

# Envisioning your Future

BFFS

Week 2 Ch1 Who am I?

Warm Up: Vision + Energy = Success

8/21 Obj. The student will discover more of who they are through reading stories about successful people. P. 12 NB

1. What three CH 1 vocabulary words do you need to understand better?
2. Who is successful in your eyes?
3. Explain: Vision + Energy = Success, What does it mean, and how does it help you understand who you are?

Why you are here...

Decorate your Workbook

# Voice of America

- Michelle Obama

# Career Choices & Changes

- Read Page 10 – 12
- Using Page 5 of your BFFS workbook “Vision + Energy = Success”
- Complete the charts about successful individuals

# Envisioning *Your* Future P. 6 Workbook

# Everybody Works P. 7 Workbook, page 17 in CC

- Read Pages 15 – 16 in Career Choices



Warm Up: Why People Work

8/23 Obj. The student will discover more of who they are through reading stories about successful people. P. 16 NB

1. Use 3 CH 1 vocabulary words in a sentence.
2. After reading the 6 reasons why people work, Page 15 in CC, which do you identify with the most? Rank them from 6 being what you find least matches your motivation for work, 1 being the highest match to your motivation for working.
3. How happy would you be, if you had to work in a job that you ranked a 6?

# WU: Defining Success

8/24 Obj. TSW take a survey to assess how they define success. P. 18NB

1. Planning to be successful means thought in developing the person you want to be. Why does being successful not just happen?
2. The lottery today is like a gazillion \$, how happy would that make you if you won?
3. Would it make you successful? How?

# Defining Success Page 8 WB; 18 in CC

- Complete the survey about defining success, Making Career Choices and finally write your definition of Success.
- Compare your definition now to your warm up answer from Tuesday 8/22, question #3. How much growth can you see in you discovering “Who you are?” If you don’t, please note that you are responsible for who you become and when that happens.

# TED Talks – 8 secrets to success

- Notes Page 17 NB

## 8/25 Your personal Profile

Obj. TSW learn about their passions, values, strengths, skills, and roles. P. 20 NB

1. Name a passion of yours.
2. Name a strength of yours.
3. Name a role your play in life.

# 8/28 Vocabulary of Success

TSW learn new vocabulary to use in their everyday life. P. 22 NB

1. Write three sentences using your vocabulary.
2. What did you do this weekend that you consider a success?
3. Which of the 8 Secrets to success did you use?

8/29 5 Love Languages

Obj. TSW learn about what is meaningful to you in a relationship. P. 24 NB

Discuss with your shoulder partner your top two language

1. What did you learn about yourself?
2. Are there a relationships you have that could benefit from gaining this understanding?
3. Would be willing to go home and ask your family to take this quiz???

Warm Up: Envisioning your Future

8/22 Obj. The student will discover more of who they are through reading stories about successful people. P. 14 NB

1. Use 3 CH 1 vocabulary words in a sentence.
2. Walt Disney once said, “If you can dream it, you can do it.” What does that mean to you?
3. How do you define success?



# CCC Accounts

- Students log onto the account: [www.scc.losrios.edu](http://www.scc.losrios.edu)

# Passwords & Usernames & Pin #'s

- Username: 1<sup>st</sup> name 1st initial & last 4 digits of lunch #
- Password: 5 digit lunch number
- Email: 1<sup>st</sup> name 1st initial & last 4 digits of lunch # @wUSD.students.org

CCC Username: Same as Above

CCC Password: 1<sup>st</sup> Name & Lunch #

Pin#: 4 digits = last four digits of lunch #

# 8/31 Do you have your Los Rios ID #? Page 28

## NB

- Did you turn in the yellow permission slip for the College Credit?
- Did you turn in the white permission slip that you list your LRID#?
- Open your Google account and the document that you can type all your usernames and passwords on.

# Log onto the Computer

- Open Chrome
- Open Google
- Click on the Waffle
- Open your Gmail
- Sign in:
  - 1<sup>st</sup> Name, 1<sup>st</sup> initial of last name and last 4 digits of your Lunch ID#
- Password is your 5 digit lunch #
  - Check you email messages
- Open your Drive
  - Check to see if you have a document from me

# 9/1 Grade Check

Obj. TSW fill out the Grade Check Form, List any missing assignments, and explain how to improve your grade. P. 30 NB

- Fill it out, I will call you up if you have any missing assignments.

