

## Outline of Visioning Session with grade 8 class

- Looking at what is meant by 'vision'
- What does high school mean to you? (getting a sense of what students know about high school)
- Quotes exercise (choose 3 quotes you can relate to – from quotes provided)
- Hopes and Fears exercise and looking at possible actions
- Information given and discussion about
  - Seven Key Areas of Life (personal goals, relationships, health and body, career and education, recreation, financial, contribution)
  - Comfort Zone
  - Pathways to Getting a Life map
- 10 minute 'success poster' letter writing exercise (\* write a letter to someone close or to yourself)
  - Start with first day of school (what do you see, smell, hear, feel?)
  - What happens for the remainder of their 4 years (classes, people, activities, etc)
  - End of high school ("I did it" and how I did I get there, what will I celebrate, how and with whom?)
  - Read letter to self, and share with class (optional)
  - Talk about 'aha' moments, surprises, etc.
- Develop vision boards

