

## 1

## SESSION 1: IT IS ALL ABOUT ME! MY FUTURE PLANS START TODAY

## ACTIVITY #2: WHAT'S YOUR DREAM?

### *Opening Discussion:*

Ask students to think about their values, skills, and interests as they look ahead to their life after high school. Then, ask them to list many of those options (military, work, trades, college). To focus the attention on the importance of college, ask students to think about lifestyle choices—career, car, house, etc.—and share information about how a two- or four-year college degree can help them reach their goals.

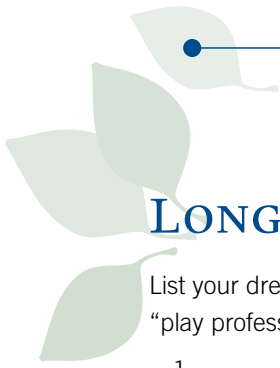
If computers are available, part of the initial discussion should involve searching helpful websites (Center for Student Opportunity's College Center—[www.imfirst.org](http://www.imfirst.org), College Board—[www.collegeboard.org](http://www.collegeboard.org), ACT—[www.actstudent.org](http://www.actstudent.org)) to show students how to do career and interest searches. Cyber Guidance—[www.cyberguidance.net](http://www.cyberguidance.net)—is a good site that has an excellent section on jobs, what education is required for various jobs, and where certain job/career interests can lead a student. Additionally, [www.payscale.com](http://www.payscale.com) shows salaries by job. If computers are not available, refer students to the websites to visit when they do have computer access.

### *Activity/Handout:*

#### **Long Term Dreams/Goals**

### *Instructions:*

1. Distribute the Long-term Dreams/Goals handout.
2. Give students 10–15 minutes to complete the worksheet.
3. Bring the students back together and facilitate a follow up discussion about their responses.



## LONG-TERM DREAMS/GOALS

List your dreams/goals, such as “design clothing,” “draw architectural plans for my dream house,” “play professional sports,” “become a doctor,” etc.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

What are the first steps to achieving these goals? List them here:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

List how a postsecondary education can help fulfill these goals:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

From NACAC's *Guiding the Way to Higher Education: Families, Counselors, and Communities Together*, 2007.