

# Discovering your passion



## Session Presenters:

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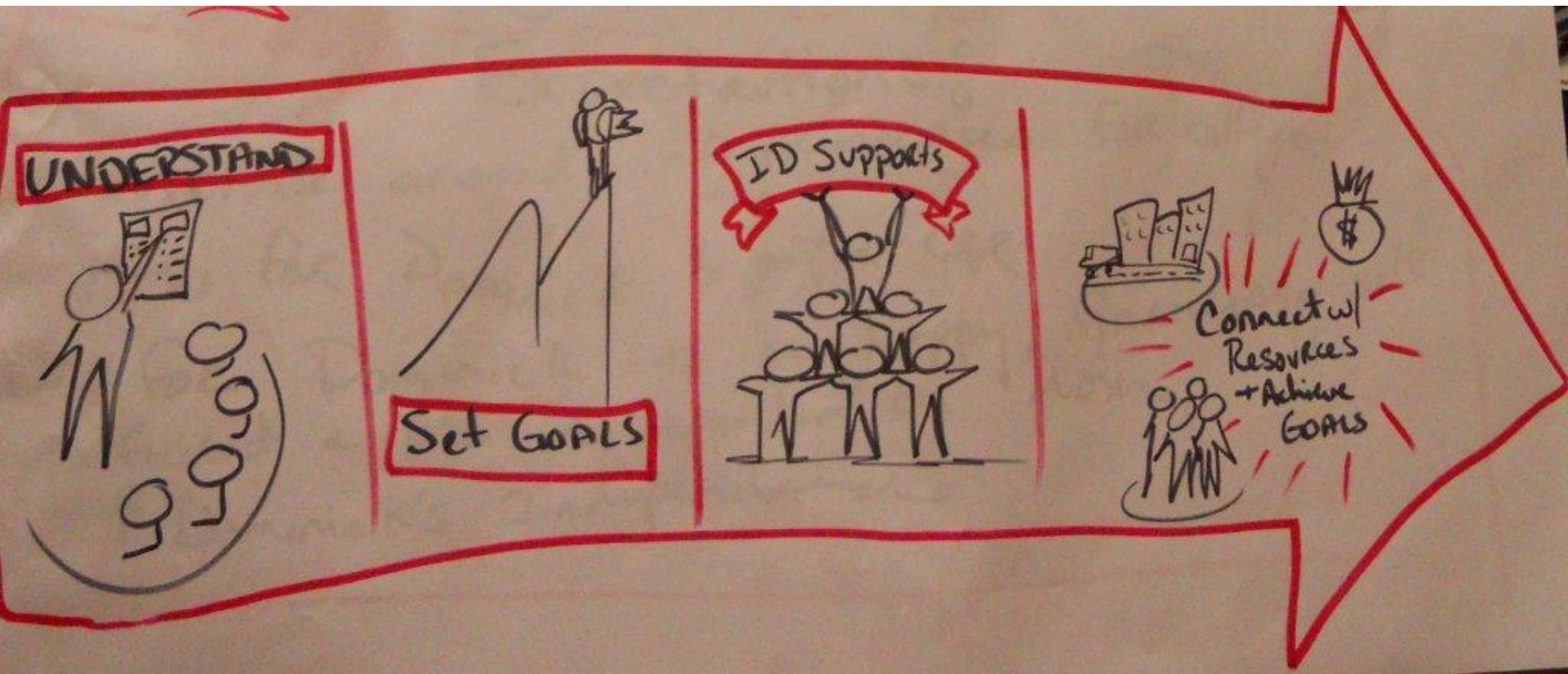
## AGENDA

- \* Getting to know me
- \* Personal Futures Plans
- \* Feedback

# Expectations for the day

- \* Take care of your own needs
- \* Be respectful of others needs
- \* Stretch your comfort zone
- \* Express yourself
- \* Have fun!

# Personal Futures Planning



# The Purposes of Futures Planning

- \* Use “Maps” to create a meaningful, personalized, individualized plan
- \* Identify strategies that help you be successful at home, school, and in the community
- \* Reflect on what you need to achieve your goals



# Creating your mask



Outside: Who are you

What are your strengths/ accomplishments

How do you want others to perceive you?

How do you want others to see you?

**Inside:** what are you afraid of?

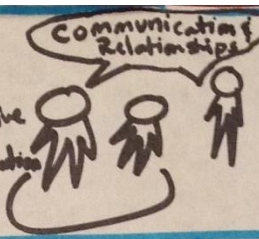
What do you keep to yourself?

