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| **P R O J E C T O V E R V I E W** | | | | | |
| **Name of Project:** Create a Life You Love | | **Duration (days):** 4-6 Weeks | | | **Written For:**  Period Schedule Trimester  Block Schedule Semester |
| **Subject/Course:** JAG | **Teacher(s):** Samantha Silva | | **State:** Kansas | | **Grade Level(s):**  7/8 Alternative Ed.  9/10 Out of School  11/12 Any |
| **Other Subject Areas to be Included:** Psychology, Digital Media, Film Production, English | | | | | |
| **Project Summary**  What will the students be doing? What challenges will they face? What is the purpose? | Goal setting is powerful because it provides focus. It shapes our dreams. It gives us the ability to home in on the exact actions we need to perform to achieve everything we desire in life. Goals are great because they drive us to stretch and grow in ways that we never have before. In order to reach our goals, we must become better (Rohn, 2015). In this project, students will draft their short- and long-term goals and visions for their future success, as well as develop/update their Individual Development Plan (IDP). | | | | |
| **Driving Question**  What problems/questions will students be learning about? | How do I go about creating a life I love and stay motivated to accomplish it? | | | | |
| **Entry Event**  How will you introduce the topic in an engaging way? | Life Map (Where You’ve Been) Jim Carrey video- power of visualization https://www.youtube.com/watch?v=bgDRnMeIs1Y&index=6&t=999s&list=PLOn9AvWxaBVIHqg9eeCthD6n9 X5Fgi6s-  https://www.youtube.com/watch?v=nPU5bjzLZX0 | | | | |
| **Public Product**  How will students be able to demonstrate what they have learned? | **Team:** Choose 1  ❏ Workshop for elementary/middle school students  on setting and accomplishing goals  ❏ YouTube video/channel on developing SMART  goals  ❏ Workbook for personal success/goal setting  ❏ Design a cell phone app for goal setting | | | **Presentation Audience**  Class  School  Community  Experts  Web  Other: Click here to enter text. | |
| **Individual:** Click here to enter text.  Life Map  ✓Letter to Future Self  ✓Famous Failures Research Project  ✓Vision Board  ✓Student Portfolio/Individual Development Plan  ✓Use a planner/calendar to organize homework, tests, appointments, work schedule | | |

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| **P R O J E C T O V E R V I E W** | | | |
| **Competency Attainment**  What competencies should students understand, know, and be able to do as a result of this PBL? | **What competencies will you introduce in this project?** (Level 1):  A.1, F.31, F.32, F.33  **What competencies will be in progress during this project?** (Level 2):  C.18, C.19, D.21, D.22 D.23, D.24, F.34, F.35, F.36, F.37, G.49, G.51, G.53, G.55, G.57, H.74, H.77, H.79, J.101, J.103, J.105, L1.11, L.113, M.114, P.127, Q.131,  **What competencies will students be able to demonstrate mastery by the end of the project?** (Level 3):  A.3, G.38, G.41, G.42, G.48, G.54, L.112 | | |
| **Formative Assessments**  (Check all that apply or add your own)  How will you assess student learning throughout the PBL? | Checklists | Notes | Plans/Outlines/Prototypes |
| Concept Maps | Online Test/Exams | Quizzes/Tests |
| Journal/Learning Log | Practice Presentations | Rough Drafts |
| Other (see PBL Library for ideas): Click here to enter text. | | |
| **Summative Assessments**  (Check all that apply or add your own)  How will you assess student learning at the completion of the project? | Essay | Oral Presentation w/Rubric | Peer Evaluation |
| Multiple Choice/Short Answer Test | Written Final w/ Rubric | Self-Evaluation |
| Other (see PBL Library for ideas): Click here to enter text. | | |
| **Reflection Methods**  (Check all that apply or add your own)  How will you provide intentional opportunities for students to reflect on learning throughout the PBL? | Journal/Learning Log | Fishbowl Discussion | Survey |
| Whole-Class Discussion | Focus Group |  |
| Other (see PBL Library for ides): Click here to enter text. | | |

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| **P R O J E C T O V E R V I E W** | | | |
