

Lesson 1: Welcome to Future Ready

Launch

Curriculum: Future Ready Launch

Starter Kit WHY + HOW to begin living the life you want + being the person you want to be

Objective(s):
<p><i>Students will be able to...</i></p> <ol style="list-style-type: none"> 1. Define the four Future Ready Competencies 2. Describe the Future Ready Launch curriculum and what they are set to learn during the experience 3. Demonstrate the mindset needed to successfully complete this curriculum 4. Reflect on their current mindset and what is to come for their school year ahead

CLASSROOM ORGANIZATION

Materials & Resources:	Physical Space:
<input type="checkbox"/> No special materials required	<ul style="list-style-type: none"> The classroom setup should be left to the teacher's discretion, providing ample space for easy movement while monitoring student progress. A designated area should be established for one-on-one time between the teacher and students to connect and reflect on the lesson.

PROCEDURES

Select the activities that align with your time frame and class needs.

<p>1. Introduction (10 minutes)</p>	<p><i>Welcome students to the Future Ready curriculum from Find Your Grind.</i></p> <p>"I'm so excited for us to get started with this exciting curriculum by Find Your Grind. You'll spend this time getting to better know yourself and what your future might look like. You'll experience some real-world situations to try out your skills and learn all about</p>
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	<p>leadership. Everything you do and experience will be all about you planning for the ideal future for yourself.”</p> <p><i>Share why you’re excited about Find Your Grind.</i></p> <p><i>Ask students to share why they’re excited about Find Your Grind and this curriculum. If students have completed the Future Proof curriculum in their previous year, have them share their experiences.</i></p> <p><i>Ask students to share what unknowns they have about their future.</i></p> <p>“At this point in your life, there might be some things you are just unsure about in your future - what school looks like, who you are socially, and maybe even what your life is going to look like in 5, 10, or even 20 years from now. What are the biggest unknowns you are thinking about?”</p> <p><i>Transition into the next activity and the rest of the lesson.</i></p> <p>“Thanks for sharing, everyone! You might not get all your answers this year, but these things will start to become more in focus as you work your way through this curriculum. This first lesson really sets the stage about what this year will look like. We’ll start with an activity about your Lifestyle Assessment results.”</p>
<p>2. Teacher-led Activity - Lifestyle Reflection (50 minutes)</p>	<p><i>If students have not logged into Find Your Grind and completed the first steps of their Lifestyle Assessment, direct them to do so. It will take approximately 10 minutes for them to complete the assessment and get their results.</i></p> <p>This activity has students quickly reflect on their Lifestyle results and then share in small groups of similar and different Lifestyles.</p> <p>See teacher resources.</p>
<p>3. Student Independent Learning (31 minutes)</p>	<p>Students complete the “Welcome to Future Ready”, “Future Ready Deep Dive”, and “Get Ready” badges.</p>

<p>4. Student-led Activity - Look Towards the Future (10 minutes)</p>	<p>Students complete the Look Towards the Future activity where they create 4 statements:</p> <ul style="list-style-type: none"> • I hope... • I fear... • I wonder... • I want... <p>as they look towards the year ahead.</p>
<p>5. Reinforce Learning – Closure (5 minutes)</p>	<p><i>Recreate excitement about students' journeys ahead.</i></p> <ul style="list-style-type: none"> • "I'm excited to watch you all prepare for your future as you learn more about who you are. I'll be alongside your journey with you, supporting you along the way." <p><i>Reiterate the organization of the curriculum and what's to come</i></p> <ul style="list-style-type: none"> • "We'll move into our next lesson and then work our way through each unit together. Remember, some of the work will be done all by yourself and sometimes we'll come together as a class to discuss, share, and learn." <p><i>Stress an open mindset.</i></p> <ul style="list-style-type: none"> • "We'll get more into this as we go through each lesson but remember that the more open and honest you are with each of these activities, the more you'll get out of the experience!"

