**Possible Selves Study Guide**

**Lesson 1 Why study Possible Selves?**

**HOPE + EFFORT + MENTORS = SUCCESS**

**“Hold Fast to Dreams, for if dreams die, life is but a broken-winged bird that cannot fly.” ~From “Dreams” by Langston Hughes**

**Lesson 2 Discovering Strengths and Interests**

* Brainstorm individual interests and skills:
* Make a collage of strengths and interests and what you would like to be like in the future

**Lesson 3: Thinking about Hopes, Expectations, and Fears**

**Definitions:**

**HOPE**: Something you would like very much to happen: a wish or a dream. You are not sure it will happen.

Examples:

* You might hope to live on your own in an apartment.
* You might hope to own your own DJ business.
* You might hope to win the lottery.
* You might hope to win a gold medal at state games.
* You might hope to go to a college party or dance.
* You might hope to fall in love and get married.

**EXPECTATION: Something you would like to happen and are fairly sure will happen.**

Examples:

* You might expect to graduate from the Transitioning Owls program.
* You might expect to learn a lot in your college courses.
* You might expect to get a part time job.
* You might expect to live with your parents.
* You might expect to play on a basketball team.
* You might expect to have a lot of friends.
* You might expect to learn new job skills.

**FEAR: Something that scares or worries you about the future; something you wish to avoid.**

Examples:

* You might fear that you will not be successful in college.
* You might fear you will get injured and not be able to play sports.
* You might fear that you won’t have any friends.
* You might fear that you won’t get a job.
* You might fear that people will make fun of you.
* You might fear that you won’t have a place to live.
* You might fear that you won’t have enough money to live on your own.

**INDIVIDUAL STRENGTH: Something you are very good at doing and enjoy doing.**

**Individual strengths can be academic skills, physical skills, or artistic skills. In short, they can be anything you do well!!**

**Example Dreams Related to Individual Strengths:**

* Having my own DJ business
* Becoming a chef
* Playing on a basketball team at state games

**Example Expectations:**

* taking a college course
* work in a restaurant
* join a local basketball team

**Example Fears:**

* Not learning in my courses
* Not getting a job
* Losing my job
* Injuring myself

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

**Example Learner Dreams:**

* Graduating from the Transitioning Owls Program with a good job
* Acquiring skills to be a chef
* Having a strong, healthy body
* Driving a car

**Example Expectations:**

* Attending my classes and working with my mentor
* Making good choices
* Learning skills on the job
* Learning how to go places on Palm Tran
* Earning my Learner’s Driver’s license

**Example Fears:**

* Dropping out of the program
* Not doing well in my classes
* Not learning
* Getting sick and out of shape
* Not passing the written driving test

**Worker: Your lifetime role as a person who works and earns a living. It includes what you do now as a worker (for example, when you do chores, or work at your internship or part time job) and what you will do for your possible career.**

**Example Dreams:**

* Becoming a chef
* Having my own restaurant

**Example Expectations:**

* Learning how to cook
* Working in a restaurant

**Example Fears:**

* Not getting a job so I can live more independently
* Getting fired from my job

**Person: Your lifetime role as a person who has relationships with him/herself and others. It includes what you do now and what you will do ion the future to keep yourself healthy and fit, as well as everything you are doing and will do to have good relationships with family members, friends, and members of the community.**

**Example Dreams:**

* Living Independently
* Having a loving relationship with a partner
* Having loving relationships with my family
* Having a healthy body

**Example Expectations:**

* Having a job
* Successfully managing my bank account
* Having a few close friends
* Exercising a few times a week
* Making good food choices

**Example Fears:**

* Not living independently
* Getting sick
* No close friends
* Gaining weight

**“A goal is a dream with a deadline.”**

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

**Example:**

* My goal is to successfully graduate from the Transitioning Owls Program in 2016.
* My goal is to have a first-place medal in this year’s state games.
* My goal is to learn to read at the 6th grade level by the end of this year.
* My goal is to improve my work skills on my job or in my internship.
* My goal is to get a part time job by May 2016.
* My goal is become a chef by May 2018.
* My goal is to improve my relationship with my boss by the end of the year.
* My goal is to independently navigate the FAU campus by the end of the semester.
* My goal is to ride Palm Tran Independently in the community.
* My goal is to lose 8 pound by next year.

**“If you have built castles in the air, your work need not be lost; that is where they should be. Now put the foundation under them.” Henry David Thoreau, *Walden***

**Example Action Plan:**

**The Hope:**

**One of my hopes is to drive a car.**

**The Goal:**

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

**Pass the Learner’s License test.**

**Action Steps:**

**Step 1: Increase my reading skills by 3 grade levels by focusing on on-line reading 6 hours per week. Date:**

**Step 2: Study and practice questions with my teachers, mentors, and on my own. Date:**

**Step 3: Make an appointment to take the test when I am ready, and ask someone to take me. Date:**

**Step 4: Take the test and Pass. Date:**