

## Faces of Resettlement Video Lesson Plan for Refugees

Session Title: **Setting Goals**

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<b>Session Description</b>	The purpose of this activity is to help participants identify some short- and long-term goals in the U.S.
<b>Objectives</b>	Participants will be able to: <ul style="list-style-type: none"><li>✓ identify why it is important to set goals</li><li>✓ identify some short- and long-term goals for their life in the United States</li></ul>
<b>Lesson Time</b>	30 minutes
<b>Materials</b>	<ul style="list-style-type: none"><li>☐ <i>Identifying Your Goals Worksheet</i> (sample included), 1 per participant</li><li>☐ Writing implements, 1 per participant</li><li>☐ Flipchart paper and markers</li><li>☐ Computer, Internet, projector, and screen (or some other way to show the video to the group)</li><li>☐ <i>Faces of Resettlement</i> video available online at <a href="http://www.culturalorientation.net/learning/learning-videos/faces-of-resettlement">www.culturalorientation.net/learning/learning-videos/faces-of-resettlement</a></li></ul>
<b>Session Warm-Up</b>	<ol style="list-style-type: none"><li>1. Provide an <i>Identifying Your Goals Worksheet</i> and a writing implement to each participant. Divide participants into pairs. Ask participants to think about their goals for the future by writing or drawing pictures in their boxes to answer the questions on the worksheet. <i>Note: If the group includes participants who cannot read, pair them with refugees who can read if possible; otherwise, read the worksheet aloud.</i>  Ask participants to share some of their goals with their partner.</li><li>2. Bring the full group together. Ask each pair to share one goal mentioned by each partner. Record responses on flipchart paper. If there are repetitions, make a mark next to the information instead of writing it again.</li></ol>
<b>Viewing Activity</b>	<ol style="list-style-type: none"><li>1. Tell participants that you will now show the <i>Faces of Resettlement</i> video. Ask them to keep their goals in mind when watching the video.</li><li>2. Show the <i>Faces of Resettlement</i> video.</li></ol>
<b>Activity and Discussion</b>	<ol style="list-style-type: none"><li>1. Divide participants into groups of three or four. Ask each group to elect a spokesperson to share highlights from their small group discussions. Ask small groups to discuss the following questions:<ul style="list-style-type: none"><li>▪ What are some goals that people in the video accomplished? <i>(Note: This might include: Learning English: Zaw; Finding work and supporting her family and community: Laetitia; Keeping her family safe and healthy: Montaha)</i></li><li>▪ Montaha and Zaw say that things can be difficult in the beginning and that if a person works hard, they can reach their goals. Look at your one-year goal from the <i>Identifying Your Goals Worksheet</i>. What are some steps that you may have to take to reach your goal?</li></ul> Bring the full group together and ask spokespeople to share highlights from their small group discussions.</li></ol>



## Variations

2. Debrief the session using the following questions:

- Why is it important to have goals?
- What is a goal you have for your life in the United States?
- How will you accomplish this goal?

The *Identifying Your Goals Worksheet* is very similar to an activity included on page 11 of the *Welcome to the United States: A Guidebook for Refugees*, available for free download here:

[www.culturalorientation.net/content/download/2185/12569/version/1/file/2012-English-Welcome\\_Guide.pdf](http://www.culturalorientation.net/content/download/2185/12569/version/1/file/2012-English-Welcome_Guide.pdf). For refugees literate in the following languages, this activity is also available in:

- Arabic:  
[www.culturalorientation.net/content/download/2510/14355/version/1/file/Arabic+Welcome+Guide.pdf](http://www.culturalorientation.net/content/download/2510/14355/version/1/file/Arabic+Welcome+Guide.pdf)
- Burmese:  
[www.culturalorientation.net/content/download/2533/14466/version/1/file/Welcome+Guide%2C+Burmese.pdf](http://www.culturalorientation.net/content/download/2533/14466/version/1/file/Welcome+Guide%2C+Burmese.pdf)
- Chin:  
[www.culturalorientation.net/content/download/2601/14821/version/1/file/Chin+Welcome+Guide.pdf](http://www.culturalorientation.net/content/download/2601/14821/version/1/file/Chin+Welcome+Guide.pdf)
- Kinyarwanda:  
[www.culturalorientation.net/content/download/2530/14452/version/1/file/Welcome+Guide%2C+Kinyarwanda.pdf](http://www.culturalorientation.net/content/download/2530/14452/version/1/file/Welcome+Guide%2C+Kinyarwanda.pdf)
- Nepali:  
[www.culturalorientation.net/content/download/2511/14359/version/1/file/Nepali+Welcome+Guide.pdf](http://www.culturalorientation.net/content/download/2511/14359/version/1/file/Nepali+Welcome+Guide.pdf)
- Somali:  
[www.culturalorientation.net/content/download/2512/14363/version/1/file/Somali+Welcome+Guide.pdf](http://www.culturalorientation.net/content/download/2512/14363/version/1/file/Somali+Welcome+Guide.pdf)

## Identifying Your Goals Worksheet

Think about your goals for the future by completing the following questions. Write or draw pictures in the boxes to explain your goals.

<p>What do you want to achieve in your first month of resettlement?</p>	<p>What do you want to achieve in your first year of resettlement?</p>
<p>What do you want to achieve five years after resettlement?</p>	<p>What do you want to achieve ten years after resettlement?</p>

