

GPS for PACE

1. **10 min** Who am I? who are you? First day, asked all boring students leave... ICEBREAKER/INTROS. Line up according to birthday. Partner up – introduce each other. Name and best or worst part of summer!

2. Why Plan? Why set goals? WORKSHEET
 - a. **10 min** ACTIVITY: Importance of planning – tell me about a success you have experienced or witnessed. Each has own definition of success. Did this just happen by luck or fall from the sky? Or did it maybe involve setting goals and planning and working at it?
 - b. **10 min** ACTIVITY: Tell me about a success you hope to have... what steps are you taking or planning to take to achieve that? You may need help and support but ultimately, you are in the drivers seat. Have you started planning? Or just thinking about it?
 - c. Have you done any formal planning at school? 6 Year Plan or other tool?
 - d. **20 min** OPTION: *GPS goal setting : Set one goal in each of the five plans (or whichever means the most to you). Apply SMART goal writing practice. Share one with class.*
 - e. LESSON: Importance of Planning and Goal Setting. Gives direction and purpose and structure to your life.

3. Multi-dimensional aspects of life. Cause and effect – things are all connected (you, the external world, people in your life – family, friends, etc). Your life can be complicated – things happening on many fronts. They effect each other and are connected.
 - a. **15 min** ACTIVITY: Draw from hat two triangles. Also take a list of topics for each dimension. Share how one is impacting the other in your life right now. If big class, groups of 3 – share on with class.
 - i. IE: The room I study in is really hot and makes me sweaty and tired (Physical) and I have a hard time concentrating on my homework (Education)
 - ii. IE: Last year I volunteered at a grade school and helped first graders learn to read (Leadership) and because I loved it so much, I am thinking about becoming a teacher (Career)
 - b. LESSON: Holistic Approach to Wellness – you are multi dimensional and all dimensions effect the whole. Need to find balance and be aware of and pay attention to all aspects.



5 min Move to Lab. I bring up the beta site and show them around.

4. 15 min What is GPS?

- a. Ask them, what does a GPS do? That is that GPS LifePlan does – Goals + Plans = Success. Hand out Factsheets. Been at Century for two years, very successful, very much a part of the campus and culture – and so are you. Get started now.
- b. Self guided and self-defined. Structure and suggestions are provided but each LifePlan will be different because each life is different.
- c. Program = workshops/class work + web tool + eFolio. Aimed for college students mainly but works for all students. Never too early.
 - i. Workshops – campus experts share ; students learn from each other
 - ii. Web Tool – brand new, revised. Sharing with other schools cuase they think it’s great. Available to all students at all times.
 - iii. eFolio- “more serious” version of Facebook/My Space. Place to store and keep your GPS LifePlan progress. Show a couple of **eFolio examples** (WEB). Able to share with others – family, teacher, job interview (3M)

5 min I bring up site www.gpslifeplan.org/century and show them around

10 min I will show you a couple of my favorite things within the GPS website - highlight two items in each plan. I you will have time to explore and share your favorite thing.

15 min to share ACTIVITY: On your own, explore GPS web tool – at end, call on them to show and share to the group what they found that was interesting. They can come up and show or they can tell me and I will show. (I need to keep track). If time, each will have to do this. If not time, volunteers.



Career:

Personality Assessment: True Colors www.gpslifeplan.org/century/career/assess-personality.php

Learn How to Set Goals (Career) www.gpslifeplan.org/century/career/creating-plans-goals.php

Education:

Road Map to Opportunity www.gpslifeplan.org/century/education/determining-major-post.php

First Gen College Students www.gpslifeplan.org/century/education/determining-additional-resources.php

General Study Skills(favorite among Century students) www.gpslifeplan.org/century/education/studyskill-speaking-test.php#2

Finance:

Values and Goals www.gpslifeplan.org/century/finance/budget-assessing-goals.php#1

Financing Your Education www.gpslifeplan.org/century/finance/financing-intro-financial.php

Leadership

Styles: www.gpslifeplan.org/century/leadership/who-know-yourself.php

Country Studies www.gpslifeplan.org/century/leadership/global-cultural-competency.php

Diversity www.gpslifeplan.org/century/leadership/global-diversity.php

Personal

Difference Between College and High School <http://www.gpslifeplan.org/century/personal/transition-transition-change.php>

Managing Stress www.gpslifeplan.org/century/personal/mental-other-concerns.php



Second Phase Assignment/Activity

All students should already have the grid worksheet that asks for them to set 5 goals – one in each dimension (Career, Education, Finance, Leadership and Personal).

All students should also already have a Guide to Setting SMART goals sheet

Jill and Yia/Loli/Kim/Jodi present the “Setting Goals/GPS Activity 2” in class as soon as possible. This should only take 15 minutes. Presentation will include handing out the assignment and as a class we will do a sample Detailed Goal Worksheet. The demonstration can involve a goal of “Succeed in PACE”. We will do this as a large group so they see an example and get the hang of it. I will bring enough copies of the worksheets with me to the presentation.

- 1) The homework is two parts:
 - a) Fill out the GPS 5 Goals Grid Worksheet where they set one goal in each area for total of 5 goals. If they don't remember what the 5 areas are all about, they can visit the GPS website and look around.
 - b) Fill out one Detailed Goal Worksheet with “Succeed in PACE” as the goal. They should define for themselves what ‘success’ means to them.
 - c) Fill out a second Detailed Goal Worksheet for a goal of their choice (probably one from the 5 Goal Grid)
- 2) Homework is due a couple days later. On the due date, Jill and Yia/Loli/Kim/Jodi will be with the students from 1130-12 (or other designated study time). We will walk around and work with them individually to make sure the Detailed Goals are SMART and filled out and the like.
- 3) On the next day, Yia/Loli/Kim/Jodi can collect both the 5 Goal Grid and the 2 Detailed Goal Worksheets. Copies will be made and the originals returned to the students. Jill can keep the copies with the idea being that we will review them in the fall.