## 9/5 Identifying your passions

Obj. TSW identify some of their passions that may lead to an inspiring career. P. 32 NB

1. The book defines passion as “Energy and enthusiasm webbed to a sense of purpose.” Why do you agree or not?
2. List 3 passions:
3. Write about a time when you were patient with someone or a situation.

# My10yearplan.com

- USERNAME: 1<sup>st</sup> name, 1<sup>st</sup> initial of last name and last 4 digits of lunch #
- Password: 5 digit lunch number
- 1<sup>st</sup> Entry: Envisioning Your Future
- 2<sup>nd</sup> Entry: Your Definition of Success
- 3<sup>rd</sup> Entry: Your Personal Profile

# 9/6 Check in

Obj. TSW answer the following questions so I can have a better gauge on how to keep them up to task and on schedule. P. 34 NB

1. Do you have your CCCID#, Write it in your Workbook. If not, how do you plan to get it? Have you turned in the yellow paper yet?
2. Do you have your LRID#, Write it in your Workbook. If not, how do you plan to get it? Have you turned in the white paper yet?
3. Are you able to log onto [My10yearplan.com](http://My10yearplan.com) and enter your workbook information? What suggestions do you have for me?



## 9/7 Work Values

Obj. TSW discover the motivation behind their work values. P. 36NB

1. What are your values?
2. Would you rather help people? How?
3. Do you want to exercise your power? How?

# 9/8 What do you value?

Obj. TSW finish the work values survey to determine what line of work might be more satisfying. P. 38 NB

1. What do you value most? Why?
2. What do you value least? Why?
3. What Careers might align with your values, write three.

# Friday...

- Grade Check – Get a laptop
- Try and finish to get your CCCID# & your LSID #
- Research your “Passion Project”- You will Present it October 9<sup>th</sup> - 11<sup>th</sup>
- Finish your Values Survey – enter it into My 10 Year Plan.com
- If your are all done, practice your typing! Log onto [www.typingtest.com](http://www.typingtest.com)

# 9/11 Strength's & Personality

Obj. TSW review the values category from their survey, then determine their individual strengths and personality types. P. 40 NB

1. What was your value? Did it match with the description on page 3 & 37 in the Career Choices Book?
2. Write about a time you showed strength.
3. List three words to describe your personality.

# 9/12 Positive Empowering Messages

Obj. TSW learn how to do positive self talk to help in difficult situations. P. 42 NB

1. How can positive empowering messages help you?
2. Write about some significant people in your life.
3. What messages have society given you?

## 9/13 Relationships

Obj. TSW learn about healthy relationships. P. 44

NB

1. List the relationships you have: best friend, girl friend, sister, etc.
2. What are some characteristics of a healthy relationships?
3. What are some characteristics of unhealthy relationships?

