



To help students **reflect** and **dream** for college and career readiness, educators choose the lessons that best fit their students' needs.

- Each stand-alone lesson includes a slide deck and a student-facing, Google doc.
- Teachers can deliver the lesson online or in person.
- The 45-minute lessons can be extended, shortened, or modified as needed.

Personal Narrative

Students create narratives to explain experiences that shaped their current strengths, interests, and values

Grow Your Attribution Tree

- Understand the effects your actions have on your life
- Recognize how your actions help both you and the people around you
- Create an attribution tree to help you work towards your goals

Write Your Letter of Recommendation

- Identify your strengths that are important to you and others
- Discuss your qualities with the people around you
- Write a personal letter of recommendation to communicate your strengths to others

Imagine Your Perfect Day

- Imagine your possible future
- Expand your ideas about the future by including thoughts of people around you
- Describe your "perfect future day" to understand what you are working towards

Design Your Ideal Business

- Connect your values to a business idea
- Discuss business ideas with the people around you
- Create a presentation to attract people to your business

Goal Setting

Students set, refine, and extend both short and long term goals

Make Big Decisions

- Describe how your big decisions are influenced
- Explain how you make big decisions
- Use strategies to make a big decision

Set Short and Long Term Goals

- Identify your short and long term goals
- Decide which goals are worth reaching
- Create a plan to help achieve an important goal

Live Your Goals Today

- Identify the skills needed in various careers
- Identify what you can do today to prepare for the future you want
- Create a weekly schedule to help reach your career goals

Develop Leadership Skills

- Identify qualities that make an effective leader
- Identify leadership characteristics in people you admire
- Set goals to help you develop your leadership skills

Scenario Building

Students continually reflect on their journey and share out ideas about their future possibilities

Create Your Vision Board

- Image your hopes and goals for the future
- Understand how a vision board can represent your possible future
- Create a vision board to represent your future goals

Discover Jobs of the Future

- Understand that some careers become obsolete, and new ones are created
- Research a career, thinking about its value to society and its possible future
- Imagine future jobs to help you plan for your own future

Think About the Future

- Ask questions to your future self
- Answer your future self's questions.
- Create a timeline that illustrates steps you could take to become your possible future self

Win the Job

- Learn the techniques for having a good job interview
- Analyze the interview of another person
- Conduct interview scenarios