Possible Selves
Student Folder Contents
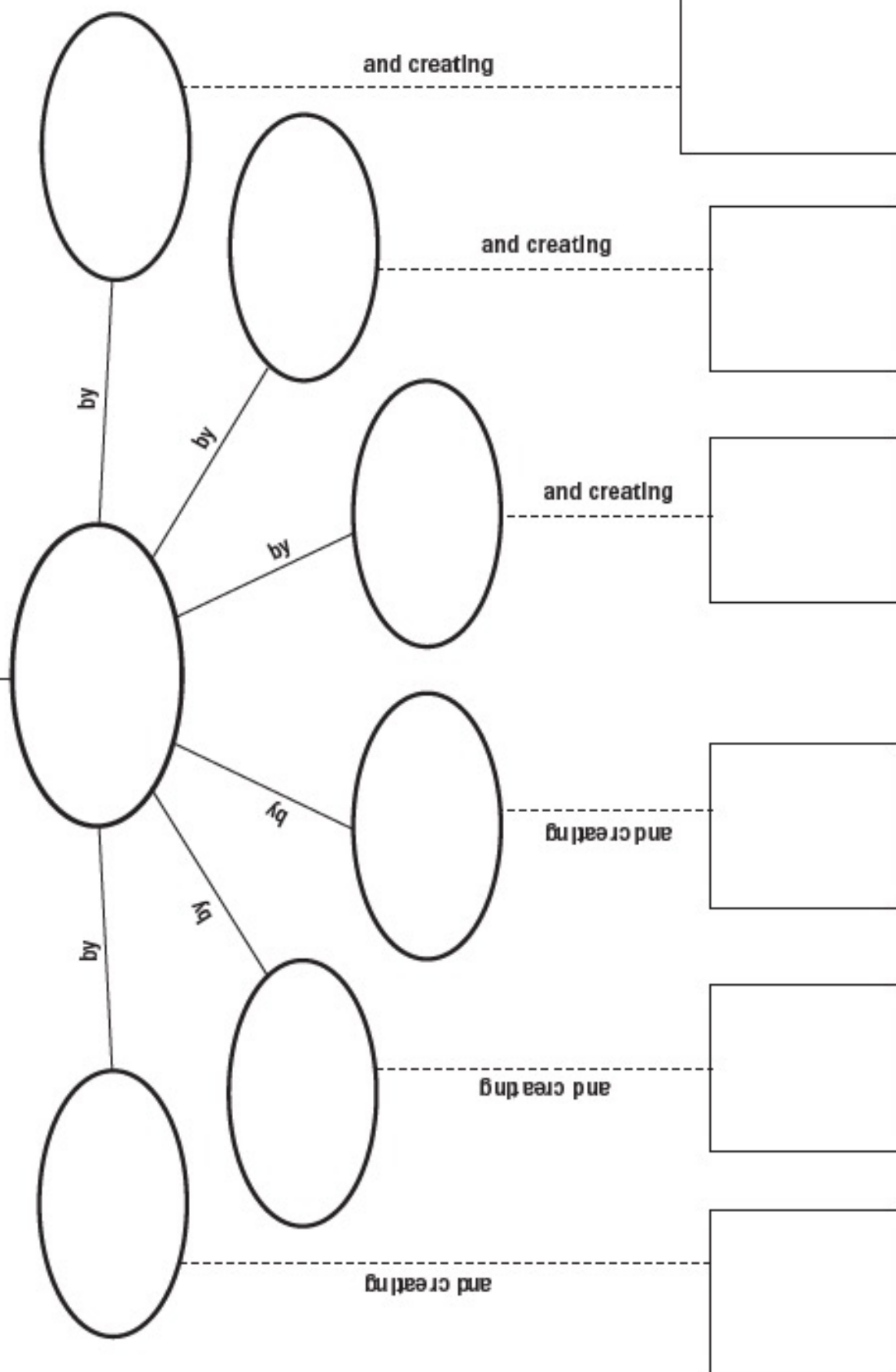
By Michael Hock, Jean Schumaker, and Donald Deshler

with Tonya Eberhart and Nhan Nguyen

THE UNIT ORGANIZER

POSSIBLE SELVES *

Is about:

by — and creating

by — and creating

by — and creating

by — and creating

by — and creating

by — and creating

PERSONAL MISSION STATEMENT

Name: _____ Date: _____|_____

What I want to do, to become, and to be like:

