

## Session 12

### “My Dreams/My Goals/My Future” – 1

#### Goals

- To allow the students to reflect on the lessons learned this school year.
- To allow the students the opportunity to create a timeline that reflects their goals and values.
- To allow the students to thank the VA Heroes mentors for their investment of time and energy.
- To allow the students to test their knowledge of famous Virginia Heroes.

#### Materials

Activity 1  
Activity 2  
Construction Paper and Markers  
Activity 4

#### Procedure

Greet the students. Wait until each student is seated. Have a student from the class recap the previous Virginia Heroes lesson. Briefly describe the goals of today’s lesson. Choose an activity for the students to do.

#### Script

It has been so wonderful meeting with you all this school year. I hope our time together has been as beneficial to you as it has been to us. Today we will do a culminating activity that will help us to put our time together into perspective.

## Session 12

### “My Dreams/My Goals/My Future” – 2

#### **Activity 1 instructions: Timeline**

Create a timeline of your life. Write a brief description of what is happening in your life every 5 years. How long will you live? Will you marry? Will you have a family? Will you go to college? What jobs will you have? Be sure to include family information, career information, academic information, and any other information you feel is appropriate. Consider the Virginia Heroes you have learned about since the beginning of our program. Remember life can be full of ups and downs. Your timeline should reflect your goals and values, as well.

#### **Activity 2 instructions: Reflection**

Reflect on your 7<sup>th</sup> grade year with Virginia Heroes. Write about your favorite lesson(s) and activities. Which lesson(s) do you think you will always remember? Why did you enjoy it so much? How has it changed your life? Can you imagine yourself as a future Virginia Hero? Have your goals and aspirations changed since the beginning of the year? Are there some things you would like to have talked about that we didn't address? Be very thoughtful with your response.

#### **Activity 3 instruction: Thank You**

Break the class up into groups of 4 or less. Create thank you cards for your mentors in each group. [Mentors will need to supply materials.] It is important to be thoughtful. Allow each member of the group to write something in the card. Saying thank you is very important. Make the thank you genuine, memorable, and heartfelt.

## Session 12

### “My Dreams/My Goals/My Future” – 3

#### Activity 4 instructions: People Pictures

[Note: this exercise is in a separate document.] Identify the famous Virginians by their faces. Circle the correct answer.

#### Answers:

First page clockwise from top: Hazel O’Leary. Katie Couric. Howard Baugh, Tim Reid, Michael Vick; center, Chris Dougherty.

Second page clockwise from top: Eliot Yamin, Pearl Bailey, Robert Gregory,. Trey Songz, Blair Underwood, Pharrell Williams. Center: Katie Wells.

Second page clockwise from top: Ella Fitzgerald, L. Douglas Wilder, Wanda Sykes, Maggie L. Walker, Booker T. Washington. Missy Elliott.

#### Activity 5: Quote For Discussion

Read the quote. What do you think the author was trying to say?

*“I am where I am because  
I believe in all possibilities.”*

*Whoopi Goldberg (born 1955)  
American Comedian and Actress*

#### Activity 6: VA Hero

**Trey Songz** the Petersburg, Virginia native phenomenon did not always have a musical career in mind. As a child, there were no rigorous voice lessons. In fact all through high school, Trey was doing what most kids his age were doing playing basketball, throwing parties, and getting dragged to church by his grandmother. Trey is an R& B Hip Hop Atlantic recording artist. Trey Songz performed at the SOL Rally held at Elkhardt Middle School during the 2005-2006 school year. Songz, born Tremaine Neverson in Petersburg, Va., has a style of R&B crooning mixed with hip-hop posturing.

#### Activity 7: Life Skill

Live so that you will never have regrets. Stand up for what you believe in.