What could prevent you from achieving your dreams?



## WHAT WORKS

Fosters connection, positive relationships, open communication  
Feeling at ease, understood



## WHAT DOESN'T WORK

leads to isolation, miscommunication  
Feeling uncomfortable or leads to misunderstanding

② Allowing enough time to process and answer questions

→ Clear directions / understanding of what is expected of me

• Face to face communication preferred

• Shared interests, beliefs + experiences

• Who are totally accepting  
OPEN MINDED

• Often connect w/ people who are quirky, intellectual, think about things differently

• DON'T ASSUME I'm NOT PAYING ATTENTION

• Who Interrupt me or Finish my sentences

• email - Don't usually read or will skim it really fast + might misunderstand the intent

• Who ignore or are judgemental

• Who force help onto me

• Facebook Communication = often unclear!

# What Works and Doesn't Work

Purpose: Identify situations and context that are helpful or prevent you from being your best.

There are two columns. For the first, tell us what works for you in situations that are successful.





The second column is for the situations and things that don't work for you.







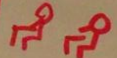

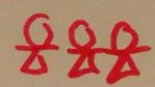

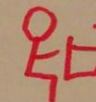
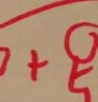
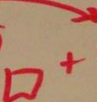

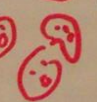
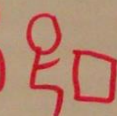
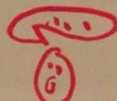
# Works

Builds connections understanding safety

- Talking → When I'm stressed, frustrated, Confused
- Given a 5 → " " " " minute break
- Given Choices of tasks, work to do
- -on learning
-  visual
- Allowed to help with tasks if/when off task
-  +  things down help me remember

# Doesn't Work

For Class...

- Being  yelled at when I am off task or doing something ~~wrong~~ wrong.
- Given negative alternatives "Do this or go to the office"
-  → Lecture learning... 
-  Teachers asking me to repeat things for the class 
- Sit whole class   +  + 
-     can't learn if too much talking & noise in class...

# Questions for what works & what Doesn't Work

- \* What works for you? What are the situations where you are more successful?
- \* What type of help is better for you in school, at home, with your friends or when you are in the community?
- \* What works when you are trying to learn something new?
- \* How do you learn best, under what circumstances?
- \* What are your best subjects in school and why?
- \* What do your teachers do that is helpful? What helps you connect with others?
- \* What makes you feel heard and understood?
- \* What makes you happy? How would I know if you were happy?
- \* What doesn't work for you or prevents you from being your best?
- \* When do you have trouble learning or doing something new?
- \* What are some things that frustrate or irritate you?
- \* What makes you angry, frustrated, anxious or bored?

DREAM BIG:  
Start Today



# Dreams



Purpose: To think about dreams, if there were no limitations, barriers, etc. If the sky was the limit what would I want for my life?







# MY DREAMS

Go to College  
 Social Work  
 Psychology  
 Culinary  
 Catering or Baking Business  
 or Hobby Baker

WRITE A BOOK  
 by Britany White

SMALL PLACE to live  
 Live in Northern State  
 NH? or Florida  
 get married

#2  
 Help young People w/ Mental Illness  
 working with People / talking to People  
 Public Speaking / Presenting about Mental Illness

#3  
 Healthy  
 - Emotionally  
 - Physically  
 - Mentally  
 - Medication straightened out so I don't  
 relapse, crazy, messed up  
 → Stable relationships w/ my siblings  
 - Good true Friends I can count on  
 Cross country trip

Go on Adventures  
 - White water Rafting  
 - Horse back riding regularly  
 - Travel  
 - U.S.A.  
 - CANADA  
 - Germany  
 - Switzerland  
 - Austria  
 - Go in Jungle

B HAPPY!

Being Financially Stable

Own Garden

Volkswagen Van



# Questions for the Dreams Map

Think about your ideal life in 5 or 10 years....

- \* What are some of the things you have accomplished?
- \* What kinds of relationships do you have?
- \* What are some of the things you have?
- \* Where are you living? With who?
- \* What type of job do you have?
- \* What do you do for fun/recreation?
- \* Where are some of the places you have been?

# Session Evaluation

- \* What worked? What didn't work?
- \* What did you like? Dislike?
- \* What could we change to make it better?

