

Year 11	<b>Lesson 1 My Vision, Achieving My Goals</b>
<b>Ground Rules</b>	<b>Slide of ground rules</b>
<b>Warm-up</b>	<p>Introduction showing that students are facing work/education options, need to have a vision of the future and a plan to achieve it</p> <p>Class Exercise:</p> <ul style="list-style-type: none"> <li>• Sometimes things don't work out immediately and as we would like them to</li> <li>• A young person has set their heart on going to University. When they open their exam results, they do not have grades to get into Uni</li> <li>• What thoughts and feelings might this person have at this time and how do you think it might affect them?</li> <li>• What options do you think they should consider and what positive encouragement could you give them?</li> <li>• Share these with the class</li> </ul> <p>Feedback, Discussion</p> <ul style="list-style-type: none"> <li>• Teacher to record feedback</li> </ul>
<b>Lesson Aims</b>	<p>Today we are going to - taken from the PSHE Association Curriculum Framework 2014 (updated 2017)</p> <ul style="list-style-type: none"> <li>• Understand the knowledge and skills needed for setting realistic and challenging personal targets and goals</li> <li>• Evaluate our own personal strengths and areas for development and to use this to inform goal setting</li> <li>• Capture our personal outputs in the Draft Personal Plan provided</li> </ul>
<b>Positive Vision And Plan</b>	<p>A lot of people aim at nothing in life and hit it with amazing accuracy, a quote demonstrating the need to know where you are going in life and how having a positive vision and plan is good for our mental health</p>
<b>My Choices</b>	<p>My Choices, looking at the lesson and draft plan based on what they want, not what someone else wants</p>
<b>Creating My Personal Plan</b>	<p>Distribute a Copy of the Draft Personal Plan Template to all Students</p> <p>We are using this to record their personal information and build their unique plan through this lesson</p>
<b>My Potential Career</b>	<p>Personal Exercise:</p> <ul style="list-style-type: none"> <li>• List down three potential career options that you think match with your interests, personality, needs, values and skills</li> <li>• Put these into Your Draft Personal Plan</li> </ul>

<b>Creating My Personal Plan</b>	Defining the steps and criteria in your plan
<b>Values</b>	<p>Personal Exercise:</p> <p>Values are your beliefs and what make you tick. From the list of values:</p> <ul style="list-style-type: none"> <li>Identify the 6 most important to you – if there are some that are important to you but not on the list, include them</li> <li>Prioritise your values in how you <u>want</u> to live them - 1 is most important</li> <li>Now put them in the order that you <u>usually</u> live these values from most important to least important</li> <li>Put them into your Draft Personal Plan</li> </ul> <p>Values Reality Check, the list may not contain some of your core values, and how you would prefer to live your life is not how it actually happens, perhaps because of things like family influences</p>
<b>Personal Mission Statement</b>	<p>Mission Statement Personal Exercise:</p> <ul style="list-style-type: none"> <li>From the list provided, select 4 words you relate to most or feel a strong attraction to</li> <li>Use these words and your chosen core values to create your mission statement</li> <li>Here are some examples to help you develop yours:</li> </ul> <p><i>To think in ways that serve me and those around me with honour and respect – Role could be policeman</i></p> <p><i>To heal, living my life with honour and treating others with love and respect – Role could be a nurse</i></p> <p><i>To inspire and support other people in a meaningful way that makes a difference – Role could be a teacher</i></p> <ul style="list-style-type: none"> <li>Be prepared to share yours with the class and put it into your Draft Personal Plan</li> </ul>
<b>Your Vision</b>	<p>Personal Exercise - Your Vision:</p> <p>Is a mental image of where you want to be in the future and what it looks like.</p> <p>It is Monday 9 a.m. morning, 7 years from now:</p> <ul style="list-style-type: none"> <li>Where are you?</li> <li>What job are you doing?</li> <li>Who are you seeing?</li> <li>Where are you living?</li> <li>What are you wearing?</li> </ul> <p>Put these into your Draft Personal Plan</p>
<b>Your Action Plan</b>	Showing that this is the route from where you are now to where you want to go

<b>Identifying Goals</b>	<p>Personal Exercise - Identifying My Goals:</p> <ul style="list-style-type: none"> <li>What do you want that you don't have - what is it you want to achieve?</li> <li>What do you want to preserve that you already have?</li> <li>What don't you have that you don't want in your life - what do you want to avoid?</li> <li>What do you have now that you don't want - what do you want to eliminate?</li> </ul> <p>Put these into your Draft Personal Plan</p>
<b>SWOT</b>	<p>Personal Exercise - SWOT:</p> <ul style="list-style-type: none"> <li>Having defined your mission, vision, core values and job you would like to do, you can look more closely at what you have to work with and what can get in the way of you achieving what you want</li> <li>The Strengths, Things to Improve, Opportunity, Threat analysis helps you measure yourself now against the job you want and highlights what you need to do to get it</li> <li>Complete the SWOT template in your Draft Personal Plan – a sample one based on a nurse is provided. Teacher to show example for nurse to guide them</li> </ul> <p>Put these into your Draft Personal Plan</p>
<b>Action Plan and SMART Objectives</b>	<p>Action Plan, emphasising it as the route and checkpoint going forward</p> <p>SMART Objectives:</p> <ul style="list-style-type: none"> <li>In order to see if I want a career in nursing, in the next 4 weeks, arrange to visit local hospital to find out more information on nursing opportunities, pathways, skills and qualifications required to become a qualified nurse</li> <li>Write a SMART objective in your Personal Plan to help support achievement of each the goals you have identified earlier</li> </ul> <p>Put these into your Draft Personal Plan</p>
<b>Draft Personal Plans</b>	<p>Seeing how we have built up our own plans but that they can change as we change. Also encouraging them to talk through their plans with parents, carers or teachers as well</p> <p>Class Exercise:</p> <ul style="list-style-type: none"> <li>Review the example Completed Personal Plan</li> <li>What are your thoughts?</li> <li>How do you feel about having gone through the process of developing your own plan?</li> <li>What will you do with your Personal Plan now?</li> </ul>
<b>Help and Support</b>	<p>Where to go for any help and support and a handout listing organisations they can approach confidentially</p> <p>As School Nurses visit schools at different times and days, teachers need to ensure they cover their schools dates and accessibility rules in this section</p> <p>Teachers need to cover the 'Your guide to children and young people's emotional health</p>

	services
<b>Evaluation</b>	<p>Your reflection and feedback is important!</p> <ul style="list-style-type: none"><li>• Use 'What I Learned Today' evaluation form – students to complete these anonymously and hand them in for teacher to review and assess.</li></ul>