

3

Examine Images of Yourself at Various Life Stages

TRANSITION OBJECTIVE

Students will participate in an imaging exercise to examine their expectations at various life stages.

RELEVANCE TO SUCCESSFUL TRANSITION

Students are often so focused on the present that it is difficult for them to imagine the future. Positive imaging exercises can help students form a picture of themselves at various stages of life and begin to make choices to support those images.

INSTRUCTIONAL SEQUENCE

❑ STEP 1: Update Journal

The expression “growing up is hard to do” means . . .

❑ STEP 2: Convene Roundtable

“When I am 60, I would like to be ____.”

❑ STEP 3: Advance Organizer

“Today you will plan for your future and practice positive thinking as a way to help you reach your goals for the future.”

❑ STEP 4: Activity - 20 Minutes

Tell students that they will write their own *future autobiography*. To begin, show them pictures of people of various ages between 20 and 90. Explain life span and tell them that the average life span is between 75 and 80 years old. Have them examine a typical American life by taking turns reading the handout **Facts About Aging**.

Go over the seven questions on the handout **Facts About Aging** encouraging a lively discussion about what the future might hold. Summarize by reminding them that the future begins now.

140




LIFE MANAGEMENT: Unit 4 LESSON 3

Facts about Aging

In 2014, 50% of the U.S. population was married (www.pewresearch.org, 2014). If you fall into this group, you will most likely have one or two children. Recent data show nearly 33-50% of all marriages end in divorce. (New York Times, 2014).

Most people work all of their lives starting in their 20's and stopping in their 60's. Retirement is usually around age 65. Many people retire without enough money to support themselves. Matthew Finkel (www.fool.com, 2014) reported the following information:

- 34% of retirees say Social Security is their major source of income.
- Workers know they should expect to put money into a retirement savings account to use after they retire, but 38% do not save anything. Fewer companies are offering pensions, so it is up to each worker to save for retirement.



Now is the time for you to plan to have enough money to be independent when you retire. The best way to plan for retirement is to start a savings plan by the time you are 19 years old. In fact, if you save \$200 per month starting at age 19, you could have almost one million dollars* by the time you retire.

Think about these questions:

1. Do you want to marry?
2. Will you have children? How many?
3. What kind of work will you do as an adult?
4. Where do you want to live when you retire?
5. What will you do that you can be proud of when you retire?

*Based on retirement account savings plan with a 7% APR compounded interest. See <http://fool.com/retirement/when-you-retire> for more information. © 2014 James Stewart Company, Santa Barbara, CA 93103

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140

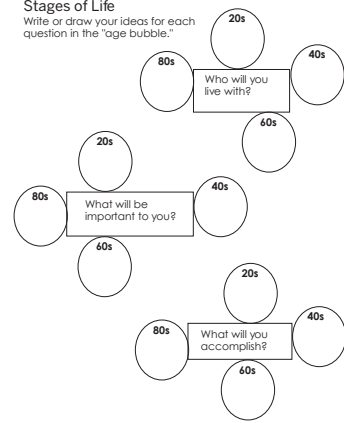
141



LIFE MANAGEMENT: Unit 4 LESSON 3

Stages of Life

Write or draw your ideas for each question in the "age bubble."



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141

□ STEP 5: Activity - 25 Minutes

Using the handout **Stages of Life** tell students to write the things they think they will be doing in each of these stages. Remind them to think about the things they imagined in the prior lessons' imaging activities. After 20 minutes have students share their information with a partner.

□ STEP 6: Evaluate Outcomes

One thing I want in my life is "_____."

□ STEP 7: Connecting Activity

Have students talk with an adult family member or friend to find out two of the life choices they made and what they learned from them. Have students take notes and bring their information to class.

KEY WORDS

life stages**supplement
dependence****marriage
survival****divorce
lifespan****poverty****MATERIALS AND PREPARATION**

- Student Handouts: **Facts About Aging**, page 140; **Stages of Life**, page 141.
- Prepare for discussion on the stages of life.
- Collect and bring pictures of people at different ages. Prepare your own version of "Stages of Life" and make a screen image, if needed, for a demonstration.

SCANS FOUNDATION SKILLS

- Basic Academic Skills: Reading, Writing, Listening, Speaking
- Thinking Skills: Creative Thinking, Visualizing
- Personal Qualities: Responsibility, Self-Esteem, Self-Management