

Topic: Rights & Responsibilities
(Original plan developed by April 2010 Community Orientation Skills Development Workshop participants in Ft. Wayne, IN, and further developed by the Cultural Orientation Resource Center)

Activity: The 5 Year Plan

Objective	Participants will be better able to identify their primary goal(s), the sequence of steps to achieve those goals, and resources (whether emotional or tangible) to assist them. <i>Note: This lesson is meant to be the first of many, and presumes that participants want to attend based on the subject matter.</i>
Lesson Time	2 hours
Materials	<ul style="list-style-type: none">• Paper• Writing implements
Practice	<ol style="list-style-type: none">1. Ask participants to think about the following question: "What do you hope your life will be like in 5 years?" Distribute paper and writing implements to participants and have them jot down ideas and responses to the question in words and/or pictures. Ask participants to consider what their most important goal is in this planning process (for instance, to own a business, to attain a good education for their children, etc.).2. Create "common goal groups" based on the goals participants have identified. Have these groups sit together and identify what they want, what they need, the sequence of steps to achieve this, ways they would overcome barriers, etc. Groups can discuss knowledge available within the group, class, or community to share. Facilitators should circle and assist groups throughout this discussion.3. Have groups work together, with guidance from facilitators, to prepare presentations of their discussions and plans. The large group comes together to present, listen, share additional resources, and offer new ideas.4. Assign homework: Have participants continue to research and reach out to the community for information and for resources available to assist with the different projects.
Evaluation	<ul style="list-style-type: none">• Schedule follow-up sessions to observe benchmarks and achievement.
Variations	<ol style="list-style-type: none">1. Instead of the Practice #1, have participants do a collage of ideas and goals to help generate an understanding of goals. Discuss goals in small groups, and then bring the large group together to share highlights from the discussion.2. Participants could come up with "Top Three Goals" to identify common goal groups for discussion in Practice #2.