## 9/14 Relationships...

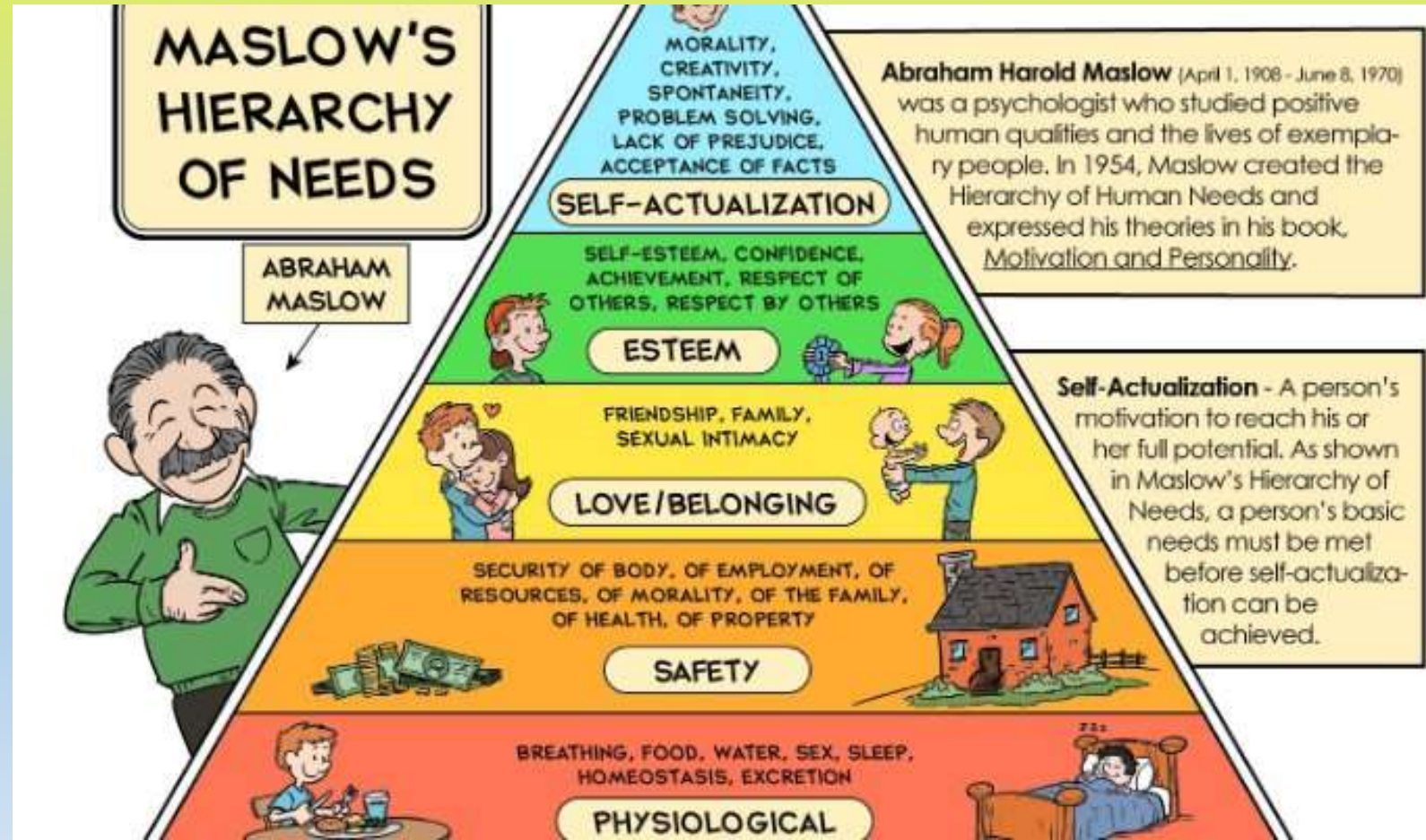
Obj. TSW learn how to empower themselves in positive relationships. P. 46 NB

1. What do you want in life?
2. How do you expect to change in the next 5 years?
3. How do you expect to change in the next 10 years?

# 9/15 Maslow's Hierarchy of Needs Triangle

Obj. TSW learn about their internal and external Needs to reach "Self-Actualization". P. 48 NB

1. Copy the picture of Maslow's Triangle on page 49.
2. The first need is simply to survive. Give some examples of what you need to survive.
3. What is Self – Actualization?