| **Career Association**  How will you build student leadership into the PBL? Think of natural ways to build leadership, extend ownership, and empower your students through this project. | **Which CA Goal(s) will be covered in this PBL?**  Leadership  Community Service  Career Prep  Civic Awareness  Social Awareness  Fundraising  Other: Click here to enter text. | **What roles will your officers lead in planning?**  Leadership: Officers will participate in arranging the public product  Community Service: Officer will survey classmates and determine how/who to provide a service  Career Prep: Identify community leaders to incorporate into projects.  Civic Awareness: Click here to enter text.  Social Awareness: Click here to enter text.  Fundraising: Click here to enter text.  Other: Click here to enter text. | |
| **How will you incorporate committees, or the rest of your class?**  Leadership: Students will have the opportunity to teach others what they are learning in class  Community Service: Students can distribute/present their public product to help people in the community learn goal setting.  Career Prep: Students will be in charge or contacting and introducing guest speakers who will be part of this project.  Civic Awareness: Click here to enter text.  Social Awareness: Click here to enter text.  Fundraising: Click here to enter text.  Other: Click here to enter text. | |
| **Which Career Pathways will be incorporated into this PBL?** | | **Which employers/businesses will you work with throughout this project?**  Therapists, Social Workers, Psychologists, Business Owners, Digital Media, Technology professionals, Teachers... | |
| Agriculture, Food & Natural Resources  Architecture &Construction  Arts, A/V Technology &Communications  Business Management &  Administration  Education & Training  Finance  Government & Public Administration  Health Sciences  Hospitality & Tourism | Human Services  Information Technology  Law, Public Safety, Corrections &  Security  Manufacturing  Marketing  Science, Technology, Engineering &  Math  Transportation, Distribution &  Logistics |
| **Employer Engagement Strategy**  How will you utilize employer connections to increase relevance? | **Circle One:**  Meet and Greet  Classroom Presentation  Project Observation  Skype/Webinar  Mock Interview  Other: Click here to enter text. | **Circle Two:**  Service Learning  Company Tour  Mentoring  Co-Develop PBL/Scaffolding  Critique of Public Product  Other: Click here to enter text. | **Circle 3:**  Job Shadow  Limited Time Work Experience  Pre-Apprenticeship  Internship/Apprenticeship  Summer Job  Other: Click here to enter text. |

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| **P R O J E C T O V E R V I E W** | | | |
| **Scaffolding**  *\*this is a high level overview, details can be found in the Student Learning Guide*  What lessons, exercises, and activities will be integrated into the project that build a student’s understanding and experience with the content?  How is this scaffolding be leading students towards the Driving Question and ultimately to a high-quality Public Project? | **Prior to the Project Beginning:**  (What do you need to do to prepare for the project to begin?)  Build relationships with business partners to assist with talking about personal and professional goal setting.  Secure necessary materials and resources, especially technology.  Create examples of projects (Vision Board, Famous Failures Project).  Design lessons with relevant materials.  Create/modify assessments & reflections.  Intentionally leave gaps in planning to allow for true flexibility with student voice and choice.  **Launching the Project:**  (How will you SPARK their attention?)  Perform the Entry Event- Show Jim Carrey or other celebrity backstory (struggle-victory)  Share the Driving Question. Discussion on student voice and choice for group and individual projects.  **Project Navigation:**  (What are the main ideas and lessons you will need to take from the first day, through completion of the PBL?)  