



RENEW Youth Portfolio

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Mapping Your Future

Student: _____

Mapping Worksheet Questions

The following questions will help you as you fill out your Mapping Worksheets:

MAP #1: My History/Story

1. What have been some of the most important things that have happened to you? You can go back as far as you like.
2. What was important about that?
3. How did you feel about that?
4. What happened as a result of that?
5. Who was important in that situation?
6. Who was there?
7. Describe that situation more...
8. What have been some of the toughest things that have happened to you?
9. What are some of the favorite things you have done? Where are the important places you have gone? Is there anything else you want to add?

Optional: Create a graphic timeline with arrows going from one event to another.

MAP #2: Who Am I Today?

1. How are things going at home, and how about school?
2. What words would you use to describe your life now? How do you feel most of the time?
3. What situations make you feel happy or at your best? What situations make you feel upset, sad, or angry?
4. What do you wish was different about your situation?

Map #3: My Strengths and Accomplishments

1. Are you an artist? Do you play an instrument or sing? Do you read a lot?
2. What do you do when you have time to yourself?
3. What are you most passionate about?
4. What do your friends say you're really good at? Are you a good listener? Can you keep a secret when your friends ask you to?
5. Did you ever do something that other people really thought was great?
6. This is a time for you to brag!

Map #4: The People and Resources in My Life

1. Who are the people in your "inner circle"? These are the people you can really count on when you need help.
2. Who are the people in the outer circle? These are people who will help you, but who may not be really close to you.
3. Who are the people in your life who are not helpful? How are they important to you? What do they do for you?

Map #5: What Works and What Doesn't Work

1. What works for you in those situations where you are more successful?
2. What doesn't work for you? Think about the situations where you have trouble or you get irritated.
3. What type of help is better for you in school? What works when you are trying to learn something new?
4. How do you learn best, under what circumstances?
5. What types of situations get you upset or irritated?
6. When do you have trouble learning or doing something new?

Map #6: My Dreams

1. What do you want your life to look like three, four, or five years from now? If everything went perfectly, what would your life look like? What are you doing every day, and with whom?
2. What have you accomplished within your perfect dream?

There are no barriers here—anything you want to say is fine.

Map #7: My Fears, Concerns, and Barriers

1. What kinds of things could prevent you from reaching your dream?"
2. What has gotten in the way in the past?
3. What do you worry may happen?
4. What do you NOT want to happen?

Map #8: My Goals

1. What would you want to have accomplished during this class? During this year? Next year? Before you graduate?" (Number each goal)
2. Given your dream, what would you need to accomplish in the next/several years to work toward that dream?
3. How will you know you have reached the goal? When do you want to achieve this goal?

Examples of some goals:

- Get my license
- Get a part-time job
- Find a career that best matches my interests and strengths
- Find out what is on my transcript
- Explore possible colleges
- Get a job shadow

