

Strategies to Achieve Your Vision

Employability 10th/11th
2022-2023

This lesson was adapted from the Yale RULER curriculum



Essential Question

- What actionable strategies can I use to bring my vision and goals to life?
- What emotions come up for me with various strategies?



ROCK & RUBY

What discourages you?
What motivates you?

Refresher

A **vision** is the overall picture of what we want our lives to look like.

Goals are the specific pieces of that vision.

Strategies are the actions and methods that move us closer to our goals, taking into consideration how to overcome barriers or obstacles along the way.

Let's look at some examples...

Scenario 1

Goal statement: I will get an A on my next physics test.

• **Strategy 1:** *I will study physics every Tues and Thurs nights from 7 to 8PM.*

• **Strategy 2:** *I will ask my friend (who is great at physics) if they can meet up with me the next couple Sunday afternoons to review.*



Let's Discuss!

This student will ideally try to ensure that nothing comes up during the times allotted to study.

However, what if the student's basketball practice gets rescheduled for that time one night? What if the student's family has other plans that they are not aware of during one of those times?

**How might they feel? How could they resolve this issue?
Why is it helpful to recruit a friend to help?**



Scenario 2

Goal statement: I will connect positively with as many people as I can between now and graduation.

Strategy 1: I will go out of my way to strike up a conversation with three new people each week.

Strategy 2: I will look through which after-school clubs and activities exist and join two for next semester.



Let's Discuss!

What are some potential barriers?

What feelings would these barriers would elicit?

What are some ways to work through them?



A man with dark curly hair, wearing a blue shirt and light-colored pants, is sitting on a light-colored floor. He is leaning forward, looking at a laptop on a small white round table. His hand is near his chin, suggesting deep thought. In the background, there is a black backpack and a smartphone on the floor. The scene is dimly lit, with a soft glow from the laptop screen.

Remember

Actionable strategies help us to bring our goals to life.

It's important to plan for any obstacles we might come across along the way, so that we can stay on track to reach our vision.



What are YOUR strategies?

*Let's review your completed **My SMART Goals and Strategies** handout from the previous lesson.*

Intentional & Productive Strategies

Setting a clear plan with productive strategies **should help us feel more confident** that we are moving in the right direction – leading to pleasant emotions, not unpleasant ones.

Choosing a strategy should help you feel **motivated, prepared, capable and inspired** rather than stretched too thin, overwhelmed, stressed, or frustrated.

Three Broad Categories:

- **Action and Organization:** Planning to complete tasks and using tools like a calendar to stay on track.
- **Persistence and Perseverance:** Finding ways to stay motivated when faced with challenges.
- **Revisit and Modify:** Recognizing when goals need to be changed to be more realistic.

Example 1

Let's consider our friend (referenced in the example before) who wants to get an A on their physics test.

Which category does studying Tuesday and Thursday nights fall into?

- **Action and Organization**
- **Persistence and Perseverance**
- **Revisit and Modify**



Example 1 Answer

Action and Organization, because the student is making a plan to take action and organizing a calendar.



Example 2

What category would studying with a friend fall under?

- **Action and Organization**
- **Persistence and Perseverance**
- **Revisit and Modify**



Example 2 Answer

Action and Organization because the student is making a plan to take action, and **Persistence and Perseverance** if the friends will support each other during times of low motivation.



Let's Discuss!

As a class, what other strategies might this person use? Let's brainstorm at least one more for each category...and how the strategy is likely to make the person feel

- **Action and Organization:** Planning to complete tasks and using tools like a calendar to stay on track.
- **Persistence and Perseverance:** Finding ways to stay motivated when faced with challenges.
- **Revisit and Modify:** Recognizing when goals need to be changed to be more realistic.

Sample Responses

Action and Organization:

- Make flashcards based on the week's class every Wednesday and study ten every night; **prepared**, like this is a manageable task
- Visit my physics teacher on Monday afternoons for extra help; **relaxed, supported**

Sample Responses

Persistence and Perseverance:

- Break up studying into 30-minute chunks with breaks in between so I don't get overwhelmed; **focused, rejuvenated**
- Add a picture on my vision board that reminds me why I want to achieve this goal to look at if I need to re-motivate myself; **inspired, driven**

Sample Responses

Revisit and Modify:

- If I don't get the grade I want, I can change my goal to be a certain number of points increased; **comforted, contented, satisfied**
- If studying so much for physics is hurting my performance in other classes, I can change my study habits to be more balanced; **relaxed, relieved**

Re-focus on YOUR strategies

Now, take the next few minutes and generate as many strategies for each of your goals as you can, as well as the emotions you feel in choosing this strategy.

Sum It Up!

In groups of 2-3, share:

- One thing you learned today
- One action you will take today to start working towards your goals