

2

Decide What You Want Your Life to Be Like in Ten Years

TRANSITION OBJECTIVE

Students will participate in a visualization activity to focus on the lifestyle they see for themselves in ten years.

RELEVANCE TO SUCCESSFUL TRANSITION

Having a plan for the future begins with being able to picture your future. With this in mind, it is possible to develop strategies and plans to get the future you want. There is no better time than the present for students to begin to focus on their future.

INSTRUCTIONAL SEQUENCE

❑ STEP 1: Update Journal

In ten years I will be . . .

❑ STEP 2: Convene Roundtable

"The way I will feel about my life in ten years is ____."

❑ STEP 3: Advance Organizer

"Today you will determine how you want your life to be in ten years."

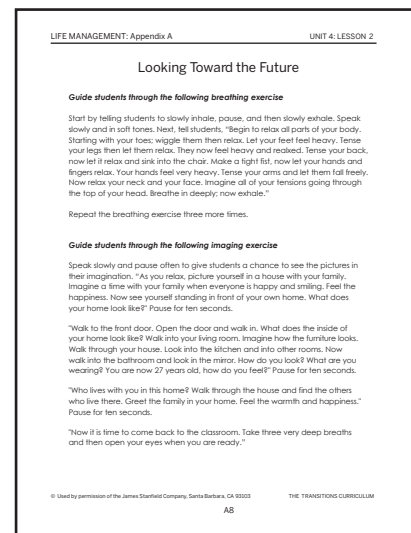
❑ STEP 4: Activity - 15 Minutes

Before you start the lesson, prepare resources for an art activity: computer art software, clip art, magazines, markers and other art supplies. Start the lesson with guided visualization. Explain that because this unit is about having a happy family life, each student should think about their future family. Begin with a relaxation exercise. "Everyone get into a comfortable position. Close your eyes and breathe deeply." Using examples from the guide **Looking Toward the Future** lead students through the relaxation and imaging exercises.

❑ STEP 5: Activity - 30 Minutes

After the exercise, have the following questions on the board and go over them with the students: "What will I look like? Where will I live? Who will live with me? Where will I work? What will I do with my free time? What are my goals?" Tell students to think

about their answers to these questions as they complete the next assignment.



Have students create a picture/computer image to show how they will live and what they will be doing in ten years. Circulate through the room encouraging each student. Tell students that they will share their *Me in 10 Years* creation with the class. Give students time to finish the project. Have them share during class or on the following day.

❑ STEP 6: Evaluate Outcomes

In ten years I want my life to be "____."

□ STEP 7: Connecting Activity

Talk with a friend or family member about how you see yourself in ten years. Ask them to share their own thoughts about their life ten years from now. Ask what they thought their life would be ten years ago.

KEY WORDS

future**family
visualize****children****planning
relaxation****responsibility**

MATERIALS AND PREPARATION

- Student Handout: **Looking Toward the Future**, Appendix A, page A8.
- Prepare for the visualization activity.
- Write questions on the board. Prepare for the art activity with electronic resources and art supplies.

SCANS FOUNDATION SKILLS

- Basic Academic Skills: Listening, Speaking
- Thinking Skills: Creative Thinking, Visualizing
- Personal Qualities: Self-Esteem, Self-Management, Integrity/Honesty