

## **Predictions**

(Preparing for Potential Personal Crisis)

**Purpose:** To help students improve their understanding of the term crisis/crisis management as it applies to future personal goals gone unmet.

**Materials:** This activity guide and handout (last page activity) for each student.

Student Materials: Pencil

**Time:** 25-30 Minutes.

**Key Concepts:** Crisis, Crisis Management, Private/Personal Goals & Plans, Realizations.

**Introduce/reintroduce:** Self to students. Let the kids know who you are and what you're all about in terms of promoting mental health. Encourage them to develop a life plan and to have graduation a part of the plan.

### **Part 1:**

Engage: Students in a 2-3 minute conversation about predictions for the year. Predictions may be their own or come from historical figures & cultures. The Farmers Almanac, the Mayan, the Inca, the Hopi all seem to have something to offer. The Bible or other religious texts may be introduced as well. Educational, athletic and family goals are also welcome.

Ask: Do you consider any of those predictions personal?

Define: Personal

### **Part 2:**

Distribute: Handout.

Explain: The handout contains several examples of some people's personal hopes, plans, dreams and goals.

Review: The handout of goals with students.

Encourage: Students to fill in spaces 8, 9 and 10 with their own personal goals.

Reassure: Students they will not be asked in this public setting what personal goals they've selected.

**Part 3**

Ask: Students to imagine the Personal goals listed 1-8 are actually their own personal goals.

Have: Students go through the list with you one goal at a time and fill in the **Plan Date** (date the students expect to have accomplished that goal.)

Encourage: Students to pencil in a plan date for their own personal goals 8-10 as well.

Move: To the next column.

Have: Students go through the list with you one goal at a time and fill in the **Actual Date** (a reasonable date each of the students would settle for in the event the plan date did not occur.)

Encourage: Student to pencil in an actual date for his/her own personal goals 8-10 as well.

Call: Upon any volunteers to share their responses (8-10 excluded unless offered.)

**Part 4**

Instruct: Students to turn their paper over.

Gather: A working definition from the students for the words Realization & Crisis.

(Realization: Awareness, clear understanding, reality.)

(Crisis: Out of control, unexpected, unpredictable outcome.)

Ask: For a show of hands if they (the students) have ever witnessed an adult in their life/home ever display any drastic/dramatic/panic behaviors such as:

1. Running away from home.
2. Getting married or divorced quickly.
3. Changing careers quickly.
4. Dressing and acting way differently.
5. Dramatically changing their daily routines.

Ask: Students to consider one explanation may have been that their adult had the realization that reaching of or more of their personal goals may never be met unless... (insert aforementioned panic behavior.)

Have: Students turn their paper back over to starting position.

Encourage: Students to look at their list of personal goals/hopes/plans and more specifically, the Realization Date that might be looming on the horizon one day.

Inform: Them that there may come a day in the future when they have the realization that one or more of their personal goals will NEVER be met.

Share: Regret, sadness, emptiness & despair are often the feelings that overwhelm people as they have the Realization that one or more of their personal goals despite all the wishing, praying, working and believing they've done will, by any means of their own, never be met.

Talk: About how counseling can help resolve or settle some of the emptiness, regret & despair that sometimes accompanies those realizations and can help prevent people from over reacting/responding.

Call On: Students to answer the following questions:

Q. What age might you be when you realize that it's too late to...

Get Married?

Become a Pro Athlete?

Graduate?

Get Healthier?

Stop Drug Use?

Drop out of a gang?

Discussion: As intended=)

Encourage: Students to seek out counseling if they ever fall into doing panic behaviors with the realizations their personal goals will not be met.

Inform: That counselors can be found in many places including schools, through their jobs, on line and in the phone book.

<b>Personal &amp; Private Goals/Plan (examples)</b>	<b>Plan Date (want)</b>	<b>Actual Date (reasonable)</b>	<b>Realization Date</b>
<b>1. Going to and finishing College.</b>			
<b>2. Living Independently.</b>			
<b>3. Getting your dream job.</b>			
<b>4. Being in Love/Feeling Special.</b>			
<b>5. Being Happy.</b>			
<b>6. Having a better relationship with your kids than you had with your parents.</b>			
<b>7. Believing you've maximized your potential.</b>			
<b>8.</b>			
<b>9.</b>			
<b>10.</b>			