# Week 6

- Chapter 3

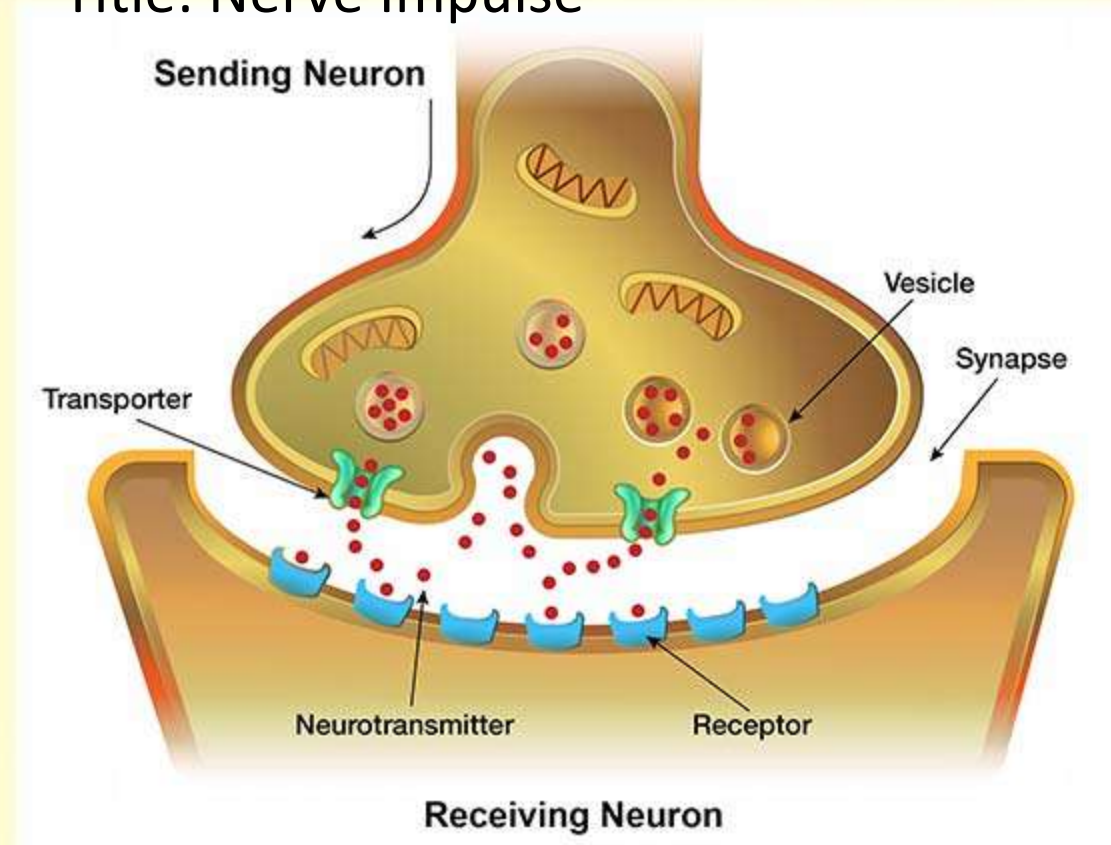
# 9/18 Drugs

Obj. TSW learn how drugs disrupt the natural action of neurotransmitters at the synapse, and how different drugs act on the body. P. 50 NB

1. Name some drugs.
2. What do you know about these drugs and how they effect the body?
3. What is a neurotransmitter and a synapse?

Draw this picture on Page 51NB

Title: Nerve Impulse



# Check out a laptop

- Log onto: [learn.genetics.utah.edu](http://learn.genetics.utah.edu)
- Click on Mouse Party
  - Worksheet goes on page 53 NB
- The new science of addition: Genetics and the Brain

9/19 Where are you now? & What are the components of your lifestyle?

Obj. TSW discuss where they are now and their lifestyle they want. P. 52 NB

1. Review your Maslow's Triangle. What is one of your external survival needs? Internal survival needs?
2. How is the third level different from the first two levels?
3. How is the top level different from the bottom levels?

# 9/20 Passion Project

Obj. TSW explore and research ideas and start your passion project. P. 54 NB

1. Maslow's hierarchy of needs is important to find balance in life and reach self actualization. How might doing the passion project help with that?
2. *"Life is not in having and getting, but in being and becoming."*  
Matthew Arnold How does this quote relate to Maslow's Triangle.
3. How can personal relationships and private interests develop your self actualization?

# Final Presentation #1 → The Passion Project

Goes in “Final Presentation” grading category (10%)

## Options:

1. **“Greater good” option.** Do something tangible for the greater good. Make the world a better place.
  2. **“Teach us” option.** Learn all about one of your passions, or something you want to learn more about. Teach us.
- Failure is an option. A big-and-difficult idea is better than a small-and-easy idea. Be ambitious.
  - Let’s discuss “greater good” (option #1)

# 9/21 What Cost this Lifestyle? CH 4

Obj. TSW learn how every career choice involves sacrifices and rewards. P. 56 NB

1. In this section you get to focus on what you want in life. What is a budget?
2. What happens if your outflow of money is more than the inflow.
3. How much money do you think you want to make?

# 9/22 Cost of Living

Obj. TSW learn about the cost of living.

P. 58 NB

1. What does the Cost of living mean?
2. Make a list of the things your family pays for that you might take for granted.
3. What are sundries?



# 9/25 The Affordability of one's lifestyle

Obj. TSW budget out 3 different lifestyles today.

P.60 NB

1. Using 3 words from your CH 4 Voc, write sentences using them.
2. How can dividends help you in your budget? How do you get them?
3. Although we are all hoping for an extensive windfall, we have to be realistic with our budget. What do I mean by this?



# 9/26 Housing Budget

Obj. TSW learn the difference from owning and renting a home and the cost of insurance, utilities, etc. P. 62 NB

1. What is the difference between renting and owning a home?
2. What is Home Equity?
3. What are amenities?

[Mortgage Calculator](#)

# 9/27 Transportation Budget

Obj. TSW learn how to budget for transportation issues. P. 64 NB

1. Give an example of public transportation.
2. How do you envision getting to work.
3. Why do you have to have insurance on your car?