_____

_____

_____

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_____

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_____

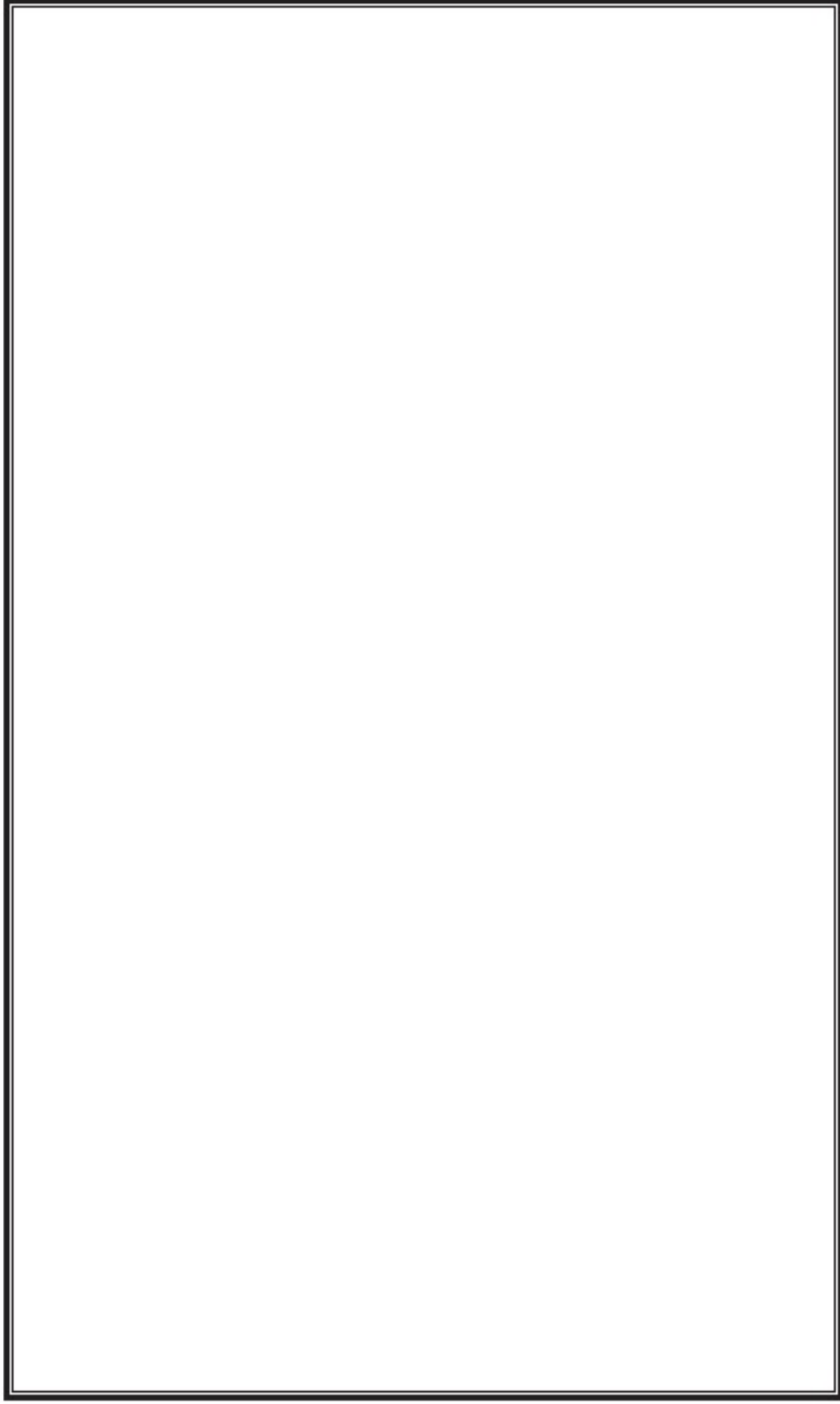*In the film, find examples that answer the following questions:*

- What was the main character's dream?

- What people or circumstances tried to block the character from reaching the dream?

