

***Amzil Foundation for Excellence,
University Students and Graduates Excellence Association,
and William Glasser North Africa
proudly commemorate the 100th Centennial of Dr. William Glasser***



(1925–2025)

under the theme:

***Honoring a Legacy of Quality and Connection –
Celebrating 100 Years of Empowering Minds and Hearts***



Activity Details

Activity title **Celebrating Dr. William Glasser's 100th Birth Anniversary**

Over the course of two months, during the Summer Camp 2025 organized by the Amzil Foundation under the theme “*The Golden Transition Summer: From Following the Path to Shaping Your Own Future*,” students participated in a rich program of activities, including the celebration of Dr. William Glasser's 100th Birth Anniversary. Guided by **Dr. Asma Chroqui and Omar Titki**, they engaged in a variety of creative and educational experiences designed to deepen their understanding of Choice Theory and Reality Therapy. From songs, drama, and art workshops to presentations inspired by the book *Take Charge of Your Life* and a short film project, each activity was crafted to make learning meaningful, enjoyable, and transformative.

In **music and singing activities**, students created and performed three original songs. The first song, “*I drive My Own Life*”, explains the different parts of the Choice Theory chart: the five needs, the quality world, the comparing place, the perceive world, the behavioral system and total behavior. The second song, entitled “*Colors*”, focuses on the colors in the chart (blue, red, yellow and green), their meaning and significance. The third song, “*Talk to Me*”, describes the procedures and the questions of Reality Therapy. These songs helped simplify the main ideas of the CTRT and made them easier to remember. Students enjoyed singing and were able to learn with joy and fun.

In **presentations and drama activities**, students worked in groups, with each group reading and presenting a chapter from Dr. Glasser's *Take Charge of Your Life*. To complement their presentations, they prepared and acted out short skits that dramatized the main ideas of each chapter. Their creativity shone through as they used storytelling and role-play to bring the concepts to life. They also wrote and performed a short play entitled *Youssef and His Cars*, inspired by the “Cars ‘R’ Us” technique in Reality Therapy, which compares people to the cars they drive to emphasize that we are in control of our own behavior. Through this performance, they explored key concepts such as direction, responsibility, and self-evaluation. The use of humor and real-life situations made the learning process engaging, fun, and memorable.

In **art workshops**, students used painting and drawing to express key ideas and principles from Choice Theory. They illustrated concepts such as the five basic needs, the quality world, total behavior, the deadly and caring habits through their artwork. This creative process encouraged them to think deeply about the theory, connect it to their personal experiences, and express their ideas in abstract and imaginative ways. At the end of the workshop, students presented their pieces and explained the meaning behind their creations.

In the **short film project**, students worked together to write, act, and produce a film inspired by the principles of Choice Theory and Reality Therapy, entitled *The Power of Choice*. The film featured characters, dialogue, and scenes that demonstrated how people can make better choices and meet their needs in healthy ways. This project gave students the opportunity to combine creativity, teamwork, and technical skills while bringing the theory to life in a modern and relatable way.

These activities gave students the opportunity to explore Dr. Glasser's ideas in creative, hands-on ways—engaging with music, art, storytelling, performance, media, and design. More importantly, they developed a deeper appreciation for the power of choice, personal responsibility, and meaningful connection—the core values at the heart of Dr. Glasser's work. To celebrate their journey, a special closing ceremony was held, where students shared their outcomes and performances with the public.

Art workshop



Music and songs



Colours, a song about the meaning of the colours in the chart.



***I Drive My Own Life*, a song about the parts of the chart.**



***Talk to Me*, a song about the process of reality therapy.**

Presentations and Drama



Students' short skits to Dramatize the Ideas of *Take Charge of Your Life*.



Students giving presentations



Youssef's Car: A play about Reality Therapy and Using Cars 'R' Us technique.

Film making

