

11A 2.1 My Life in 10 Years

PHASE OVERVIEW

Students will carry out a set of self-reflection activities, with their mentor's support, to better understand their interests, skills and the links between their passions and career pathways.



LESSON OBJECTIVE

Students will be able to envision their desired lifestyle 10 years into the future.

PURPOSE

To prepare for the post-secondary process ahead, students need to first have a picture of where they want to go. This vision for the future can help increase motivation and strengthen planning for all the steps it will take to achieve that vision. In this lesson, students will develop a holistic vision of a happy and successful life. This vision can serve as a foundation for both their career exploration and post-secondary pathway selection.

AGENDA

5 min	<i>Do Now: Mentor Response</i>
25 min	<i>Learn and Engage: My Vision Board</i>
10 min	<i>Mentor Connection</i>



KEY TAKEAWAY

By thinking about what I want my future to look like, I can make thoughtful decisions now that will set me on a path towards my goals.

PM NOTES:

Students may need to review how to copy/paste images on their computers. There is not enough time in this lesson to present the vision boards but you may want to print them and display them at the next event!

The vision board template should appear when students open this week's Platform lesson. If it does not, you can have students access the file by going to the hamburger menu, clicking on "Files," and then clicking on the "My Vision Board" link.

MATERIALS: [2.1 Presentation](#), [2.1 Handout](#)

Do Now: Mentor Response		PM Notes:
Students will log into the iMentor Platform.		
Slide 2: 5 min	TALKING POINTS Please log into your iMentor account. Read your mentor's message and respond. Then, share 1 high and 1 low of this week.	

Learn and Engage: My Vision Board		PM Notes:
In this activity, students will create a vision board of their future selves. Developing a clear and thoughtful image of their future selves will help motivate students.		
Slide 3: 1 min	<i>Have a student read the key takeaway.</i>	
Slide 4: 3 min	TALKING POINTS <ul style="list-style-type: none"> When you plan for your future, you are really planning for a person you don't yet know: your future self. Envisioning what would make your life happy and rewarding in the future will help you identify choices you can make now to help you attain that future life. Today, you will create a vision board - a collage of images - that shows what a happy and rewarding life for you would look like 10 years from now. 	
Slide 5: 1 min	TALKING POINTS Here are some guiding questions that you should think through as you work on creating your vision board. <i>Have a student read the questions aloud.</i> <ul style="list-style-type: none"> What would your life look like as a happy and successful 26/27 year-old? Who surrounds you? Who is close to you? Where do you live? What does your family/home look like? What kind of community are you involved in? What do you do for fun? How do you spend your free time? What sorts of hobbies or interests do you have? What does a typical week or weekend look like for you? 	

Slide 6 20 min	WORK TIME Log into the Platform & scroll down on this week's lesson. Use the guiding questions to find images online that fit your future vision and copy/paste them onto your vision board. PM Notes: <i>Circulate the classroom to monitor student progress and provide support as needed.</i> <i>Ask students questions like:</i> <i>"What does this image show or tell about your future self?"</i> <i>"Tell me about why you added this [image, word, etc.]"</i>	
Slide 7 Mentor Connection	TALKING POINTS Now let's write to our mentors.	
Slide 8 Extend	<i>If you have additional time remaining, consider asking students what new information they have learned from their mentor's message.</i>	



Mentor Connection

MENTEE PROMPT

Use the guiding questions to find images online that fit your future vision and copy/paste them onto your vision board.

- What would your life look like as a happy and successful 26/27 year-old?
- Who surrounds you? Who is close to you?
- Where do you live? What does your family/home look like?
- What kind of community are you involved in?
- What do you do for fun? How do you spend your free time?
- What sorts of hobbies or interests do you have?
- What does a typical week or weekend look like for you?

Share with your mentor:

Pick a word or image that you have added to your vision board. Why is it important to you?

I added ____ to my vision board because...

This is important to me because...



OVERVIEW

Today's class helped build your mentee's "why" for post-secondary planning by helping them explore a vision for their future self. Students worked on creating vision boards for themselves to think through what they hope to be true for their future. Your mentee's vision board is attached to this week's lesson for you to view.

We often ask students what they want to be when they grow up. However, most adults who ask that question are only interested in an answer that includes a job. This class and unit will focus on potential careers and also what students hope their life will look like more holistically. As you respond today and in the coming weeks, please remember to model and reinforce this holistic approach.

RESPONSE:

- 1. Share your high point and low point for the week.**
- 2. Share your thoughts on your mentee's vision board. What stands out?**
- 3. Tell your mentee how your vision of yourself has changed from one that you have previously had (either from what you thought when you were in high school or some years from the past).**