

My Life Plan (Lesson Plan)

Purpose: Students will use the DAPPS rules for writing effective goals to compose a My Life Plan for achieving their dream.

Description: Students will compose a My Life Plan consisting of their long and short-term goals that will be their stepping stones to achieving their dreams.

Objective: Students will be able to apply the DAPPS rule to compose their My Life Plan consisting of their Roles, Dream, and Long and Short term goals for achieving their dream.

Materials: Two copies of My Life Plan Activity sheet per student.

Total Time: Approximately 20 minutes

Procedure/Directions:

1. Explain the following definitions to students: (approximately 5 minutes)

Role: a role is a functional activity involving socially expected behavior, to which you devote large amounts of time. Examples include, mother, friend, roommate, teacher, student, supervisor, co-worker.

Dream: There is nothing very specific about dreams, yet they are the passionate inner vision for our future that fuels our life. Dreams are where life plans begin, with the destination.

Life Plan: A set of instructions composed of long and short-term goals that identify the route to get to your dream.

Long Term Goals: Specific long term destinations you can achieve with a deadline of one to five years or longer, such as earning a bachelors, masters, or doctorate degree.

Short Term Goals: Has a deadline you can achieve within a few months. You can think of these as your goals for this semester. **To be effective, all goals should follow the DAPPS rule.**

2. Students can do their first draft of their My Life Plan in pencil. (Approximately 5 minutes)

3. Students can work either in pairs or small groups to troubleshoot and refine their goals so they correspond to the DAPPS rule. (Approximately 5 minutes)

4. Students can either copy their draft of the My Life Plan to their final draft in class, or do it as homework. (Approximately 5 minutes)

Assessment: My Life Plan form (See below)

Sources: Daniel-Digregoreo, Kristie. *Human Development 10 Course Packet*. El Camino College Bookstore
Downing, Skip. *On-Course: Strategies for Success in College*. Wadsworth Cengage Learning

MY LIFE PLAN**MY LIFE ROLE:****MY DREAM IN THIS ROLE:****MY LONG-TERM GOALS IN THIS ROLE (2-5 YEARS FROM NOW, WHAT WILL YOU HAVE ACHIEVED? USE DAPPS)**

- 1.
- 2.
- 3.
- 4.

MY SHORT-TERM GOALS IN THIS ROLE (BY THE END OF NEXT SEMESTER, WHAT WILL YOU HAVE ACHIEVED? USE DAPPS)

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

Skip Downing, *On Course: Strategies for Creating Success in College and in Life* (Wadsworth, Cengage Learning, 2011)