

# **Possible Selves**

## **Professional Development Experiential Learning Activity**

**Center for Research on Learning**

Michael F. Hock

February, 2002

## Possible Selves Professional Development Activity

### Possible Selves Interview Questionnaire, p. 1

#### Section 1

1. What words or phrases best describe you as an educator?

---

---

---

---

---

---

---

2. What are some of the things you *hope to achieve* as an educator?

---

---

---

---

---

---

---

Possible Selves Interview Questionnaire, p. 2

3. What are some of the things you *expect to achieve* as an educator?

---

---

---

---

---

---

---

4. What are some of your *fears* about life as an educator?

---

---

---

---

---

---

---

## Possible Selves Interview Questionnaire, p. 3

### Section 2

1. What words or phrases best describe you as a **learner**.

---

---

---

---

---

---

---

2. What are some of the things you *hope to achieve* as a learner?

---

---

---

---

---

---

---

Possible Selves Interview Questionnaire, p. 4

3. What are some of the things you *expect to achieve* as a learner?

---

---

---

---

---

---

---

4. What are some of your *fears* about your life as a learner?

---

---

---

---

---

---

---

Possible Selves Interview Questionnaire, p. 5

Section 3

1. What words or phrases best describe you as a **person**.

---

---

---

---

---

---

---

2. What are some of the things you *hope to achieve* as a person?

---

---

---

---

---

---

---

Possible Selves Interview Questionnaire, p. 6

3. What are some of the things you *expect to achieve* as a person?

---

---

---

---

---

---

---

4. What are some of your *fears* as a person?

---

---

---

---

---

---

---

# **My Possible Selves Tree**



# My Action Plan

## The Hope

My Hope is to:

## The Goal

I will

## The Tasks



STEP 1



STEP 2



STEP 3



STEP 4



STEP 5

## Thinking about Possible Selves

Look at your Possible Selves Tree (PST):

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) needs to be strengthened the most?

---

---

---

6. List three goals that will strengthen and help your tree grow.

Goal 1 \_\_\_\_\_

---

---

Goal 2 \_\_\_\_\_

---

---

Goal 3 \_\_\_\_\_

---

---

7. From the goal statements listed above in number 6, circle the most important statement. Write that statement in the space below under Priority Goal 1. Do the same for the remaining two goals.

Priority Goal 1 \_\_\_\_\_

Priority Goal 2 \_\_\_\_\_

Priority Goal 3 \_\_\_\_\_