

DESIGNING YOUR FUTURE

ACTIVITY

TIME NEEDED

45 minutes

MATERIALS

Paper, pens

Sample presentation to model

ACTIVITY DESCRIPTION

Research suggests that people can be divided into two camps: one who has a future-orientation, an inherent self-belief that their future will improve, and another who focuses more on a fixed reality. In other words, some people have the confidence they will get smarter or better at a task, and others don't. This activity is designed to help you think about your future and create the steps to achieve your goals.

SUGGESTED STEPS

1. Writing Assignment (15 minutes): Think of a goal you have outside of school. Maybe it's to make a sports team, to get a good job someday, or to find a group of friends you love spending time with.
 - Write down 2-3 sentences about why that goal or wish is important to you.
 - Give four examples of how your life would be positively impacted by accomplishing that goal or realizing that wish and four aspects of your current reality that might prevent you from accomplishing your goal or wish.
2. Peer Sharing (15 minutes): After you've completed the writing assignment, pair up with someone or get into a group of three and take turns sharing.
3. Group Sharing (10 minutes): Pick someone from your group to share in front of the entire class.
4. Writing Assignment (5 minutes): Now that you have thought about your goals outside of school, think of a goal you have that relates to school and/or your education.
 - Write down 2-3 sentences about why that goal or wish is important to you.
 - Give four examples of how your life would be positively impacted by accomplishing that goal or realizing that wish and four aspects of your current reality that might prevent you from accomplishing your goal or wish.
 - This step can either be done in class or assigned as homework.



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