

## Future Self Lesson 1: Sophomores

Nov. 7, 2017

	Lessons	Standards
<b>Last Week</b> Oct 30 – Nov 3	Early Release – No AG (Mon) Team Building Lesson (Tues)	SEL 2: Social Belonging
<b>This Week</b> Nov 6 - 10	<b>Future Self Lesson 1</b> (Tues) Veterans Day – No School (Fri)	SEL 1: Self-Regulation SEL 2: Social Belonging & Growth Mindset
<b>Next Week</b> Nov 13-17	Early Release – No AG (Mon) Future Self Lesson 2 (Tues) End of Grading period (Fri)	SEL 1: Self-Regulation SEL 2: Social Belonging & Growth Mindset

**Materials:** Possible future-self worksheet (placed in your box)

### Procedure:

1. Begin advisory according to personal preference.
2. Take attendance.
3. Read Announcements.
4. The purpose of this lesson is to help students develop visions for their future self and to understand that planning for the future begins now.
5. Begin the lesson by telling the students that while their advisory lessons are focused on preparing for success in some type of post-high school education or career, the longer-term goal is to prepare them for a life of success after high school and for them to become contributing and active members of their families and communities.
6. Tell students that it is very hard to prepare for and choose the right postsecondary program if they don't have a sense of where they want to go in life and what they want to do. With that in mind, today's advisory lesson will focus on envisioning the best possible futures that students can imagine.
7. Tell students that we will call those visions for the future the students' *possible selves*.
8. Hand out a copy of the **Possible Future Self Worksheet** and asks students to fill it out individually.
9. If there is time, have students share some of their visions. If you feel comfortable maybe share what you thought/think your life was/is going to be like 20 years after your 10<sup>th</sup> grade year.
10. Make sure that students hold onto their worksheet or put them in their portfolios for the next lesson.
11. End advisory according to personal preference.