Presentation Notes
It’s My Life!
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 TERMS

- **Academic Goal**: A goal that relates to your education or training.

- **Career Preparation**: Core activities that help youth become prepared for a successful future in careers or post secondary education institutions including career awareness activities that expose young people to information about the job market, job related skills, the wide variety of jobs that exist and the education and training they require, as well as the work environment where they are performed.
• **Goal:** A statement of something a person wants or needs to do.
• **Lifestyle:** The typical way of life of an individual, group, or culture.
• **Long-term Goal:** A goal that will take more than a year to achieve.
• **Personal Goal:** A goal that is related to your individual interests.
• **Priorities**: Something given or meriting attention before competing alternatives.
• **Realism**: Concern for fact or reality and rejection of the impractical and visionary.
• **Short-term Goal**: A goal that can be achieved within a year.
• **Values**: Relative worth, utility, or importance.
LONG TERM VS. SHORT TERM GOALS
LONG TERM VS. SHORT TERM GOALS

**SHORT TERM GOAL:** A goal that can be achieved within a year. Ex: study for a test, finish an essay, do chores, plan for the summer. *CAN BE A STEPPING STONE FOR A LONG-TERM GOAL*

**LONG TERM GOAL:** A goal that will take more than a year to achieve. Ex: go to college, save for your dream car.

Goals need to be realistic, specific and measurable. A person cannot expect to lose 100 pounds in a month. Make sure the goal is something you can realistically attain within a set time period. Short goals can be reached within a short time period, usually within one year. A short-term goal can be a stepping stone toward a long-term goal – a goal that takes more than a year to accomplish.
Jot down 3 short-term goals and 3 long-term goals
Make at least 1 short-term goal lead to a long-term goal
Share your goals with a partner
  – Answer the following:
    • Do the goals fit in the right categories?
    • Are the goals realistic? Why or why not?
    • If not, what can be done to make the goal(s) realistic?

Give the students 10 minutes to write down their goals. Then have them pair up to discuss the goals by answering the questions above.
In order to reach your goals, you must believe in yourself!

Play the song “I Believe I Can Fly” by R. Kelly
• Write down a list of things you think you cannot do.

• Then, cross out “I cannot” and write “I can”
  – Ex: I Cannot I can be a great cook!
  – Ex: I Cannot I can run a marathon!
  – Ex: I Cannot I can ace the math test!

Play the song “I Believe I Can Fly” by R. Kelly
What are some obstacles in your life? Give students time to reflect and share personal stories.

• Always work toward your goal! If not, you’re working against your goal.
Everyone has obstacles at one time or another during their lifetime. Obstacles teach you to how to face adversity. The key to overcoming difficulties in your path is to believe in yourself! You must have the drive, perseverance and ambition to continue going and reach your goals.
• There will always be obstacles! The way to determine success is by the way you handle them!

People around you will see the way you handle obstacles in your life and will learn about your character by your actions. At some point in your life, you will have an obstacle, from challenging school work, to challenges at work to medical concerns. Think about the way you choose to handle each obstacle that comes your way. If you choose to handle it with confidence, determination and willpower, you will overcome the obstacle. If you avoid the obstacle, you will never overcome the adversity. Either way, the manner in which you handle the obstacle will teach you about yourself.
There are many individuals who were either born into adversity or who experienced it during their lifetime. Obstacles are events we all must go through before attaining our goals.
Never let anyone discourage you from aiming for or achieving your life goals. Many individuals have overcome adversity and achieved greatness – you can TOO!

**Individuals/Obstacles**

Thomas Edison: ADHD
Edgar Allan Poe: Death of loved ones
Helen Keller: Deaf and blind
Albert Einstein: Dyslexia
Beethoven: Deaf
Stevie Wonder: Blind
Maya Angelou: Molestation
Julius Caesar: Epilepsy
Johann Sebastian Bach: Orphaned at age 8

All of these individuals overcame adversities in their lives to become famous for different reasons.
There are many areas in your life in which to make goals. Today we will plan our academic and personal goals.
My Personal Timeline (see All Lesson Attachments tab)
Explain Eight Year Plan Project and Project Rubric (see All Lesson Attachments tab)
Questions?
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