Complete a Life Map- discussing how students got here and where they have been. Look at personal transcripts/current academic status/IDP barriers Rate current lifestyle; Self-evaluation of where they are right now. Explain how setting goals is like planning a trip; Goal Setting Begins with A Dream activities. Write a letter to future self. Guest: Social Worker/Therapist to aide in TIC Introduce Public Product. Form groups. Choose Public Product. Introduce and discuss values and how they are developed- How you got here. Self-Exploration Activity Exploring Values WS Lesson on Decision Making/Positive Choices Rachel Can’t Make a Decision Self Awareness WS Guest: Entrepreneur (someone who pursued a dream) Goal Setting Card Sort Success & Fame role play Start Vision Board Assignment Introduce and discuss SMART goals. Complete activity using SMART goals WS. Discuss and perform goal achieving techniques, such as visualization, modeling, meditation, affirmations, gratitude, Positive Mental Attitude. (G.38, G.41) Power of PMA Activity Top 10 Rules for Success Assessment on goal setting Discussion on positive choices, habits, prioritizing, and support system and how it affects reaching your goals. Complete “Failure” activities- introduce Famous Failure Research Project. Overcoming Obstacles (lessons on coping strategies) Gratitude Exercise Group Work: Practice Presentations Complete Public Product. Debrief. Peer review or reflection. Allow time for re-work. Present public product. Final assessment. Reflection of the entire project. | | |
| **Accommodations**  What modifications will you need to make to fit the needs of all students in your classroom? | **Adjustments may be made based on 504 or IEP accommodations** | **Revision & Critique**  How will you provide opportunities for students to review their work and provide feedback for improvement? | Students will have opportunities to practice presentations with classmates and various business professionals before completing their final projects. |
| **Resources**  How will you incorporate business professionals, employers, community leaders, organizations, technology, funding and other resources to implement this project? | **WHO will you be incorporating?**  School Staff  Business Professionals/Employers  Community Leaders/Organizations  Technology  Other: Click here to enter text. | **HOW will you be incorporating? (please describe)**  School Staff- for students to practice presentations with and receive feedback | |

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| **S T U D E N T L E A R N I N G G U I D E** | | | | | | |
| **Project Title:** Create a Life You Love | | | | | | |
| **Driving Question:** How do I go about creating a life I love and stay motivated to accomplish it? | | | | | | |
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| **Description of Activity/Product**  What will students, specialists, guests, etc. be doing during this portion? | | | | **Learning Outcomes/Targets**  What knowledge, understanding & success skills will  students need to successfully complete this portion? | | |
| Formative  Final Product | Life Map | | | Students will reflect on their past and identify areas of struggle and areas of growth. This also allows them to think about the decisions that got them to their current place in life. | | |
| Team  Individual |
| Formative  Final Product | Rate Yourself WS | | | Before setting goals, students will determine their needs by rating how satisfied they are in various areas of their life. | | |
| Team  Individual |
| Formative  Final Product | Goal Setting Begins with a Dream | | | Students will be introduced to the steps required for effective goal setting. They will work in groups to decide the order of the steps. | | |
| Team  Individual |
| Formative  Final Product | Letter to Future Self | | | To provide a record of the student’s life and who they are now, what their beliefs, views, opinions, and feelings are, and to look back on in the future. Students will begin identifying the lifestyle they want to live and what their goals are. | | |
| Team  Individual |
| Formative  Final Product | Exploring Values WS | | | Students will reflect on their personal values and the values of those around them so they can identify how they have been influenced. This will help them better understand what is important to them and how it affects their decisions | | |
| Team  Individual |
