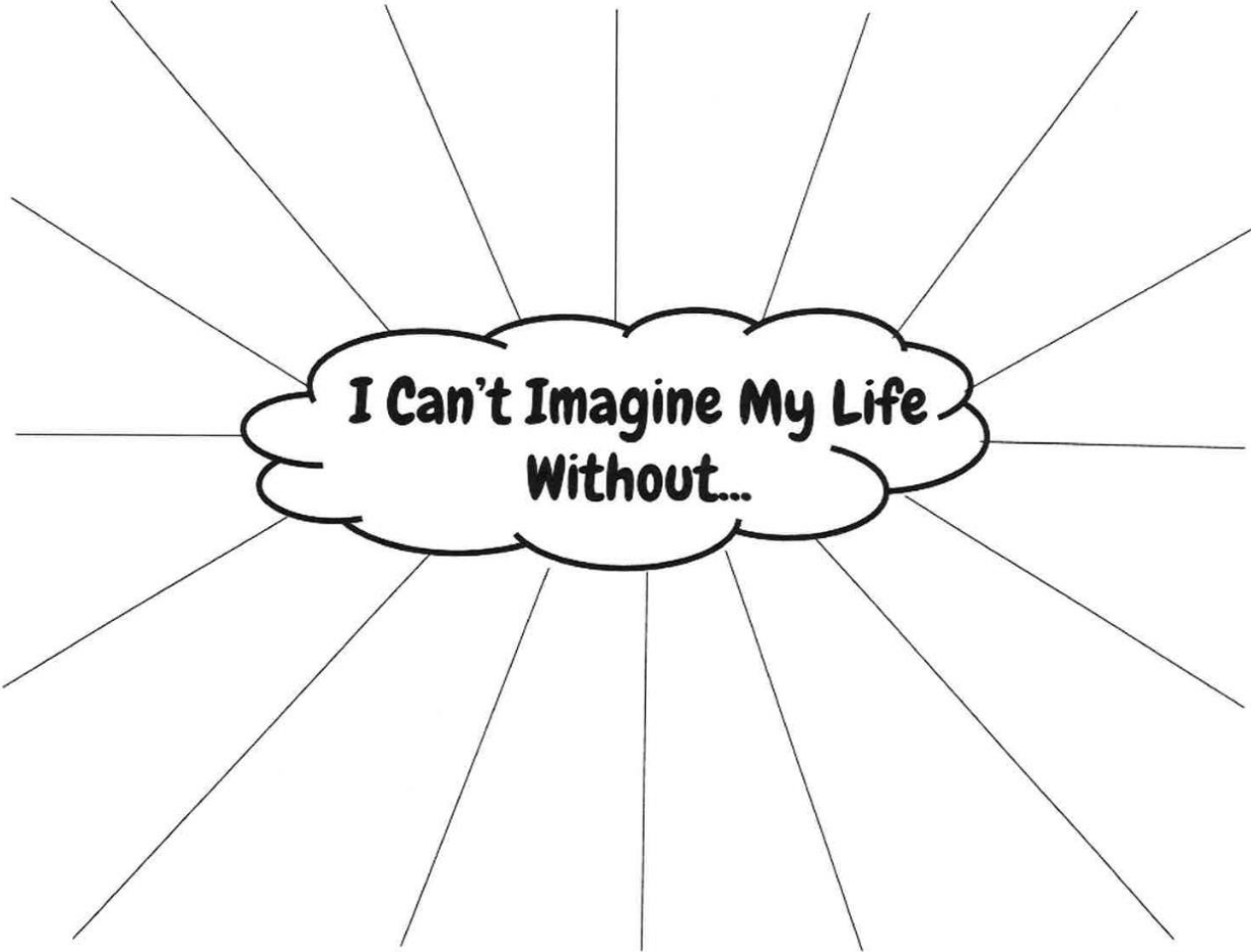


# Creating a Vision for High School

This lesson was adapted from the Yale RULER curriculum



# Connection Activity... 16 Things I Can't Live Without



# What are we doing today...

Students will work on brainstorming their personal vision for their academics, friendships and extracurricular activities while in high school.

