

FUTURE IN FOCUS WORKSHOP SERIES

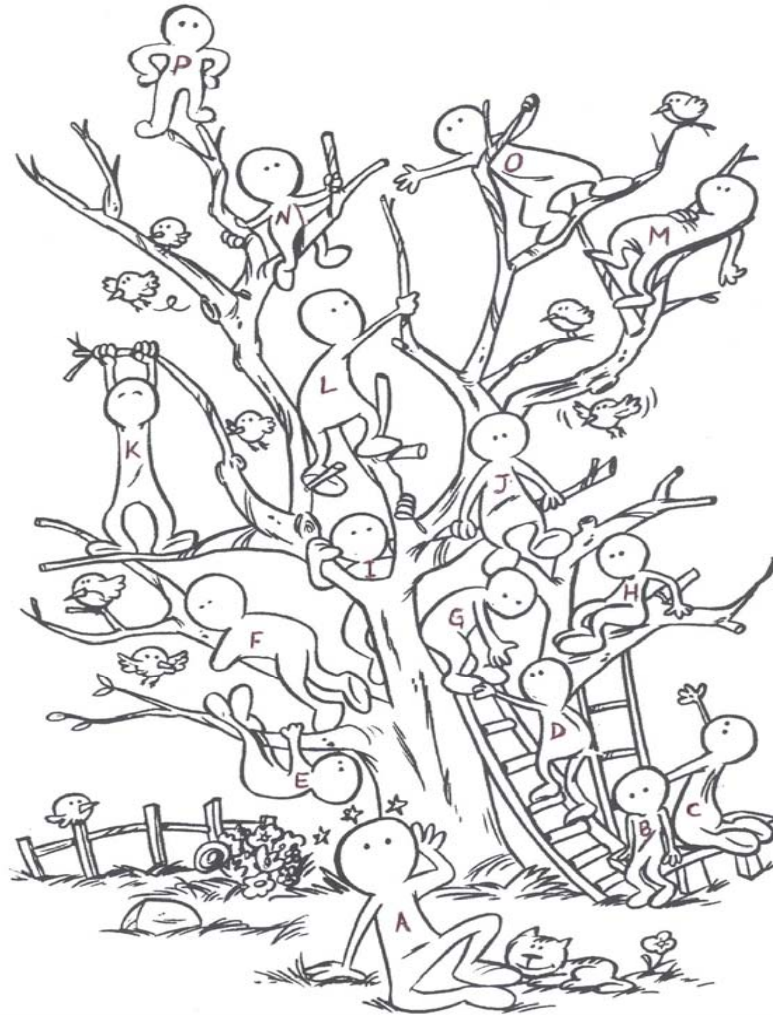
Workshop 1 – Revisiting Your Focus



Future to Discover



OH 1-1 The Transition Tree



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Future to Discover

Themes of Future in Focus

Workshop 1: REVISIT FOCUS

Workshop 2: COPING SKILLS & STRATEGIES

Workshop 3: MANAGING TRANSITIONS

Workshop 4: FINAL CHECK ON YOUR BACKPACK



Future to Discover

Norms

In order to get the most out of these workshops...

PARTICIPATE

Ask questions, give opinions, express concerns

COLLABORATE

Share ideas, work together, offer suggestions

RESPECT EACH OTHER

Listen to each other, hear differing opinions, walk in each other's shoes

BE ENGAGED

Be on time, actively participate, do work between sessions

HAVE FUN

Relax and take all you can from the sessions



Objectives

- To revisit and tune up (as needed) your "focus"
- To build more than one possible future plan for yourself and others
- To identify a preferred plan... and a backup plan for your backpack
- To take stock of where you are in the "decision triangle"
- To determine the next steps in your journey

One plan...versus many

Having one clear plan is reassuring

Having backup plans is liberating

Take the example of Adrian, who...

Has good
knowledge of
Biology

Is excellent at
facilitating
groups

Adores animals

Loves children

Taking this into account, Adrian could...

Become a veterinarian and give
workshops in schools on how to
take care of animals.

Important Elements for Patrice

☺ Likes traveling

✓ Is open to new ideas

☆ Has strong computer skills

☺ Likes surfing the net

✓ Is very creative

☆ Has good knowledge of history and geography

☺ Likes public speaking

♥ Values relationships

☆ Is fluent in French and Spanish

♥ Cares about the Environment

☆ Uses camera equipment



Action Plan Steps

PSE : My Focus Needs More Work

	Steps	Done	Not Necessary	To Do				
					Allies*	How?	When?	Progress
01	Decide what experiences might help give me more focus	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>				
02	Consider volunteering in fields of interest	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>				
03	Select courses to keep options open	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>				
04	See a guidance counsellor re: my focus and action plan	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>				
05	Discuss my uncertainty with people I trust	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>				
06	Find out about the types of training/programs available	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>				
07	Confirm courses associated with the different programs	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>				
08	Verify where training/programs are offered	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>				
09	Research prerequisites/admission requirements	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>				
10	Find out about average acceptance rates (Call the Registrar's office)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>				
					* parent, guardian, F2D facilitator, guidance counsellor, teacher, friends, other			