# Transportation Budget

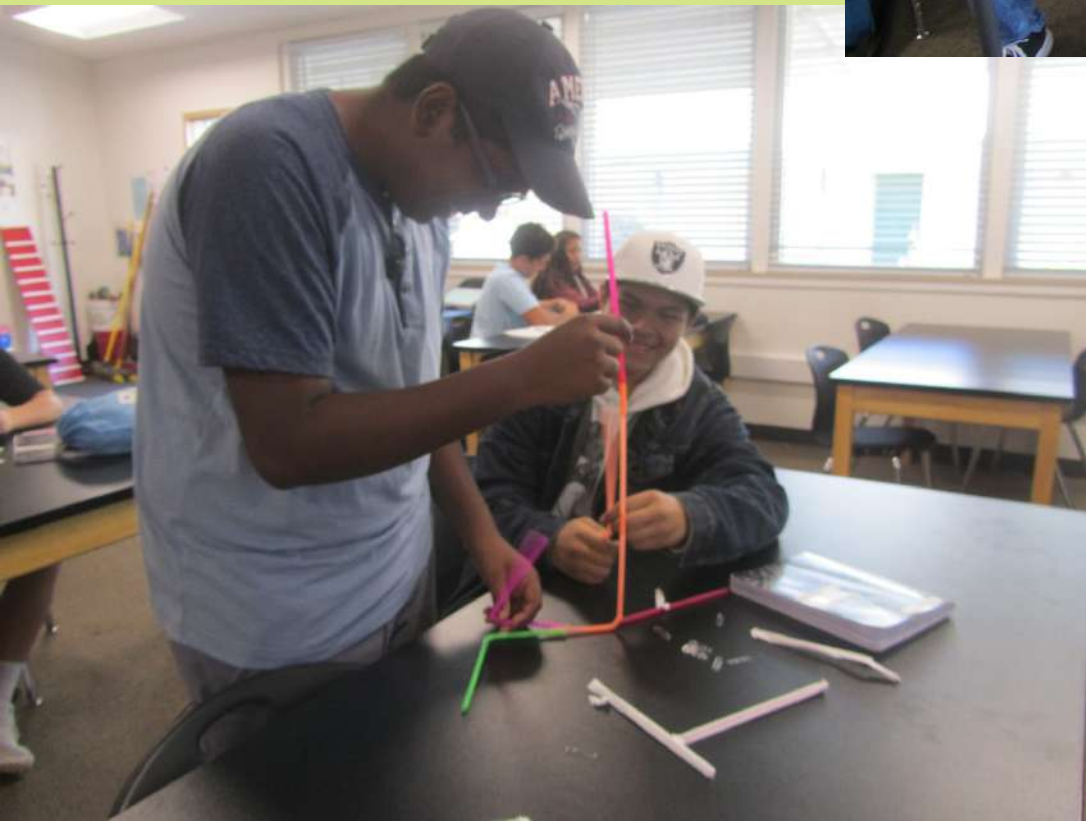
- Cars.com
- Car fax
- Hertz Car sales, Enterprise Car Sales
- Autotrader
- Craig's list
- Manufacture website
- Trucar.com
- Yolo Transportation
- Cal trans
- Kelley Blue Book