Students will identify one SMART Academic Goal and one SMART Extracurricular activity goal to work toward this year.

“Though no one can go back and make a brand new start, anyone can start from now and make a brand new ending.”

*Carl Bard, writer*

“Don’t ask yourself what the world needs; ask yourself what makes you come alive. And, then, go and do that...because what the world needs is people who have come alive.”

*Howard Thurman, Author and Theologian*

“With ordinary talent and extraordinary perseverance, all things are attainable.”

*Thomas Forwell Burton, Abolitionist*

## Partner Share Activity

Pair Up and Discuss:

1. Which quote do you identify with and why?
2. Which quote relates to your high school experience so far?

A person wearing a plaid shirt is seen from behind, looking up at a starry night sky. In the foreground, there are snow-capped mountains. The overall scene is dark and atmospheric, with a blue and black color palette.

YOU'VE GOT TO THINK  
**BIG THINGS**

WHILE YOU'RE DOING SMALL THINGS,  
SO THAT ALL THE SMALL THINGS  
GO IN THE RIGHT DIRECTION.

ALVIN TOFFLE



# Creating an Action Plan to Reach your Vision

**Goals** are smaller pieces of the vision, while **strategies** are the concrete behaviors we will do to achieve those goals.



For example, if your **goal** is to become the lead in the school musical during your senior year, **strategies** might include taking voice/dance lessons or trying out for a small part during freshman, sophomore or junior year.



Name: Mood Meter Check-In, Before Reflection: **My Vision for Academics...****My Vision for My Relationships...****My Vision for My Hobbies, Extracurriculars, and Leisure...**

# Vision Activity

## Employability Vision for your Future

ⓘ This is a preview of the draft version of the quiz

Started: Oct 3 at 12:24pm

### Quiz Instructions

Today, we are going to work on creating a vision for your future High School self! Imagine that it is graduation day in 2026 and you are graduating on a high note. Looking back, everything went well over the last few years and you are feeling proud and grateful that your high school years turned out so great. Imagine standing there in your graduation cap and gown feeling like high school was a success -- what happened to make you feel that way? What did you accomplish during the past four years to make you feel like high school was a success?

**Question 1**

0 pts

**What is your vision for your Academics?** Think about academics and your post high school plans. What kind of classes have you taken in high school? Are there new and interesting topics you will explore? Maybe you will excel in a certain subject or will bring your grades up in another one? What will your plans for after graduation look like? Will you have a job lined up? Will you be on your way to college? Will you be enlisting in the military? If you feel comfortable, you can brainstorm your thoughts on a piece of paper or below.





**SMART Goals** Goals are smaller pieces of your overall vision that you just brainstormed. Strategies are the concrete behaviors that you will do to achieve these goals. SMART Goals are Specific, Measurable, Achievable, Relevant and Time-bound. For example, instead of saying, I want to do better in school, create a goal to earn a specific grade in your math class. Secondly, goals need to be measurable. For example, instead of saying I want to be more physically fit, say I want to be able to finish a 5k in under 30 minutes. When creating your smart goal, your goal should also be something that is achievable. Instead of choosing an extreme strategy of studying every night for four hours, choose a time frame that is more achievable while still pushing yourself. The R of SMART goals stands for relevant. Your goal should be relevant to your overall vision. The final letter T stands for time-bound. Research shows us that creating smaller, time-bound goals will allow you to feel accomplishment more quickly and will create more motivation to move forward.





A person with a backpack is hiking through a mountain valley. The person is seen from behind, wearing a grey and yellow backpack. The landscape is a lush green valley with rolling hills and mountains in the background under a clear sky.

# Remember

Creating specific goals is meant to help you feel grounded, not to cause you additional stress!

If your goals are making you feel overwhelmed, you might want to adjust them accordingly.