

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

✓ Check the statements that are true for you:

- I have thought about what I want to do in life when I become an adult.
- I have met an adult with a career that seems very interesting to me.
- I have heard about a career or job that seems very interesting to me.
- I am not interested in the careers or jobs that I have heard of.
- I have thought about my goals in life.
- I have thought about what high school will be like.
- I know there are certain classes or activities in high school that I am interested in taking.
- I do not know what my high school options are.

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.