

Aspiration – Who is your future self?

Purpose:

To encourage students to think about their future self and what they want for their future.

Student Success Criteria:

I can use my interests, values and strengths to think about my future self.

Time:

30 minutes

Introduction:

Aspiration involves having a will to succeed and a desire to achieve. It involves having hopes and dreams for the future and striving to be your best self. Aspiration is a vision for what we want to achieve in the future.

In this lesson students will explore what vision they have for themselves, and use their interests, values and strengths to create this image of their future self.

Activity:

1. Class brainstorm – what is important for our future self?

Facilitate a discussion that focuses on students thinking about what things are important to them in the future. For example, their relationships, values, interests/hobbies, community, support network, access to supports, home and dreams.

*Brainstorms and class discussions can be facilitated in a number of ways. Online learning tools such as Padlet, NearPod, SeeSaw and shared documents (Google, OneDrive) are great for facilitating an interactive and engaging class brainstorm.

2. Provide students with the worksheet attached (can be completed digitally). This worksheet is designed to encourage students to think about their future self from a number of perspectives – career, hobbies, qualities, connections and dreams. Students can respond to the questions with words, pictures and questions.

Concluding reflection:

Encourage some students to share their future self-worksheet in small groups or to the class group. This is important for creating a culture of aspiration within the class and encouraging students to support each other's dreams.

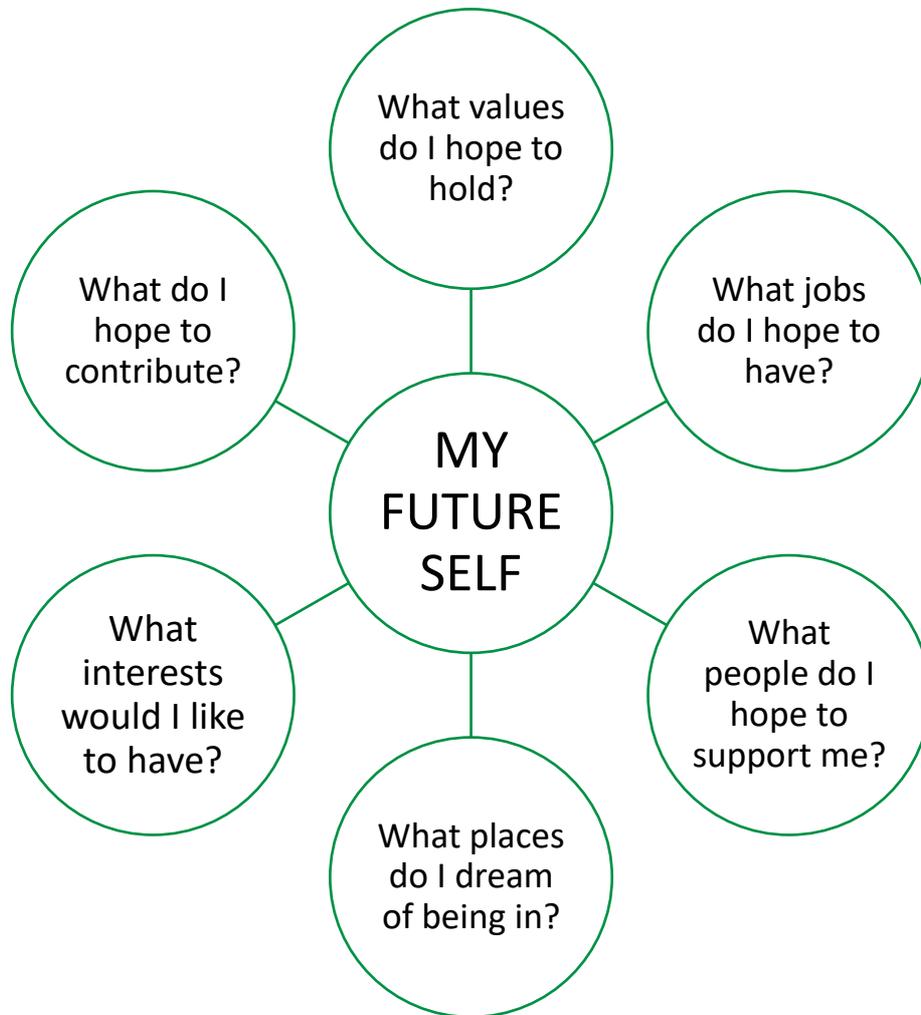
Further reflection: get students to revisit their idea of their future self later in the year. Has anything changed? Are their dreams and visions for themselves the same or different? Have things happened that have influenced changes?

Prepared by Annika Miesen, July 2020

Who is your future self?

This activity will help you think about who your future self is. If you can understand yourself and the person you want to be in the future, it will help you bounce back from challenges along the way.

Next to the circles below write your response to the questions with words, pictures and questions:



Future me statement

Describe below the type of person you hope to be in the future. One question we can ask ourselves to help us think about this is, *how would I like others to see me?*