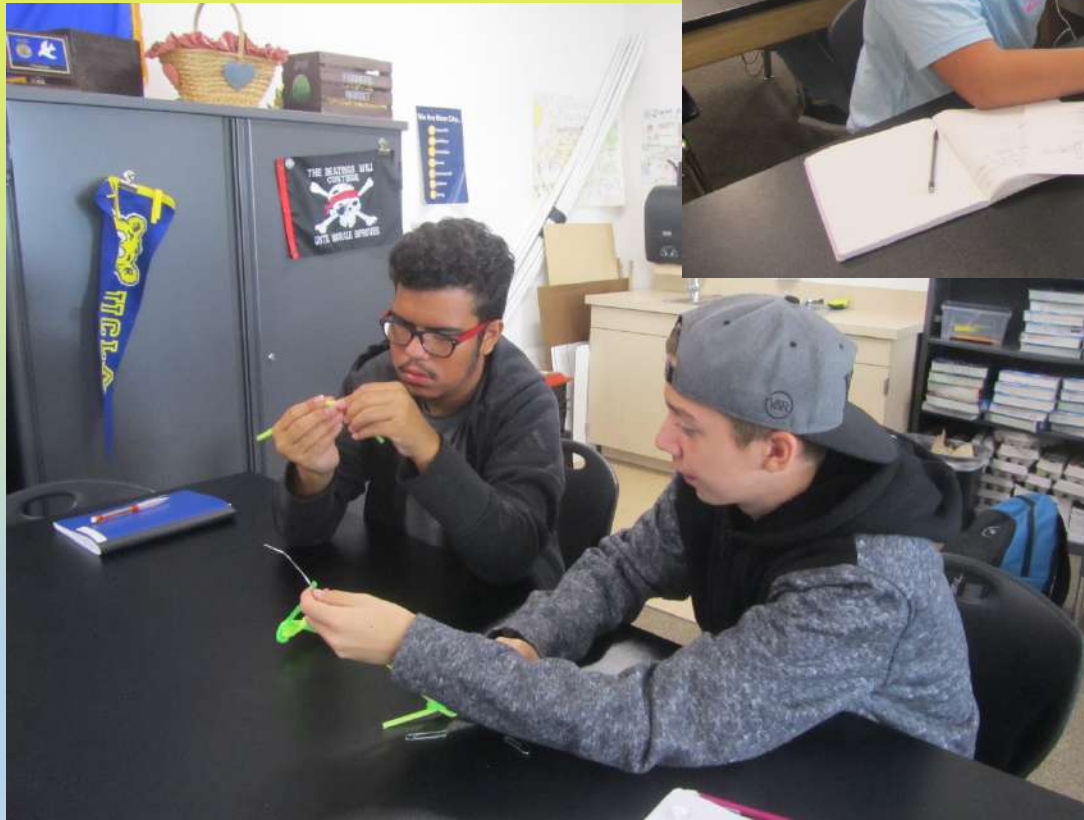
## 9/28 Transportation

Obj. TSW about the responsibly of getting to work, taking care sundries & groceries. P. 66NB

1. What surprised you about transportation and cars?
2. What is a sundries?
3. What groceries would you buy if it were up to you?









# 9/29 Budgeting

Obj. TSW how to budget for clothing and food. P.  
68 NB

1. How much money have you or will you budget for clothing?
2. How much money have you or will you budget for food?
3. What sacrifices will you have to make?

# Career Searches

- <https://www.onetonline.org/>

# 10/2 Spending Money – Budgeting

Obj. TSW realize all the nuances of having to budget. P. 70 NB

1. Besides having a place to live and having to get to work to earn a living, food, sundries, what else might you spend money on?
2. How much money should you save every month for retirement?
3. How much money should you save for Health Care?

# 10/3 The cost of life

Obj. TSW estimate their meal plan for three different budgets. P. 72 NB

1. Which meal of the day is the cheapest?
2. Do you really only eat three meals a day? What is the reality of your diet?
3. How does your diet change between the three different budgets?

# Passion Project Ideas:

1. Cars – Avneet 1<sup>st</sup>
  2. Animals-Melissa 2<sup>nd</sup> - parrot
  3. Football-Malakai 3<sup>rd</sup>
  4. Video Games-Marcelino 4<sup>th</sup>
  5. Programming video games-Jordan 5<sup>th</sup>
  6. Fashion – Olivia 6<sup>th</sup>
  7. Basketball- Derrick 7<sup>th</sup>
  8. Soccer-Brianda 8<sup>th</sup>
  9. Robotics- Ezekial 9<sup>th</sup>
  10. Music – Lennon 10<sup>th</sup>
  11. Baseball-Ryan- 11<sup>th</sup>
  12. Money- Izaac 12<sup>th</sup>
  13. Service Dog – Brianna 13<sup>th</sup>
  14. Family-Dulce 14<sup>th</sup>
  15. Maliyah 15<sup>th</sup>
  16. Friendship-Maria 16<sup>th</sup>
  17. Clothes- Samuel 17<sup>th</sup>
- Shoes
  - Farming
  - Gardening
  - Horses
  - Hobby – Drawing, Reading, Running
  - Singing
  - Beat Boxing
  - Signing
  - Memes
  - Being Healthy
  - Care Giver
  - Cheerleading
  - Mental Health
  - Technology
  - Politics
  - Extra – Lifestyles of Famous People