



Guess What?

Discover more about what your student just learned in advisory

September 2024

2024-2025 Focus

**Healthy Individuals and Communities:
Focusing on learning Responsible Decision Making Skills
with Purpose and Belonging as our strong foundation.**

This month in Advisory we are working on defining and developing a sense of **Purpose** and **Belonging** as a foundation to learn how to make responsible decisions.

Using a Japanese concept called **Ikigai**, loosely translated as “a reason for being,” students will explore their strengths, interests, passions, what they can do for work, and other goals to develop a metric for making decisions that will benefit themselves and their community. Using video clips, partner discussions and games, students are able to begin living their purpose and contribute to a sense of belonging in their environment.

Here is the lesson your students engaged with: [Click to play](#).



Try it at Home!

Consider sharing your Ikigai! We invite you to ask yourself the following questions:

What are you good at? What do you love? What does the world need? What motivates you to get up in the morning?

Explore your answers or wonderings with your student, and perhaps Invite them to share theirs. Use questions or statements to further the discussion such as; “Is there more you’d like to share?,” or “What do you imagine life would look like if...?; “ or ”I’m curious to hear more about that,” or “What do you feel moved by in the world?”

It is important to note that we, and our students, may change our minds and/or may prioritize different things at different times in our lives. This discussion can be ongoing.

Words to know

(as it relates to school and home)

Purpose:

What makes life meaningful and is connected with something larger than oneself.

Purpose provides motivation, perseverance in the face of challenges, and is an antidote to depression and anxiety.

Belonging:

Feeling seen, accepted, included and valued for the individual strengths, experiences, culture and traits one brings into a context or environment.

A sense of belonging enables students' brains to be in a calm and ready state to engage in academic, social and emotional, vocational, and professional pursuits.

Resources

Care Solace

1 (888) 515-0595

www.caresolace.com/FUHSD

County Mental Health

1 (800) 704-0900

NEW Suicide and Crisis Lifeline

Dial 988

**Refer your teen to a school-
based mental health professional
for help during the school day
(8:00a-3:30p)**

[Cupertino](#)

[Fremont](#)

[Homestead](#)

[Lynbrook](#)

[Monta Vista](#)

[Educational Options](#)