

# Connections Activity

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<b>Title/Skill:</b>	My Life: Past and Present/Goal Setting
<b>Connection Goal:</b>	Academic/Personalization
<b>Grade Level:</b>	9-12
<b>Month:</b>	October
<b>Time Needed:</b>	2 Connections periods

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**Handouts/Materials Provided:**

- Markers
- Big Sheet of Paper

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**Summary of Activity for the Advisor:**

1. Give each student a piece of newsprint and a magic marker. Remind the group of the concept of goal-setting—deciding what we want to do and by when and that this activity is designed to help them to begin thinking about long-term goals. Define long-term goals as “goals that can’t be accomplished in a short period of time, like a few days or weeks”.
2. Direct the students’ attention to paper and give the following instructions:  
“Think about your whole life and create a timeline, beginning with the first “big day” in your life—your birthday! Draw a line on the newsprint and divide your “life” into four sections, like this: Birth-----10-----20-----30-----after 30
3. Now write down special dates that have already happened, such as: your first day of school, first friend, a family move, etc. Allow 10-15 min.
4. Next instruct the students to include future events that they hope will happen in the next few years, before age 20. Such as, high school graduation, buying a car, college, etc. Allow 10 min.
5. Finally, instruct the students to add the special events they have been dreaming about for the future. Have them indicate if it is in their 20’s or after 30. Such as, first apartment, full time job, family, special vacation, etc. Allow 10 min.

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**Read/Review/Discuss/Do with students:**

- Do we have much say about what happens to us in the early years of our lives, up to age 10 for example? Why or why not?
- How about the second 10 years? Do we get to set goals for ourselves and work toward them in our teen years?
- Is it more difficult to set goals for our teen years or our 20’s?
- Did students have similar events on their timelines? And are they at similar times?