

## Family Lessons: My Aspirations: Educator Guide

**Goal: Students will reflect on their future aspirations, including desired lifestyles and careers, in order to identify high school programs and postsecondary pathways that align with their goals.**

Family lessons provide a holistic approach to the often technical process of college and career exploration and planning. Family lessons provide an opportunity for students to pause, reflect, and explore their networks for support, while also creating space for emotional and social factors that may weigh on students. The lessons are focused on student self-evaluation as it relates to college and career readiness and planning. Students produce material they can use to guide them on the path to independence.

### Recommended Preparation

- **Select a Family Lesson.** There are family lessons for students in grades 8<sup>th</sup>-12<sup>th</sup>. Select the appropriate lesson for your students. Though each lesson is curated for a specific grade level, you may find them appropriate for broader groups of students.
- **Review the Family Lesson Student Worksheet.** Each lesson focuses on self-reflection and exploration. The worksheet provides clear instructions for students to complete the lesson. Determine how you will use the worksheet.

### Getting Started

- You may print the **Student Worksheet** for students or embed the link in the materials you share with students.

### Suggested Usage

You may choose to use this activity in a variety of ways or settings:

- In class, then assign a portion to be completed at home.
- As a task for the student to complete before an individual meeting.
- As homework.

## Family Lesson: My Aspirations: Student Worksheet

**Goal:** You will reflect on your future aspirations, including desired lifestyles and careers, in order to identify high school programs and postsecondary pathways that align with your goals.

### Part I: Journal

Journaling can help you tap into what makes you, you. One way to think about what makes you, you, is to ask yourself: what or who do I want to be? Is there a particular lifestyle I want as an adult? Is there a high school with a career pathway option or other program that can help me get to where I want to go?

**What or who do I want to be?** What type of life do I aspire to have? Is there an adult in my life who has that life? Is there a type of career or job that I could see myself doing?

**Is there a particular lifestyle I want as an adult?** What matters most to me in life? What are my goals in life?

**Is there a high school with a career pathway or program that can help me get to where I want to go?** Will I have the chance to choose my high school? If I do, how are the high schools different? What type of academics, activities, or extra-curricular programs are available in high school that can help me reach my goals?

**Now, take some time to write and reflect:**

- Go to **My Plan** and then **My Journal**. In the **Career Journal** section, find **prompt #08**:  
*What or who do I want to be? Is there a particular lifestyle I want as an adult? Is there a high school with a career pathway option or other program that can help me get where I want to go?*

### Part II: Checklist

Think about the following statements and decide which are true for you. If a statement is true, check the box.

Statements
<p>✓ <b>Check the statements that are true for you:</b></p> <p><input type="checkbox"/> I have thought about what I want to do in life when I become an adult.</p> <p><input type="checkbox"/> I have met an adult with a career that seems very interesting to me.</p> <p><input type="checkbox"/> I have heard about a career or job that seems very interesting to me.</p> <p><input type="checkbox"/> I am not interested in the careers or jobs that I have heard of.</p> <p><input type="checkbox"/> I have thought about my goals in life.</p> <p><input type="checkbox"/> I have thought about what high school will be like.</p> <p><input type="checkbox"/> I know there are certain classes or activities in high school that I am interested in taking.</p> <p><input type="checkbox"/> I do not know what my high school options are.</p>

### Part III: Share Your Story

- Ask your counselor and parent/guardian if you have the choice to select your high school. If so, ask your counselor to help you choose and request guidance in your transition to high school.
- Ask your parent/guardian to visit the high schools and to help you get more information about them.