

Activity Title: "Possible Selves"

Objective: Encourage students to envision their future selves, set goals, and consider potential obstacles.

Materials Needed: Pen/pencil and paper for each student.

Instructions:

Step 1: Introduction (5 minutes)

Explain the purpose of the activity: to help students think about their future selves and set goals, as well as identify potential roadblocks. Provide a brief example:

"I want each of you to think about your future self. What do you aspire to be? It could be a cosmetologist, construction worker, college graduate, doctor, parent, educator, accountant, or anything else. Today, we'll discuss the steps you need to take to reach that goal and what could get in the way."

Step 2: Goal Setting (10 minutes)

Ask each student to choose a future goal from the list or their own aspirations. Have them write it at the top of their paper.

Give students time to think and list the specific steps they need to take to achieve their chosen goal. Encourage them to be as detailed as possible.

For example, if their goal is to become a doctor, they should write down steps to achieve this like getting A's in my classes, setting time aside to study, looking at job shadowing or internship opportunities, to name a few.

Step 3: Sharing Goals (5-10 minutes)

Invite a few students to share their chosen goal and the steps they've outlined with the class. Provide an example:

"For instance, when I was in 8th grade, I envisioned becoming a teacher. Here are some steps I thought were necessary to reach that goal."

Facilitate a brief discussion after each sharing session.

Step 4: Identifying Obstacles (10 minutes)

Transition to discussing potential obstacles. Ask students to think about what could prevent them from reaching their goals.

Have each student write down at least 5 potential obstacles or "opposite action" that could hinder their progress.

Step 5: Sharing Obstacles (5-10 minutes)

Invite a few students, including teachers if they are willing, to share the obstacles they've identified. Provide an example:

"To illustrate, some things that could have derailed my goal of becoming a teacher were missing school, partying instead of studying, etc."

Discuss as a class how these challenges can be overcome.

Continued...

Step 6: Reflection (5 minutes)



Conclude the activity by asking students to reflect on what they've learned, and write down a few things that can start now to reach their goal. Encourage them to think about how setting goals and being aware of potential obstacles can help them on their journey toward their future selves' visions.