| Formative  Final Product | Individual Development Plan/Student Portfolio | | | Students will assess their current situation (selection criteria/academic status/strengths/weaknesses) and work with their Specialist to identify action steps to achieve the goals they have decided to set through this PBL. Begin in the fall and update in spring prior to summer plans. | | |
| Team  Individual |
| Formative  Final Product | Rachel Can’t Make a Decision | | | Students will complete to demonstrate how the decision-making process works. | | |
| Team  Individual |
| Formative  Final Product | Self-Awareness WS | | | In this assignment students will assess their strengths/areas of struggles and identify their support systems. | | |
| Team  Individual |
| Formative  Final Product | Goal Setting Sort | | | In this activity students will recognize the value of setting long-range goals, identify goals, students would like to accomplish during their lifetimes and break long-term goals into shorter term objectives and actions. | | |
| Team  Individual |
| Formative  Final Product | Success & Fame Role Play | | | In groups students will discuss the various scenarios and define what success means to each of them. | | |
| Team  Individual |
| Formative  Final Product | Vision Board. | | | This assignment will help students clearly envision what they want in life by choosing their goals, reminding them what they are working for, creates a purpose in life, and keeps them in a positive mood. | | |
| Team  Individual |
| Formative  Final Product | SMART Goals WS | | | After identifying areas students need help improving, they will select a goal to focus on and develop a step-by-step plan to achieve it. | | |
| Team  Individual |
| Formative  Final Product | Power of PMA Activity | | | Students will be discussing and sharing their personal strengths, weaknesses, and positive mental attitudes. | | |
| Team  Individual |
| Formative  Final Product | Top 10 Rules for Success WS | | | Students will watch an episode on YouTube of the “Top 10 Rules of Success” (Specialist can let them choose) They will follow along with the video and make note of the success principles mentioned in each and discuss afterward. | | |
| Team  Individual |
| Formative  Final Product | Goal Setting Quiz. | | | To assess student's understanding of goal setting from the week | | |
| Team  Individual |
| Formative  Final Product | Famous Failures Research Project | | | This activity helps participants understand that failure is not something to fear and in fact often a necessary step on the path to success. | | |
| Team  Individual |
| Formative  Final Product | Gratitude Exercises | | | Students will choose a gratitude exercise to practice focusing on the positive and being thankful. Specialists can assign one or allow students to try one out. | | |
| Team  Individual |
| Formative  Final Product | Group Presentation- Student Choice | | | Students will share what they have learned about setting goals and teach others how to implement the strategies to achieve them. | | |
| Team  Individual |
| **P R O J E C T C A L E N D A R** | | | | | | |
| M O N D A Y | | T U E S D A Y | W E D N E S D A Y | | T H U R S D A Y | F R I D A Y |
| **P R O J E C T W E E K O N E** | | | | | | |
| **Where you are now**  Entry Event: Life Map Assignment  Jim Carrey video- power of visualization  Introduce PBL- Discuss Student Voice/Choice (public product options) | | Continue working on Life Map- discussing where they have been.  Look at personal transcripts/current academic status (eNDMS progress reports/IDP) | Rate Yourself worksheet  Journal Entry  Explain how setting goals is like planning a trip.  Goal Setting Begins with a Dream Activity - To get students thinking about long term goals. | | Life Map Due  Write a Letter to Your Future Self | **Guest:** Social Worker or Therapist (TIC to help students comfortably talk about/process barriers)  Group Contract/Brainstorm  Form Groups:  Choose Public Product |
| **P R O J E C T W E E K T W O** | | | | | | |
| **How you got here.**  Video: Start with Why https://www.youtube.com/w atch?v=IPYeCltXpxw  Discuss: “What is your ‘WHY’?”  Introduce and discuss Values and how they are developed. | | Self-Exploration Activity  What is important to you?  Exploring Values Worksheet  Who do you let influence you?  Self-Awareness WS | IDP (review transcript, previous academic history)  Journal Entry  Lesson on Decision making/positive choices  Rachel Can’t Make a Decision  Class Discussion | | Lesson: Executive Functioning -Use a planner/calendar  Group Work -Individual consultations  Project Plan -Review Project Rubric | Friday Reflections  Continue working on PBL |

