

# Hope for the Future

## *The Benefits of Planning for the Future using myBlueprint*

As students consider transitioning to a new grade in September or transitioning to the next stage of life, it is important for them to develop goals and to reflect on their interests and opportunities. Planning for the future improves mental health as it provides purpose and a sense of hope, especially during uncertain times.



### **Setting goals for the future provides hope.**

- Decide upon and create a routine with a weekly agenda that is visible in your work/learning space. An agenda provides structure and a sense of normalcy in uncertain times. Include youth in this creation to help them have a voice in the routine and structure of their learning routine.
- Set personal goals along with learning goals. This will allow everyone to have something to look forward to during the day. Celebrate accomplishments as they happen.
- Educators can support creating a routine by checking on learning goals with students. For example, students may record a video clip discussing something they learned, and teachers may respond with a video clip of their own. This can help maintain connection while working remotely.
- Consider setting SMART goals (Specific, Measurable, Attainable, Realistic and Timely) using the myBlueprint's Goal Setting tool to outline what you are excited to learn by the end of the year. Break the goal down into smaller steps to make it achievable.

### **Exploring interests connects learning to preferred futures.**

- Encourage youth to ask questions and be curious about their futures. Students could connect with adults in their community to talk about their interests and ask questions about potential career paths.
- Ask students what they are interested in learning about most (at school, at home, and in their community), and what they need to further explore those interests.
- Discuss global issues that need to be dealt with for the world to be a better place. Focus on those of interest and what potential skills, knowledge, and/or occupation would help.
- Talk about the future and what will be next for students.
- Students may use myBlueprint's Who Am I surveys to learn more about themselves and their interests. Students can reflect on what interests stood out in their report, and what it means for their exploration of career opportunities.

## Connecting the world of work to learning provides meaning.

- Make connections between occupations, interests and skills. Ask questions about how students can plan for the next grade or stage of life. Support students to review their goals regularly and think critically about how they relate to their plans for the future.
- Develop long term goals alongside weekly personal and learning goals. Where would you like to be 6 months from now? 1 year from now? 5 years from now? Regardless of where students are in their educational career, they can explore occupations/post-secondary options and critically think about what's coming next.
- Challenge students to find an occupation that they know something about and one that they have never heard of before. Explore the skills required for each occupation and what they would need to do to pursue either occupation.
- Use myBlueprint's Occupations search tool to find occupations related to their favourite subject. For example, if a student loves science, use that word to start the occupations search. Then, take it one step further and view the requirements or skills needed to enter that occupation.

## Focusing on the future reminds us that today's challenges will pass.

- Forget perfectionism and take the time to acknowledge mistakes through the learning journey. When students reflect on how they can overcome a challenge, it strengthens their skills to continue. Mistakes are a necessary part of learning.
- Embrace the reality that each day will be a little different. Be prepared for a possible sense of unease when learning remotely but try to focus on your preferred future.
- Use myBlueprint's Goal Setting tool to set a SMART goal to write weekly journal reflections about how your learning is going. Additional reflections can include how you are doing emotionally, a highlight from the week, and any challenges or questions you have.

Looking for a visual on what a remote learning week could look like from a student perspective? Watch myBlueprint's video: [A Week-at-a-Glance: A Student's Perspective](#).



## Accessing myBlueprint

### Grades 4 and 5

Visit [www.myBlueprint.ca](http://www.myBlueprint.ca) and click Log In. Enter the following credentials for your school district:

	Username	Password
ASD-North	northnb	Student Number
ASD-East	eastnb	Student Number
ASD-South	southnb	Student Number
ASD-West	westnb	Student Number

[View the information poster for Grades 4 and 5.](#)

### Grades 6 to 12

Visit your district landing page:

- [ADS-North](#)
- [ASD-East](#)
- [ASD-South](#)
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