

11B 2.1 My Life in 10 Years

PHASE OVERVIEW

This phase will begin in December and last until the end of February. 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. Pairs will work on a resume that the mentee can use to apply to summer opportunities of interest.



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.

FACILITATOR 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!

We recommend creating a Google Classroom assignment for the Vision Board and having students share the link with their mentor.

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

Do Now: Mentor Response		Notes:
Students will log into the Platform.		
Slide 2: 5 min	TALKING POINTS Please log into your Platform account. Read your mentor's message and respond.	

Learn and Engage: My Vision Board		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 - 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> - 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 Use the guiding questions to find images online that fit your future vision and copy/paste them onto your vision board. 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

Pair Prompt:

Reflecting on your hopes and dreams can help you plan for your future! Mentee, create a vision board of what you want your life to look like 10 years from now, then share it with your mentor. We recommend using Google Docs to make your vision board and attaching it to your Platform message.

Mentor, share how your vision of your future has evolved over time.

Self-Reflection Prompt (for unmatched students):

Reflecting on your hopes and dreams can help you plan for your future. Create a vision board of what you want your life to look like 10 years from now, then share it with me. You can use Google Docs to make your vision board and attach it to your Platform message.