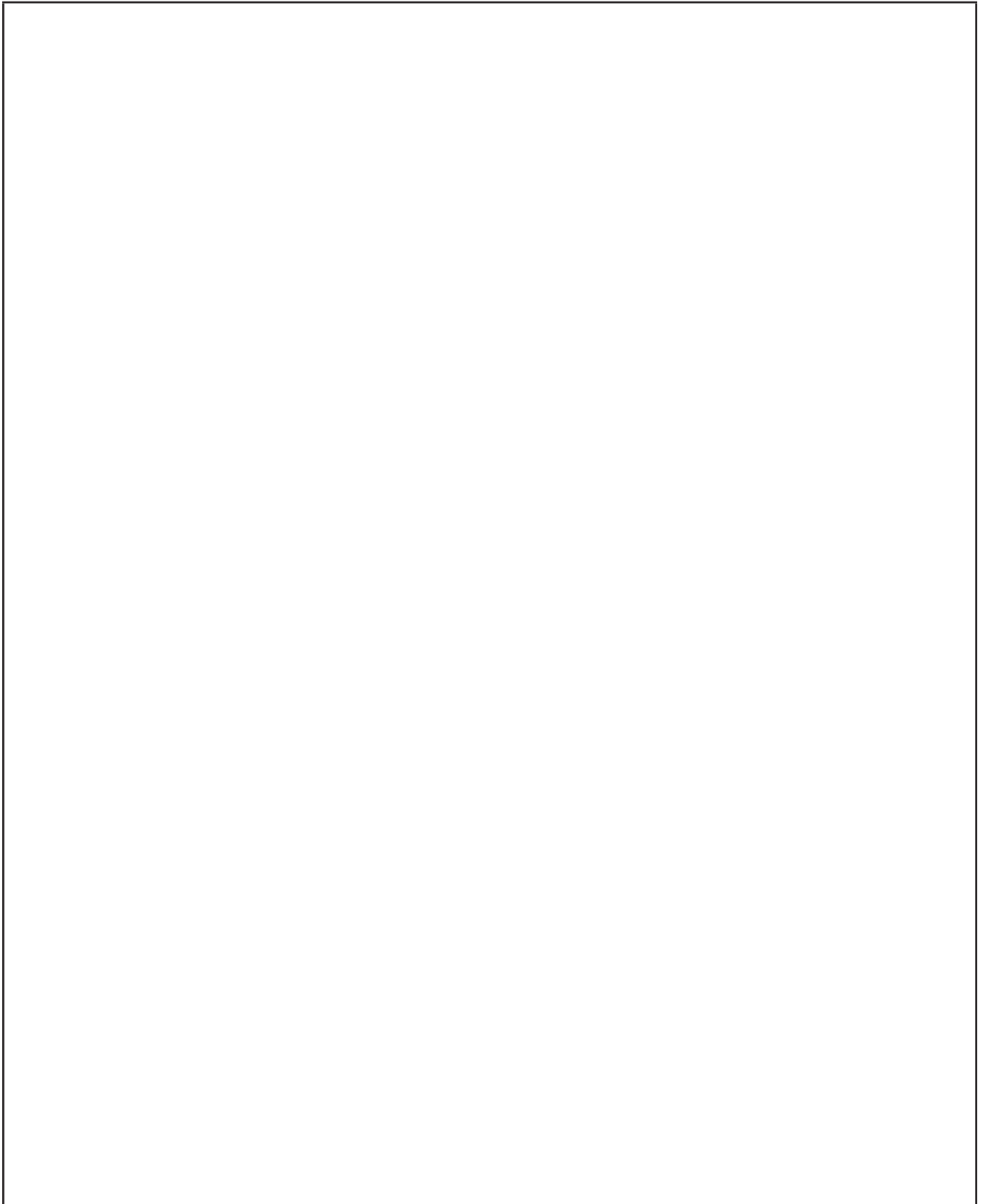
Next Steps: Personal Action Plan

Taking one goal at a time:

