

# VIBE

## Session Title: Future Goals

Duration: 3 x 45 minute sessions

### Resources:

- Whiteboard/flipchart & pens
- 'Positive & Negative', 'Self-as-role-model' & 'Personal Goals' resources
- Post-it notes
- Pens
- Means of recording (work phone/camcorder)

### Aims:

- To consider how negative and positive past experiences can influence decisions
- To identify a positive role model and to explore the impact they have on their lives.
- To discuss realistic goal setting and what steps are needed to attain them.

### Outcomes:

- Learners will be able to reflect on the consequences of life choices both negative and positive in relation to making plans for the future.
- Learners will have set a personal goal and steps to take in achieving it

### At a Glance:

- Session 1 : A Life Well-Lived  
(a game & a creative task to start thinking about priorities)
- Session 2 : Positive & Negative Influences  
(some worksheets around influences)
- Session 3 : Goal Setting  
(SMART targets)



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## Session Title: Future Goals

Timings: 45 minutes

Subject: A Life Well-Lived

### Resources:

- Post-it notes
- Pens
- Means of recording (work phone/camcorder)

### Activity:

Role models post-it game

- Ask everyone to write the name of someone they admire/wish they were more like on a post-it note, and give to someone else to stick on their forehead.

Each girl must ask yes/no questions to establish who they are. When they've guessed the post-it can be stuck at the front as a reminder of what inspires us going into the session.

Obituary Challenge

Check understanding of obituary first – something written following someone's death to honour their accomplishments and acknowledge those left behind. Often shown at the end of the news.

We're fast-forwarding to the distant future here, and you've died peacefully and painlessly at some point in your hundreds. The focus here is not your death though, it's your life.

- Each girl to write a short script – what they would want to be said on TV about their accomplishments/loved ones/legacy. Also choose the photo they would want to be used.

When this is done, learners should pass their script to someone else to be filmed. Ideally you will have some way of displaying the chosen image behind them too!

# VIBE

## Session Title: Future Goals

Timings: 45 minutes

Subject: Positive & Negative Influences

### Resources:

- 'Positive & Negative' & 'Self-as-role-model' resources
- Pens

### Activity:

#### Pair Work

- Which people places and events have had a positive effect on you, and which a negative? Encourage them to ask questions about their partner's responses, reassuring them that this needn't be shared with the group as a whole. Fill in sheets and ask for feedback from those prepared to volunteer it.

#### Role models activity

Return to the post-it notes. If possible, stick these on a whiteboard with some space around them. Learners come up to the board and annotate each person with qualities which make them inspirational, starting with their own to get the ball rolling.

#### Self-as-role-model

Other people may already see you as a role model, or have the potential to.

- Fill in the table (using the qualities on the board as a prompt), with attributes you already possess, ones you sometimes possess and ones you would like to possess.

# VIBE

Session Title: Future Goals

Timings: 45 minutes

Subject: Goal Setting

## Resources:

- Whiteboard/flipchart & pens
- 'Personal Goals' resource

## Activity:

- Begin by establishing potential priorities.

Ask the learners to shout these out and write on the board – prompt to ensure the following end up on the board:

Career – family – education – friendships – creativity – community – making a difference

Ask the learners to pick 2 priorities (one must be career) and explain we are going to write targets that link to those priorities.

To demonstrate the meaning of SMART goals, write on the board:

Career

- I will be a famous actor
- I will be audition to be in the school play next month

Which of these is SMART? Why? Annotate with each of the initials

- Learners fill in their personal goal sheets