Smith, "*Happiness*", <http://www.youtube.com/watch?v=pCq7eGKcs-w&feature=related> 3:42 minutes

FAILURE

1. ***Canfield, Jack. "Getting Over Failure", Canfield tells us that we have to stop blaming and making excuses and ask what our part was in the problem. 1:19 minutes
http://www.youtube.com/watch?v=ejyD3_gBhYw&NR=1

SOCIAL SKILLS

1. "Manners For the Real World: Basic Social Skills", short vignettes demonstrate several key skills. <http://www.youtube.com/watch?v=qjISA-u8KUI> 1:31 minutes
2. "Social Etiquette: How to Introduce Yourself",
http://www.youtube.com/watch?v=Ug_mM46577w&feature=related 1:15 minutes
3. "How To Not Suck at Socializing". 5 basic , practical points to remember.
<http://www.youtube.com/watch?v=2koQDCxyl6g&feature=related> 3:56 minutes
4. Right Choices Project, "Teach the Secret! Social Skills for Success, Conflict Resolution, Anti-Bullying". We have our own personal GPS, the frontal cortex. There are 10 secret skills. Lots of practice...<http://www.youtube.com/watch?v=MTm6yCJVJtA> 6:15 minutes
5. Momo, "How To Improve Your Social Skills", a chatty guy with a hat and earrings who relates to teens! <http://www.youtube.com/watch?v=M-ozx7zUFB8&feature=related>
7:02 minutes
6. Momo, "Help! I Need Social Skills", Momo starts by reading the letter sent to him that contains a problem which he speaks to during the video.
<http://www.youtube.com/watch?v=POgxB3ScLEY&feature=relmfu> 4:40 minutes
7. Momo, "Trapped In Anxiety". A letter from a 16 yr old anxious girl.
<http://www.youtube.com/watch?v=qUGrQx2z-k4&feature=relmfu> 5:04 minutes
8. Momo, "Friends and Relationships".
<http://www.youtube.com/watch?v=sYW2kA1nNE4&feature=relmfu> 7:31 minutes
9. Momo, "Trapped Inside the Box".
<http://www.youtube.com/watch?v=ODFPv5o4j30&feature=relmfu> 18:56 minutes
10. Jeffrey Gitomer, "How Important is Being Friendly". Friendly is internal , your desire to be nice all the time. <http://www.youtube.com/watch?v=LPzMEiw5XyM&feature=related> 4:35 minutes

SELF ADVOCACY

1. "Home Alone" <http://www.youtube.com/watch?v=KN0VbyV-uWE> 2:26 minutes. How staying home alone for several days is a challenge, but by using self -advocacy skills, a success!
2. <http://www.youtube.com/watch?v=mjFuyZydvhg>

DISABILITY

1. "Disability Means Possibility", <http://www.youtube.com/watch?v=uhKMouRaWcY> :46
2. "Taking the dis out of disability", http://www.youtube.com/watch?v=U_Lluhxdqm8&NR=1 :52
3. "Disability Discrimination: Job Interview", Downs Syndrome female being interviewed for job.
<http://www.youtube.com/watch?v=IN05UfmlAh4&feature=related> 1:02 minutes
4. "Disability Discrimination: Saleswoman", Phone conversation.
<http://www.youtube.com/watch?v=0fvKp7voPkg&NR=1>
5. "Physical Disability", five young people share different physical disabilities
<http://www.youtube.com/watch?v=b6tncITPvgw&NR=1> :57

6. "What Is Beautiful?" Jenny, a car accident victim.
<http://www.youtube.com/watch?v=ueycl2CU1Ok&feature=related> 6:39 minutes
7. "Adaptive Nicole". As a paraplegic, she demos her car and wheelchair and how they have been adapted. <http://www.youtube.com/watch?v=5agAdjsC9x0&feature=related> 9:26 minutes
8. "Learning Difficulties Awareness". Famous people with learning difficulties are pictured.
<http://www.youtube.com/watch?v=9PoX3afiKx0&feature=fvwrel> 3:29 minutes
9. ***pacercenter, "Self-Advocacy: Find the Captain In You". Breaks down the concept of self advocacy. Speak up! Understand yourself!
<http://www.youtube.com/watch?v=NUQDozx7aug&feature=related> 9:37 minutes
10. "Self-Determination Youth Credo". Check the website: www.imdetermined.org A variety of students with disabilities state one thought from the Youth Credo.
http://www.youtube.com/watch?v=wrNy_2ljVdo&feature=related 3:40 minutes

CAREER OPTIONS

1. Rich Alexander, "Job Interview Bootcamp: Answering Interview Questions". 5 things to know. "Rambling" kills interviews. Practice, practice!
<http://www.youtube.com/watch?v=JYql0mAp2AY&feature=related> 2:18 minutes
2. "Job Interviews & Offers: How to Properly Introduce Self and Interview", Handshakes, looks, remember your name, good eye contact, and smile!
<http://www.youtube.com/watch?v=MF89niqaAzw&NR=1> 2:00 minutes
3. "Job Interview Boot Camp", Helpful points for a strong interview. 2:18 minutes
4. Rich Alexander, "10 Things Employers Want From A New Hire". Communication skills (written and verbal); honesty and integrity; and teamwork are the top 3.
<http://www.youtube.com/watch?v=XGdTTbXizYI&feature=relmfu> 2:47 minutes
5. Denham Resources, "Interview Tips: Tell me about yourself..." A good answer gets you a job offer. <http://www.youtube.com/watch?v=qR-lhZJOq3U&feature=relate> 3:15 minutes
6. The Vocational Coach, "Becoming Emotionally Strong". Striking visuals with music, overlaid with words. <http://www.youtube.com/watch?v=RBnTAe9eK9M&feature=related> 2:41 minutes
7. Rhonda Byrnes, "ME", with Esther Hicks. You live in a world based upon well-being and perfect balance. You are the only one who creates your reality. There is nothing you cannot do, be or have. <http://www.youtube.com/watch?v=D4zWBHFCmXM&NR=1> 6:56 minutes

COLLEGE PREPARATION

1. Keycollege, "8 Things I Wish I Knew Before College",
<http://www.youtube.com/watch?v=5wcQGXXQEcTQ&feature=related> 6:08 minutes
2. Ariel1816, "Tips for Incoming College Freshman", female student describes what has helped her the most in college. <http://www.youtube.com/watch?v=Gumd-tRJArc&feature=related>. 2 specific website addresses are given to help with book costs and professor choices. 6:15 minutes

3. DOITCenter, "*Invisible Disabilities and Post Secondary Education*". Students are sometimes seen as lacking intelligence, or faking it. Student needs to self-disclose, have documentation, and seek accommodations. Importance of communicating disability BEFORE classes begin.
<http://www.youtube.com/watch?v=SH3vt-XrkEs> 18:46 minutes
4. www.howcast.com, *University Seminars*, a large selection of 49 titles. Short, how-to videos on a variety of topics related to college. Most are about 2 minutes in length.

DEATH & LOSS

1. Joe Hurley, "*One Minute Left To Live, What Would You Do?*" Music and words with visuals.
<http://www.youtube.com/watch?v=PLZxJZ70MQ4&feature=related> 1:07 minutes
2. The Light Beyond, "*Do Not Stand At My Grave and Weep.*" Quiet music, visuals with a poem overlaid. Made especially for those experiencing grief and loss of a loved one.
<http://www.youtube.com/watch?v=wxawiWqf4gA&feature=related> 4:01 minutes