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| **P R O J E C T C A L E N D A R** | | | | |
| M O N D A Y | T U E S D A Y | W E D N E S D A Y | T H U R S D A Y | F R I D A Y |
| **P R O J E C T W E E K T H R E E** | | | | |
| **Where you want to go. Guest:** Entrepreneur (or someone who pursued/realized a dream) | Goal-Setting Card Sort  Start Vision Board Assignment | Journal Entry  How do we get there?  Continue work on Vision Boards and PBL | \*Update IDP -Career Section  Continue work on Vision Boards and PBL | Friday Reflections  Group Work -Learning Log  Continue work on Vision Boards and PBL |
| **P R O J E C T W E E K F O U R** | | | | |
| **How to get there!**  Introduce and discuss SMART Goals  Goals vs Wishes  SMART Goals WS  Lesson on Goal Achieving  Techniques  Goal Setting Quiz | Success & Fame Discussion/Role play  How do you want to live? What do you want to be known for?  Continue work on Vision Boards and PBL | **Field Trip:** Home Tours or Luxury Car (expose students to different lifestyles; could also watch dream home shows) | Journal Entry  \*Allow time for Academic Remediation -Update planner/calendar -Individual consultations  Update IDP -Action Plan -Individual consultations  Top 10 Rules for Success  Draft/Prototype -Learning Log | Friday Reflections  Visualization Techniques – A meditation to Achieve Your Dreams  https://www.youtube.com/w  atch?v=LpY5dUnYPH0  Never Underestimate the Power of PMA activity |

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| **P R O J E C T C A L E N D A R** | | | | |
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| **P R O J E C T W E E K F I V E** | | | | |
| Wall of Failures (Matching activity: match the person with their story)  Famous Failures Research Project - pick a famous person and create a poster on their success/failures | Embracing the F Word  Work on Famous Failures Project  Journal Entry  Lesson on coping strategies; building resiliency; building growth mindset activities | Calm Classroom -Mindfulness Practice  Gratitude Exercises  Continue work on Vision Boards and PBL | Group Work -Practice Presentations -Guest judges/digital media guest to assist with public products  Peer Evaluation  Revisions | Friday Reflections  Group Work -Practice Presentations  Turn in Famous Failures |
| **P R O J E C T W E E K S I X** | | | | |
| **Presentation Week**  Turn in Vision Boards | Public Presentations | Public Presentations | End of Project -Self Reflection  Self Evaluation | Debrief  -Update planner/calendar -Individual consultations  \*Update IDP  Self Evaluation Re-work |

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| **A D D I T I O N A L I N F O R M A T I O N** |
| **Supplemental Links**  Goal Setting, Achievement and Celebration - http://www.roeachievementconference.org/Handouts/Goal\_Setting\_Achievement\_n\_Celebration\_Handout.pdf Personal Goal Setting - https://www.mindtools.com/page6.html Goal Setting: Developing a Vision and Goals for Your Career Plan - http://hr.berkeley.edu/development/career-development/goal-setting/career-plan-vision Pinterest Goal Setting Board - https://www.pinterest.com/explore/goal-setting-worksheet/ Goal Setting Begins with a Dream - http://www.ncwd-youth.info/sites/default/files/ilp-how-to-guide/Goal\_Setting\_Begins\_with\_a\_Dream.pdf Goal Setting Toolkit- http://www.activeminds.org/storage/documents/Toolkit/Goal\_Setting.pdf Goal Setting Icebreakers for Teens - http://www.ehow.com/list\_7557169\_goal-setting-icebreakers-teens.html  **Videos** Entry Event # 1 One-step-at-a-time - goal achieving cartoon doodle video - https://www.youtube.com/watch?v=8cCiqbSJ9fg  Entry event # 2 Visualization Techniques – A meditation to Achieve Your Dreams - https://www.youtube.com/watch?v=LpY5dUnYPH0 The Best Motivation Video 2015 - GOALS SETTING - https://www.youtube.com/watch?v=cveQqzlz0WE Famous Failures - https://www.youtube.com/watch?v=zLYECIjmnQs  **Other Options** Service Projects:  ● Interview Senior Citizens about their values/goals/lives  ● Create Podcast for public |