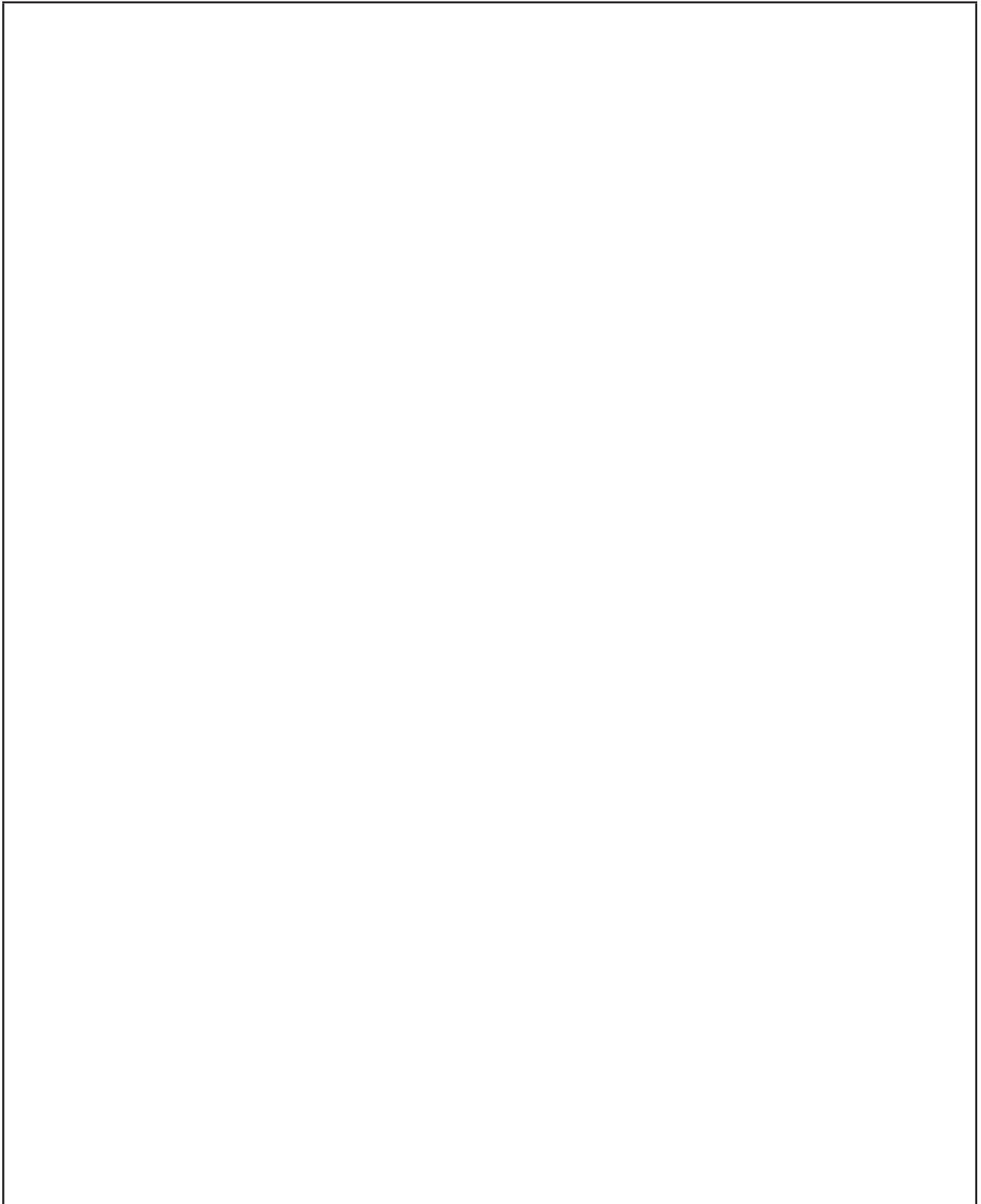
1. Given some of your concerns, what do we need to do first to work toward this goal?
2. Who is/are the best person(s) to help you with this next step?
3. What resources will you need?
4. Who do we need to invite to see your plan and get on board? (e.g., Parents, Guidance Counselor, Therapist, Relative, Mentor)



Map #1: My History/Story



Map #2: Who Am I Today?

