**Session 1: What Is a Legacy? Cycle ID / Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

|  |  |
| --- | --- |
| **Activity** | **Notes**  |
| A: Introduction |  |
| B: Ice-breaker |  |
| C: Group Agreements |  |
| D: What is my Legacy? |  |

**Session 2: Looking Ahead to My Future**

|  |  |
| --- | --- |
| **Activity** | **Notes**  |
| A: Web Chart – Positive and Negative Futures |  |
| B: Practices for Self-Confidence |  |

**Session 3: Guest Speakers**

|  |  |
| --- | --- |
| **Activity** | **Notes** |
| A: Guest Speaker & Note Taking |  |
| B: Thank You Letters |  |

**Session 4: What Lifts Me Up, What Holds Me Back?**

|  |  |
| --- | --- |
| **Activity** | **Notes** |
| A: Color Block |  |
| B: Influences in my Life |  |

**Session 5: Expressing Myself in My Future Career**

|  |  |
| --- | --- |
| **Activity** | **Notes**  |
| A: Career Puzzles |  |
| B: Career Game Explorer |  |

**Session 6: Exploring My Future**

|  |  |
| --- | --- |
| **Activity** | **Notes**  |
| A: Making My Choice |  |
| B: Career Aspiration & Discussion |  |

**Session 7: What Does Today Have to Do With My Future?**

|  |  |
| --- | --- |
| **Activity** | **Notes**  |
| A: My Personal Work Experience |  |
| B: It’s My Resume |  |

**Session 8: What Can I Do Now to Get There?**

|  |  |
| --- | --- |
| **Activity** | **Notes**  |
| A: What Can I do Now to Get There? |  |
| B: Designing my Business Card |  |

**Session 9: Expressing Myself in Communication And Relationships**

|  |  |
| --- | --- |
| **Activity** | **Notes**  |
| A: Peer Pressure  |  |
| B: Choosing my Style & Acting it Out |  |

**Session 10: Vacation Exploration**

|  |  |
| --- | --- |
| **Activity** | **Notes**  |
| A: My Dream Vacation |  |
| B: Imagining my Future |  |

**Session 11: Teen Pregnancy Prevention Ad Hoc**

|  |  |
| --- | --- |
| **Activity** | **Notes**  |
| A: What About Me as a Parent? |  |
| B: Option 1 – For Younger/less experienced participants |  |
| B: Option 2 – Older/more experienced participants – safer sex |  |
| C: Distribute Handouts/Resources |  |

**Session 12: Choosing My Future**

|  |  |
| --- | --- |
| **Activity** | **Notes**  |
| A: My Timeline |  |
| B: Planning My Next Steps |  |

**Session 13: Putting It All Together**

|  |  |
| --- | --- |
| **Activity** | **Notes**  |
| A: Letter of Recommendation & Portfolio |  |
| B: Graduation |  |