



# Goal-Directed Behavior

## High School Bucket List

### Pre-Teaching/ Guiding Language:

High school is a memorable and challenging phase of our lives. We are discovering our personal identities and trying to fit in all the while thinking about college and our futures. We have goals that others are telling us are important and that we must meet to graduate, but what about the things we want to accomplish during high school? High school is only 4 short years - to make the most of it lets try and create a list of experiences, activities, or accomplishments we would like to take part in before we graduate.

Here is a quick list for inspiration:

1. Attend a school dance
2. Apply for a job
3. Be part of a theatre production (onstage or off!)
4. Register to vote
5. Volunteer
6. Be a peer mentor
7. Apply for an internship
8. Go on a college visit
9. Attend a sports game
10. Get involved in student council
11. Care for a class pet
12. Go on a school trip
13. Start a school club
14. Be part of the science fair
15. Start a blog

### Key Takeaways:

- Students will understand the importance of envisioning their long-term goals.
- Students will increase their awareness of different opportunities available to them.
- Students will increase their involvement in and outside of school.

### Duration + Materials:

- 15 minutes

### Key Vocabulary:

- **Envision-** Imagine as a future possibility, visualize.
- **Manifest-** Display or show by one's acts or appearance; demonstrate.



## Activity:

1. Introduce the idea of creating a “bucket list” for high school to your student.
2. Use the discussion questions to guide the conversation around exploring your options, expanding your interests, and getting out of your comfort zone.
3. Allow your student 10 minutes to create a list of 5-10 things that they would like to accomplish in their high school years.
4. Encourage the student to place this list in a planner or binder, or save to a note on their phone, that they can reference it over time.
  - a. Remind the student that they can edit and add to this list whenever they want!

## Discussion Questions:

1. What are some opportunities that you have already taken advantage of in high school?
2. What are some experiences you want to have while in high school?
3. What are ways your school or afterschool community can help you achieve these experiences?
4. How can school activities or experiences help you reach your goals or dreams?
5. What might stand in your way of taking advantage of these experiences?
6. Who might you ask for help to assist you in achieving these goals?

## Reinforcement Activities:

1. Teachers should provide students with many opportunities for them to get involved and prompt them to think about their bucket list items!