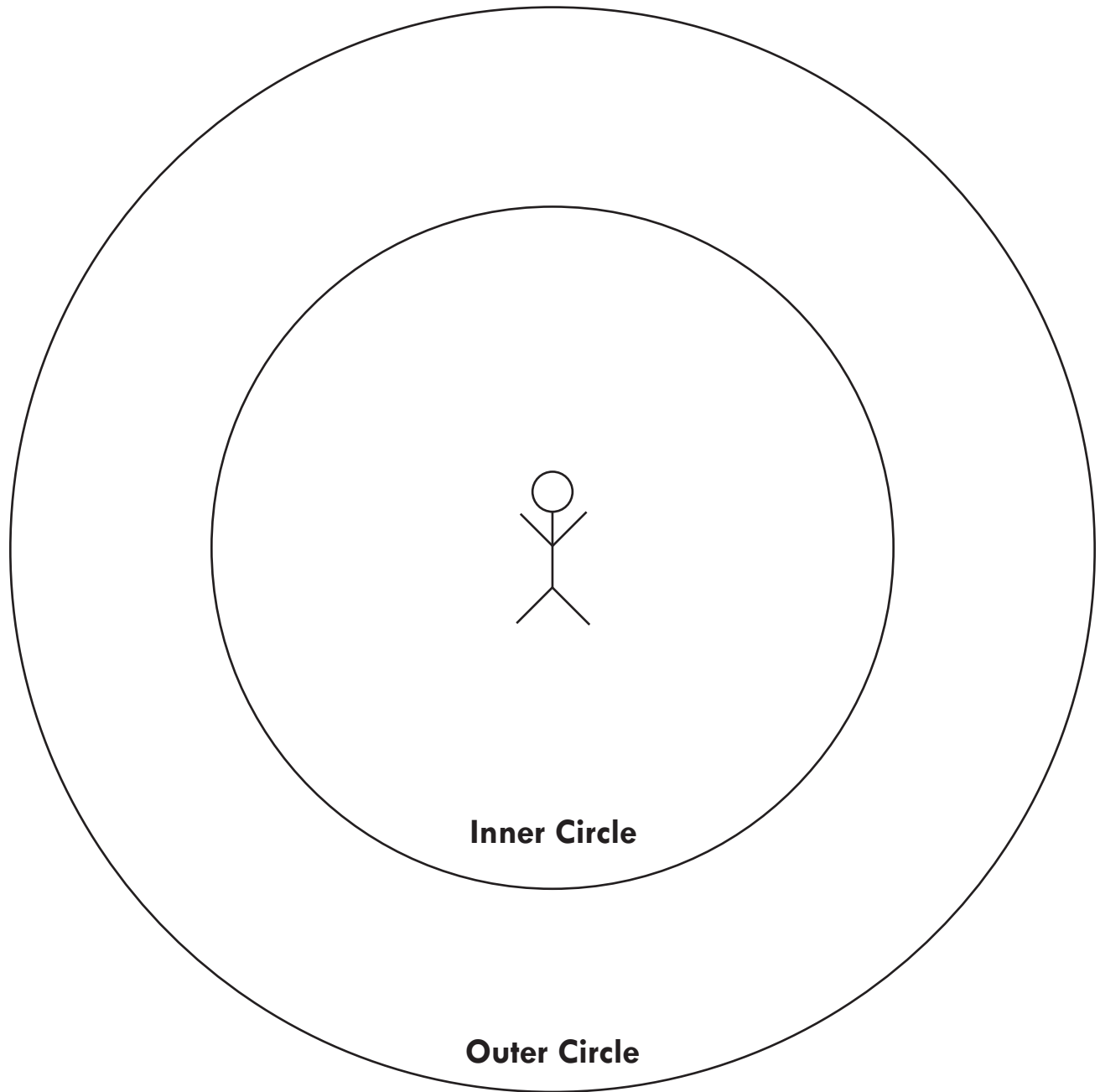




Map #3: My Strengths and Accomplishments

Strengths	Accomplishments

Map #4: The People and Resources in My Life

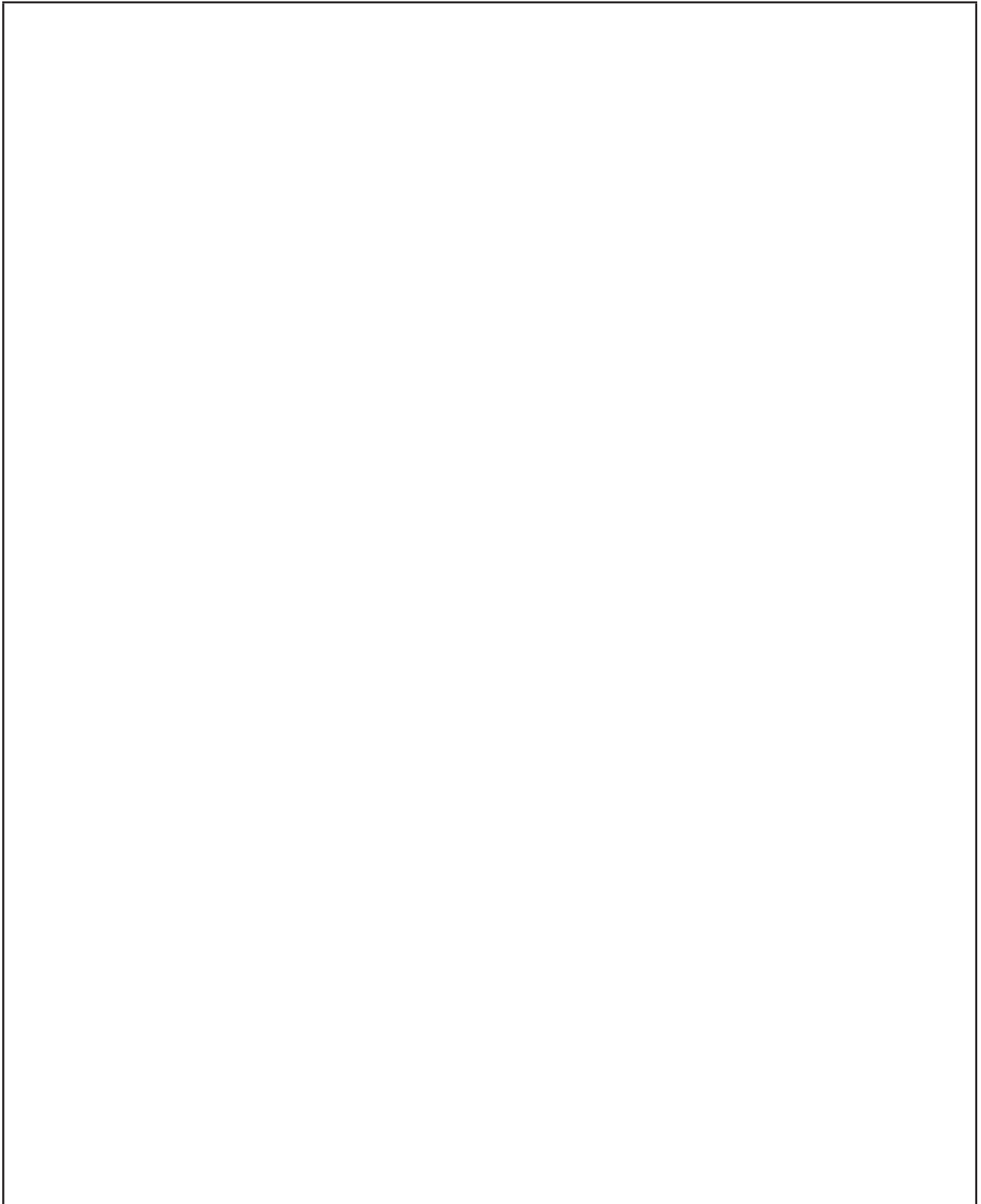




Map #5: What Works and What Doesn't Work

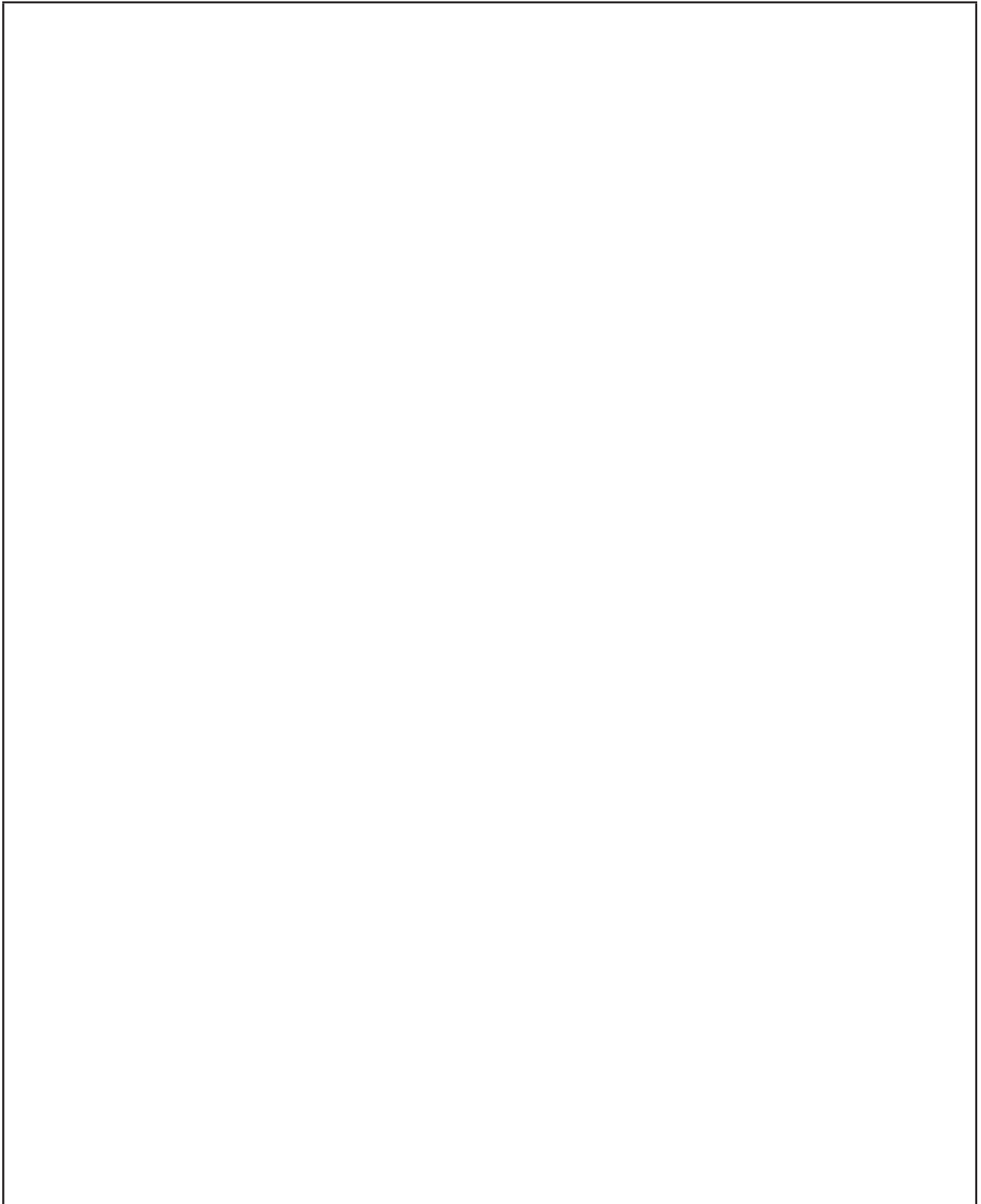
What Works	What Doesn't

Map #6: My Dreams





Map #7: My Fears, Concerns, and Barriers



Map #8: My Goals

1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	

My Action Plan (EXAMPLE)

Student: Tom Jones

Date: 9/1/2009

Grade Level: Junior

Goal # <u>1</u>	<i>I would like to learn more about criminal justice careers.</i>		
When do I want this to be completed?	<i>Before Christmas Break of 2009</i>		
What do I have to do to make this happen?	What Resources, Materials, or Support do I need?	Status	Comments
<i>Online research</i>	<i>Computer – www.bridges.com or www. online.onetcenter.org</i>	<i>Complete</i>	
