

The ADVICE Method: Planning for the Future

Aspirations - Session 1

Facilitator Guide

Preparing for the Workshop:

The purpose of the first session will be for discussion of what a goal is. In this workshop, facilitators will discuss different types of goals with students and the benefits that arise aspiring to reach them. Students will be able to identify different categories of effective goals they can set for themselves. The workshop will conclude with a discussion on how learning from mistakes and unmet goals.

- I. Definition of Goal Setting
- II. Benefits of Setting Goals
- III. Learning from Your Failures

Facilitator expectation	Student participation
<p>Definition of Goal Setting</p> <p>Begin session by discussing different types of goals.</p> <ul style="list-style-type: none"> • Personal • Academic • Professional • Long-term/short-term/immediate 	<ul style="list-style-type: none"> • Ask students for examples of some of their goals
<p>Continue with the benefits of goal setting. Include points such as:</p> <ul style="list-style-type: none"> • Improves all areas of life • Provides direction • Helps avoid distractions • Provides long-term as well as short-term motivation • Increases sense of accomplishment and satisfaction in achievements • Boosts self-confidence 	
<p>Conclude with a discussion on how to learn from failed goals. Include points such as:</p> <ul style="list-style-type: none"> • Hones your ability to be realistic • Allows you to assess true abilities • Teaches you how to be flexible • Gives insight into how life doesn't always work out as planned - learn to adapt • Teaches you how to assess your limitations 	<ul style="list-style-type: none"> • Have students give examples of failed goals and what they have learned