- Who played a supportive role in helping the main character attain the dream?

- What did the character do?

- Who determines what is possible foryou?

- What barriers can block you from reaching your dreams?

- How does one overcome barriers?

- What positive action can various people take to help you reach your dreams?

- What kind of effort does success require?

POSSIBLE SELVES

THE POSSIBLE SELVES GOAL FOLDER OF:

A picture of my strengths, interests, and possible career:

ACTION PLAN

One of my hopes is to: _____

_____

A goal that will help me attain this hope is to: _____

_____

The action steps I need to take to reach this goal are: COMPLETION
                                                                 DATE

_____   _____

_____   _____

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_____   _____

POSSIBLE
SELVES

POSSIBLE SELVES QUESTIONNAIRE

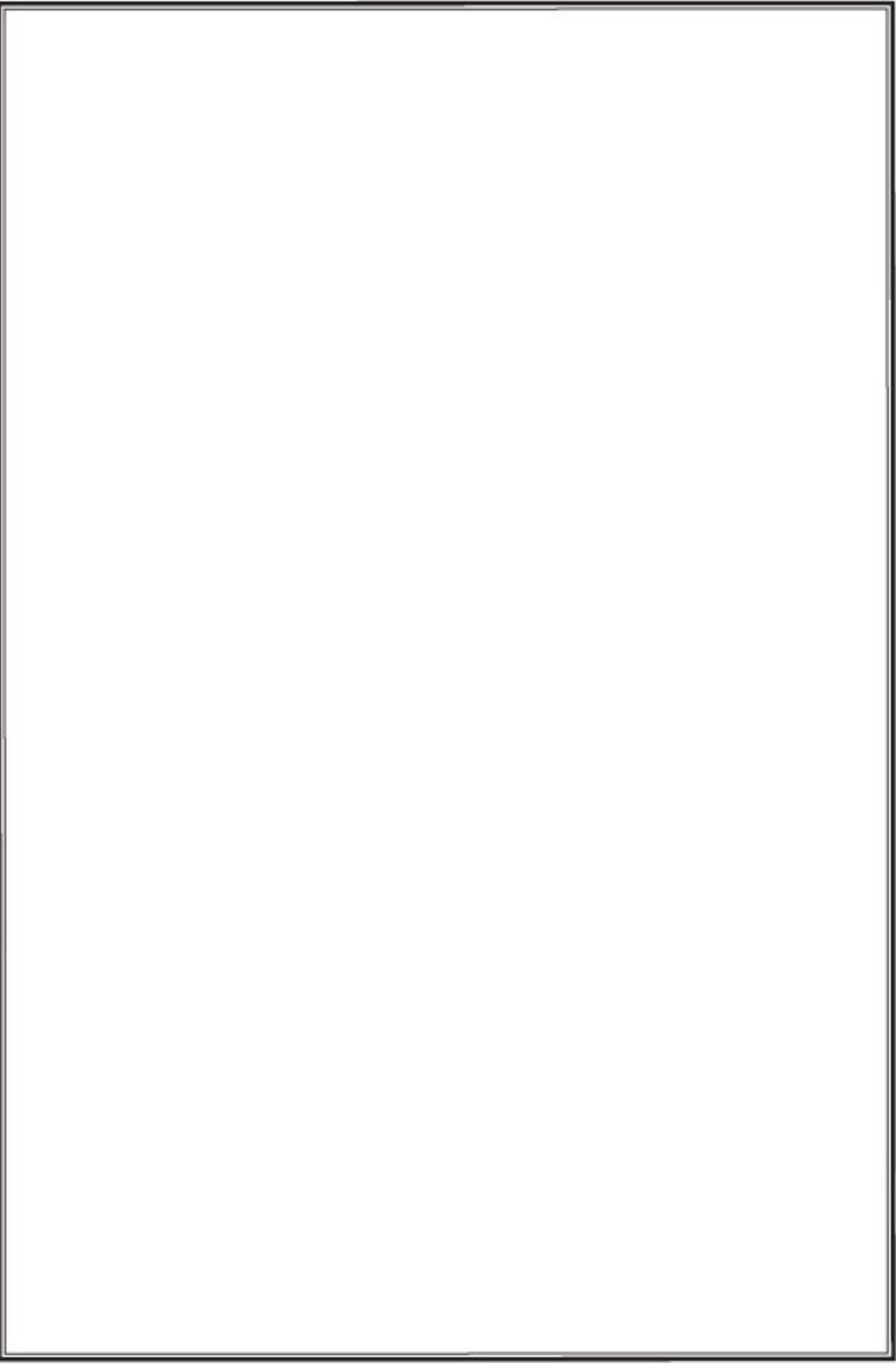| Describe yourself as a _____?	Describe yourself as a LEARNER.	Describe yourself as a PERSON.
What are your hopes as a _____?	What are your HOPES as a LEARNER?	What are your HOPES as a PERSON?
What are your expectations as a _____?	What are your EXPECTATIONS as a LEARNER?	What are your EXPECTATIONS as a PERSON?
What are your fears as a _____?	What are your FEARS as a LEARNER?	What are your FEARS as a PERSON?

