**Week 8 Activity**

Hey everyone!

Classes are wrapping up and final grades are coming in.  How is everyone feeling about that?  I have talked with a lot of you and you seem to be making this time work for you and your studies!  Learning to be disciplined in a somewhat uncontrollable environment (stay at home orders) is a great skill to have acquired at such a young age.  Adaptability is challenging for a lot of people, but it is also a heavily sought-after skill employers look for.  These challenging times have forced us to adapt to a new normal, work through it and continue to strive to reach our goals.  We have all risen to the occasion, however, we more than likely have a ways to go.   Finishing stronger than you started is how we overcome, move forward and grow as human beings.  Keep pushing through these times and think of the bigger picture at hand.  We are all feeling this way.

Thinking of the “big picture” also relates to where a lot of you are at in the time of your life as well. (Spoiler alert: the “big picture” will always be there in everything that you do throughout your life.)

In previous weeks, we have asked you to work on your attention and time management skills and apply to your daily life for school, work and goals that you have set for yourself.  We have also asked you to write down goals you have for the upcoming year!  How does this apply to your big picture for your career path?  What is YOUR big picture?  We often ask you to tell us your career goals and that can be a daunting and overwhelming question to ask people who are as young as 14.  The video I am asking you to watch discusses how to design your life in a way that is constructive and meaningful to you.  It is a longer session (about 25 minutes), but I found it to be quite captivating and organized in a manner that could start the conversation of your career journey or help you narrow your choices down and your focus.  For those of you who have found your passion in life and want to make it a career, there are some things you can gain from this too!

<https://www.youtube.com/watch?v=SemHh0n19LA>

**Activity 1:**

Write your reaction to the presentation.

What are the five ideas to designing your life that Bill discusses?  Apply these to your life and complete the tasks he poses in the video.  Send your responses to **xxx** by **xxx**.

**Activity 2:**

Contact **xxx** by email or phone to set up a call to discuss career exploration further.  😊

It is important to narrow your choices down and work towards your career options and/or goals.  Sometimes the smaller tasks teachers, employers, or family members ask you to do can seem pointless.  Keeping the big picture in mind and defining what that may look like for you will allow you to focus on the smaller tasks at hand.  Everything you do, small or large, creates purpose and meaning in designing your life.  Another way to assist you in this journey are work experiences and internships!

Once you are able to narrow down some of your career path options, we can begin to explore these!

As always, we are here to support you on your career journey!  Please schedule a time with us to discuss career exploration and ways we can assist in building your skills! We want YOU to be the designer of your life as we support you and your journey!

Please reach out if you need assistance in completing this activity to its fullest.

**References**

TED. Burnett, B. (2017, May 19). *Designing your life [*Video File]. Retrieved from: <https://www.youtube.com/watch?v=SemHh0n19LA>.