<i>Conduct 2 informational interviews</i>	<i>Help from my network to locate someone in the field of criminal justice and my informational interview questions</i>	<i>In progress (1 complete)</i>	<i>Waiting to hear back from Officer Smith so I can schedule an interview</i>
<i>Job shadow/internship</i>	<i>STC/ELO coordinator and/or my guidance counselor My network to help me find a location to intern/job shadow at</i>	<i>Will do Semester 2</i>	<i>Won't fit into my Semester 1 schedule</i>

My Action Plan

Student: _____ Date: _____

Grade Level: _____

Goal # _____			
When do I want this to be completed?			
What do I have to do to make this happen?	What Resources, Materials, or Support do I need?	Status	Comments

My Action Plan (Continued)

Goal #_____			
When do I want this to be completed?			
What do I have to do to make this happen?	What Resources, Materials, or Support do I need?	Status	Comments

My Action Plan (Continued)

Goal #_____			
When do I want this to be completed?			
What do I have to do to make this happen?	What Resources, Materials, or Support do I need?	Status	Comments

My Action Plan (Continued)

Goal #_____			
When do I want this to be completed?			
What do I have to do to make this happen?	What Resources, Materials, or Support do I need?	Status	Comments

My Action Plan (Continued)

Goal #_____			
When do I want this to be completed?			
What do I have to do to make this happen?	What Resources, Materials, or Support do I need?	Status	Comments

My Action Plan (Continued)

Goal #_____			
When do I want this to be completed?			
What do I have to do to make this happen?	What Resources, Materials, or Support do I need?	Status	Comments

My Action Plan (Continued)

Goal # _____			
When do I want this to be completed?			
What do I have to do to make this happen?	What Resources, Materials, or Support do I need?	Status	Comments

My Action Plan (Continued)

Goal #_____			
When do I want this to be completed?			
What do I have to do to make this happen?	What Resources, Materials, or Support do I need?	Status	Comments

Acknowledgements

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