

CREATING YOUR FUTURE

THEME OF THE DAY NETWORKING-MAKING CONNECTIONS

Grades: Intermediate / Junior High / Middle

CREATE YOUR
OWN FUTURE



CURRICULUM CONNECTIONS

- Health/Personal Development
- Language Arts
- Physical Education

MATERIALS AND PREPARATION REQUIRED

- Board of Director Template(s)
- Example of your own Board of Directors or a fictional intermediate/middle/junior high student's Board of Directors

ACTIVITY: ACCESS YOUR ALLIES – BOARD OF DIRECTORS

ACTIVITY ELABORATIONS (WRITTEN IN EDUCATOR/COUNSELLOR/INSTRUCTOR VOICE)

Facilitate a class discussion on building a network (e.g., identifying the right people, approaching them, asks). Brainstorm examples of diverse organizations' boards of directors, and note that boards typically have people who are positive and believe in the value of the organization.

Facilitate a discussion on the value of individuals having their own Board of Directors. Share an example of your own Board of Directors or that of a fictional intermediate/middle/junior high student. Using the **Who Is on My Board** activity template (see below), discuss why it is strategic to include each member and provide examples. Ask students to think about their own life now and to fill in as many categories as they can around their own Board of Directors. Encourage them to be as specific as possible about why they are including people in other categories, recording in some detail in what way(s) they hope those directors could provide support.

CAREER DEVELOPMENT ACTIVITY (WRITTEN IN STUDENT VOICE)

Refer to **Board of Directors Activity – Who Is on My Board?**

- It can be daunting to build a network. How do you identify the right people? How do you actually approach them? What are you really asking them to do?
- Wherever we go, there will be people with whom we have things in common and with whom we can connect—people who might be able to help us or support us in some way.

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- How do we know whom to approach? Many organizations have a Board of Directors. Typically, these are composed of people who are chosen strategically to provide specific support to the organizations (e.g., lawyer, financial advisor, content expert). Effective boards also have people who are positive and believe in the value of the organization.
- Individuals can also benefit greatly from having their own Board of Directors.
- Think *strategically* about who might be members of *your* Board of Directors. Some might be people you already know who help/ support/advise you *now*—people who have already proven themselves to be your allies. But to broaden your network of support, you may need other members who can offer you particular kinds of advice and support because they have particular experience and/or expertise.
- Members may include someone who
 - Can advise/coach you on how to manage money and plan for post-secondary
 - Has actually done what you think you may want to pursue (in terms of post-secondary studies and/or work)
 - Can assist with academic challenges
 - Is a really good problem solver and can help you think through messy situations to find a solution
 - Can encourage you and help you to stay motivated
 - Believes in you and has high expectations for you
 - You can call or text at 2 am when you're in trouble or questioning your choices
 - You can confide in when it's not something you want to discuss with your parents
- Often an ally is someone we know well. Other times, however, an ally might be a stranger—someone with information and/or expertise we need.
- Think about your own life now and fill in as many categories as you can around your own Board of Directors—who is or could be part of your own Board of Directors?
- Record the names of Board members in each category. Are there other categories where you might need advice, support, or expertise? Be as specific as possible about why you are including Board members in other categories, recording in some detail in what way you hope that Board member could support you.

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FORMATIVE ASSESSMENT STRATEGY

- Share your Board of Directors with a trusted ally, and request feedback.
- Consider the feedback you have received, determine whether revisions are necessary, and revise.
- Share a reflection with a trusted ally about why you have included each member of your Board of Directors, recording in some detail in what each member can provide you with in terms of support.
- Share a reflection with a trusted ally on your experience of building a Board of Directors, and how the experience may link with your life beyond school.

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MY BOARD OF DIRECTORS

BACKGROUND

- It can be daunting to build a network. How do you identify the right people? How do you actually approach them? What are you really asking them to do?
- Wherever we go, there will be people with whom we have things in common and with whom we can connect—people who might be able to help us or support us in some way.
- How do we know whom to approach? Many organizations have a Board of Directors. Typically, these are composed of people who are chosen strategically to provide specific support to the organizations (e.g., lawyer, financial advisor, content expert). Effective boards also have people who are positive and believe in the value of the organization.
- Individuals can also benefit greatly from having their own Board of Directors.
- Think *strategically* about who might be members of *your* Board of Directors. Some might be people you already know who help/ support/advise you *now*—people who have already proved themselves to be your allies. But to broaden your network of support, you may need other members who can offer you particular kinds of advice and support because they have particular experience and/or expertise.

Members may include someone who

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- Often an ally is someone we know well. Other times, however, an ally might be a stranger—someone with information and/or expertise we need.
 - Think about your own life now and fill in as many categories as you can around your own Board of Directors—who is or could be part of your own Board of Directors?
 - Record the names of Board members in each category. Are there other categories where you might need advice, support, or expertise? Be as specific as possible about why you are including Board members in other categories, recording in some detail in what way you hope that Board member could support you.

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BUILDING MY BOARD

WHO IS ON MY BOARD?

-
- Money Management
 - Doing Job That Interests Me
 - Academic Support
 - Believer
 - Motivator
 - Confidante
 - Emergency Support
-

Take some time to create your own personal Board of Directors. Think about areas where you might want advice, support, or expertise. Whom do you want on your Board?

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BUILDING MY BOARD



NAME: _____

■ ROLE: _____

NAME: _____

■ ROLE: _____

NAME: _____

■ ROLE: _____

NAME: _____

■ ROLE: _____

NAME: _____

■ ROLE: _____

NAME: _____

■ ROLE: _____

NAME: _____

■ ROLE: _____

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TIP 1: You want people on your Board who can give you practical advice and expertise. But you also want people you may want to turn to. Be sure there is someone on your Board you can call for personal support, when you're in trouble, questioning yourself, feeling overwhelmed or very sad!

TIP 2: Think about actually talking to the people you've put in your circle about their role. They'll be much more likely to help you if they know you want their help!

REFLECTION

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