DIFFERENTIATION

Student Learning Needs:
<p>For students needing more support:</p> <ul style="list-style-type: none"> • Students who may need more support can use sentence starters for the "Look Towards the Future" activity to help organize their thoughts. <p>For students needing more challenge:</p> <ul style="list-style-type: none"> • Encourage these students to write a detailed paragraph for one of their "I hope, fear, wonder, or want" statements, explaining the reasoning behind their feelings.

<ul style="list-style-type: none"> Ask them to think of a real-life example of when they have already used one of the four Future Ready Competencies.
Learning Preferences:
<ul style="list-style-type: none"> For the "Look Towards the Future" activity, students could have the option to express their hopes, fears, wonders, and wants through a short audio recording, a video diary entry, or a visual collage of images and words instead of writing.

ASSESSMENT

Evaluate Student Understanding:
<ul style="list-style-type: none"> Both activities are participation based and have no “correct” answers. Students can be assessed on their participation in the activities.
Anticipated Challenges and Solutions:
<ul style="list-style-type: none"> As this is the first lesson in the curriculum, it may be difficult for students to wrap their minds around what is to come. Encourage them to take chances and go into this lesson with an open mind. Students may not take the initial reflection activities seriously. In the introduction, highlight the benefit of this work for their <i>own</i> future happiness and success. Explain that these early reflections are valuable personal data points they can look back on to see how much they've grown.

CONNECTIONS

Real-World Connections:	Article White Paper Video
Skill Development & Higher-Order Thinking:	Critical Thinking Curiosity Drive Growth Mindset Introspection Self-assessment Self-reflection

<p>Explore Library:</p>	<p>Lifestyles</p> <ul style="list-style-type: none"> • Connector • Entertainer • Creator • Competitor • Analyzer • Innovator • Organizer • Entrepreneur • Educator • Maker • Healer • Explorer • Leader • Thrill Seeker • Humanitarian • Contributor
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BADGE OVERVIEW

<p>Badge Title: Welcome to Future Ready Launch</p>
<p>In this badge, students are welcomed to the curriculum and learn about its ultimate goal: to be ready for the future by building a life they are excited about living. This section introduces the philosophy of focusing on "who you want to be" over "what you want to be." Students will also get a high-level overview of the 10 different units they will explore throughout the program.</p>
<p>Badge Title: Future Ready Deep Dive</p>
<p>This badge explains what it means to be "future ready" by introducing the four core competencies: Self-Awareness, Social Awareness, Career Awareness, and Action Awareness. Through a series of interactive activities, students explore the meaning of each competency and reflect on which one is currently their strongest. Students also learn about the Future Ready Indicator (FRI), a tool designed to measure and track their growth across the competencies as they complete activities.</p>
<p>Badge Title: Prepare Yourself</p>
<p>This badge sets expectations for the learning journey ahead, encouraging students to be prepared to work hard and think deeply. It acknowledges that self-reflection can sometimes be tough and advises students to be okay with discomfort and to ask for help when they need it. The badge concludes with a reflective chat where students assess how well they know themselves and how ready they are to start thinking about their future.</p>

NEW VOCABULARY

Self-Awareness	The ability to understand your own strengths, skills, values, and behaviors.
Social Awareness	The ability to understand how you relate to other people and respect different perspectives.
Career Awareness	The ability to connect your personal talents and skills with potential industries and jobs.
Action Awareness	The ability to set and follow steps toward a goal and be open to feedback.
Competency	A skill or ability that you can build and develop.
Future Ready	Having the skills, knowledge, and mindset to adapt and succeed in a world that is always changing.
Lifestyle	The particular way that a person or group of people live, including their habits, choices, and values.
Reflection	The act of thinking deeply or carefully about something.

NEXT STEPS & REFLECTION

Ongoing professional learning and reflection related specifically to this lesson.

What went well?
What were the areas of opportunity or challenges? (e.g., difficulties with vocabulary, pacing, etc)
Why are you excited for Find Your Grind and this curriculum?