POSSIBLE SELVES

POSSIBLE SELVES TREE

WHO AM I NOW?

Instructions: *Complete each phrase below with several statements.*

As a <u>person</u> I am . . .	**For a career, I would like to . . . . . .**
I am very good at . . .	**When it comes to learning, I am . . .**
5. These are some of my favorite things to do . . .	**Learning is important to me because . . .**
For me, the most important things in life are . . .	**In school, I am really good at . . .**

POSSIBLE SELVES

I like to do these things in school . . .

As a friend, I am . . .

Outside of school, I like to work at . . .

I think my family believes I am very good at . . .

As a learner outside of school, I like to . . .

As a son/daughter, I am . . .

PORTRAIT BOOK EXAMPLE

Who I Will Become

By _Alice Jameson_

As a person, I am . . .

- Fun to be with
- Kind
- A good listener

I am very good at:

- Helping others
- Playing the guitar
- Most sports

These are some of my favorite things to do . . .

- Watch movies
- Play soccer
- Go camping

For me, the most important things in life are . . .

- My family and friends
- Getting a good education
- Helping others

I admire people who are . . .

- Honest and sincere
- Decisive
- Empathetic and compassionate

PORTRAIT BOOK EXAMPLE

When it comes to learning, I am . . .

- Smart as a whip!
- Really good at math
- Persistent

School is important to me because . . .

- It makes me think and grow
- I want to get into a good college
- It introduces me to new and interesting things

In school, I'm really good at . . .

- Being a leader
- Helping others with homework
- Math and science

I like to do these things in school . . .

- Science experiments
- Make friends
- Participate in school plays

These statements describe me as a reader . . .

- I love popular fiction
- I sometimes need help pronouncing words
- I like to read about people

Outside of school, I like to read . . .

- Series of books
- Historical fiction
- With my cat

PORTRAIT BOOK EXAMPLE

As a learner outside of school, I like to . . .

- Study with my friends
- Listen to music while I work
- Surf the internet

As a friend, I am . . .

- Dedicated
- Generous
- Supportive

I think my family is . . .

- The BEST!
- A little crazy
- Very loving

As a son/daugther, I am . . .

- Loving
- Quiet
- Observant

As a brother/sister, I am . . .

- Always responsible
- Always supportive
- Sometimes a tease

DEFINITIONS

• EXPECTATION •

Something you would like to happen and are fairly sure will happen

Examples:

You might *expect* to:

Graduate from high school • Get a "B" in English
Get a job mowing lawns • Live in your home state
Make the basketball team • Pass all of your classes
Have a lot of friends • Graduate from high school

• FEAR •

Something you wish to avoid that scares or worries you about the future

Examples:

You might *fear*:

Flunking out of school • Having no close friends
Getting injured while playing football
Not getting a good job • People making fun of you
Not having a place to live • Not making the NFL
Not earning enough money to live on your own

• HOPE •

A wish or dream you would very much like to happen but you are not sure it will happen

Examples:

You might *hope* to:

Graduate from college • Serve as a state senator
Earn a medal at the state track meet • Win lottery
Own a music business • Live at the beach
Get a college scholarship • Go to the senior prom

• INDIVIDUAL STRENGTHS •

Anything you enjoy and do well – an academic, physical, or artistic skill

Example dreams related to individual strengths:

Playing college basketball
Becoming a teacher
Owning a computer company

Example expectations

Making the high school basketball team
Enrolling in all college prep classes
Working summers for a local computer company

Example fears

Not being able to play sports due to injury
Losing voice and not being able to sing

• LEARNER •

Your lifetime role as a person who learns. Includes what you are doing now and what you will accomplish in school, college, and other settings to get ready for a career and continue learning

Example learner dreams:

Earning a 3.4 GPA in high school
Graduating from college

Example expectations

Graduating from high school
Earning a 2.5 GPA in high school

Example fears

Dropping out of school
Being suspended
Getting sick

• PERSON •

Your lifetime role as a person who has relationships with him/herself and others. Includes what you do now and what you will do in the future to stay healthy and fit, and everything you are doing and will do to have good relationships with family members, friends, and members of the community

Example learner dreams:

Owning a home • Having a family
Good relationships with family

Example expectations

Having an apartment
Exercising twice a week
Having some close friends

Example fears

Living with parents
Becoming ill
Not having any close friends

• WORKER •

Your lifetime role as a person who works and earns a living. Includes what you do now as a worker – for example, when you do chores, work at a summer job – and what you will do for your possible career

Example dreams:

Becoming an architect
Owning an architectural business

Example expectations

Becoming a good draftsperson
Working for an architect

Example fears

Being on welfare
Not being able to find a good job in order to live on your own

POSSIBLE SELVES QUESTIONNAIRE

Describe yourself as a _____?	Describe yourself as a LEARNER.	Describe yourself as a PERSON.

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What are your expectations as a _____?	What are your EXPECTATIONS as a LEARNER?	What are your EXPECTATIONS as a PERSON?

What are your fears as a _____?	What are your FEARS as a LEARNER?	What are your FEARS as a PERSON?

POSSIBLE SELVES

Look at your Possible Selves tree.

1. Which tree limb has the most branches? _____
_____

2. Which tree limb has the most "hopeful" or "positive" words? _____
_____

3. Which tree limb has the fewest branches?_____

4. Which tree limb has the fewest positive words?_____

5. Which tree limb(s) need(s) to be strengthened the most?_____
_____

6. Do you wish to write a goal that strengthens the neediest tree limb?   ❏ YES   ❏ NO

    If yes, what is your top hope for this limb? _____
    _____

    If no, what other hope would be a top priority goal? _____
    _____

7. List **three** immediate short-term goals that will help you attain this hope.

PRIORITY RANKING

❏ GOAL: _____

_____

_____

❏ GOAL: _____

_____

_____

❏ GOAL: _____

_____

_____

• GOAL •

*A clear statement of
what you want to achieve and are working toward,
and when you expect to achieve it*

Examples:

- My goal is to go to college in the fall of 2022 and graduate with a degree in _____.

- My goal is to have a first-place finish in this year's track meet.

- My goal is to learn to read at 11th-grade level by the end of the semester.

- My goal is to improve all my grades by one letter grade by the next reporting period.

- My goal is to improve my relationship with my social studies teacher by the beginning of the new quarter.

- My goal is to become a diesel mechanic by the spring of 2022.

ACTION PLAN

One of my hopes is to: _____

_____

A goal that will help me attain this hope is to: _____

_____

The action steps I need to take to reach this goal are: COMPLETION
DATE

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ACTION PLAN

Name: _____   Date: _____

The Hope

One of my hopes is to:

_____

The Goal

A goal that will help me attain this hope is to:

_____

The Action Steps

STEP 1	STEP 2	STEP 3	STEP 4	STEP 5
COMPLETION DATE	COMPLETION DATE	COMPLETION DATE	COMPLETION DATE	COMPLETION DATE

Student _____ Date _____

Goal _____

HOW AM I DOING?	
STUDENT COMMENTS	**COACH FEEDBACK**

An action step I have completed is:

_____

_____

_____

An action step I am working on is:

_____

_____

_____

I need some advice on how to:

_____

_____

_____

_____

_____

_____

Comments and specific feedback:

_____

_____

_____

_____

_____

_____

Ideas and suggestions:

_____

_____

_____

_____

_____

_____