

Session 11
My Dreams – My Goals – My Future

Goals

- To give students an opportunity to plan long-term goals

Materials

Activity 1
Activity 2
Activity 3

Procedure

Greet the students. Wait until the students are seated and quiet. Reintroduce yourself to the students if necessary. Briefly describe the goals of today's lesson.

Script

“Good Morning! I hope all of you have had a good week so far. Let's review quickly what we learned from the last session.” (Mentor will call upon group members to respond.)

“It is hard for me to believe that this is our last group before our closing activity. Today we will talk about looking to the future. As 6th graders the only future you may be thinking about now is summer vacation.”

“However, this year has probably gone by a lot faster than you thought it would and before you know it, you will be entering high school. It is not too early to start thinking about your future and what you might want to do. Take a minute and think about what you will be doing in 10 years.”

Pass out Activity 1. Allow students a few minutes to complete the activity.

“Pretend that you just got together for your reunion and you are telling each other what you are doing now. You will be maybe 21 or 22 years old.” Talk to the group like you are really that old. For example: Hi _____. I can’t believe it’s been 10 years since I saw you. What are you doing now? I’m working at _____.”

“Who wants to go first? (Let the students fantasize about their future. If someone says he/she lives in a big house or drives an expensive car, you could respond with, “You must have a lot of money. Where did you get it?”

Encourage every member to participate. Also, share with them what you might be doing 10 years from now.

“It is important to think about and plan for the career you want in life. Let’s consider what happens if you don’t plan. You simply take a chance on finding something you really like.”

“Whatever job you have, take pride in yourself and your work. Try to advance yourself whenever you can and realize that every job that someone does is important.”

“Be the best at whatever you do and never stop growing and learning.”

Closing the mentor session:

“Our time is almost up. Who would like to summarize our session today? Are there any questions before we go? I have really enjoyed meeting with each of you. Thank you for allowing me to spend time with you today and I look forward to our next meeting.”

“I should see you again on _____. Have a good day and a good week.”

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Activity 1: Ten Years From Now

Imagine that you are 10 years in the future. Then answer the questions below.

Activity 2: A Dose of Reality

At this age, it's hard to consider what being an adult will be like. The best word to describe adulthood is responsibility. The word "Bills" is synonymous with responsibilities. Use the career salary you chose in Activity 1 and complete this budget worksheet.

Activity 3: Future Problem-solvers

The youth of today are the problem solvers of the tomorrow. What problems will you solve in the future? Are there certain issues in your community that you want to help solve? Knowing the kinds of problems you want to solve can help you identify a future career or field in which to work.

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Activity 4: Virginia Hero

Chief Powhatan (c. 1547 – c. 1618) , whose proper name was Wahunsenacawh or (in seventeenth century English spelling) Wahunsunacock, was the leader of the Powhatan (also spelled Powatan and Powhaten), a powerful tribe of Native Americans, speaking an Algonquian language, who lived in Tenakomakah— which is now Tidewater Virginia. Powhatan was the father of Pocahontas.

In December 1607, English soldier and pioneer, John Smith, one of the colony's leaders, was captured by Opechancanough, the younger brother of Chief Powhatan and was taken to Werowocomoco. According to Smith's account, Pocahontas, Powhatan's younger daughter, is said to have prevented her father from executing Smith. However, it is also believed by some that this was a ritual intended to adopt Smith into the tribe.

Through his daughter Pocahontas (and her marriage to the English colonist John Rolfe), he was the grandfather of Thomas Rolfe. As a result of Thomas Rolfe's birth, and his descendants, the Rolfe family is considered one of the First Families of Virginia, one with both English and Native American roots.

Powhatan's burial mound is now supposedly located on the Pamunkey Indian Reservation in Virginia. Powhatan County, although located somewhat to the west of their actual territory, was named for Chief Powhatan and his tribe. In the independent City of Richmond, Powhatan Hill is believed, by tradition, to be located near Chief Powhatan's village, although the specific location of the site is unknown.

www.wikipedia.com

Activity 5: Stress Relief

Let Your Cares Fly Away

Write down your troubles on pieces of paper. Fold them into paper airplanes and send them flying! The farther the plane goes, the farther away your stress flies. Try this activity at home or get a group of friends together and create a virtual airport. The more complicated your problems, the more complex the airplane needs to be, so you may need to find a book on how to fold increasingly elaborate paper airplanes.

Activity 6: Virginia Trivia

The state motto is "Sic Semper Tyrannis" (Thus always to tyrants).