

Sample Motivation and Purpose Assignment

Wk 1 - compose a personal reflection (20-30 lines of text 12 pt font, double-spaced, 1-inch margin) to explore the question "Why am I in college right now?"

Wk 2 - classroom activity where students make a sign with the bumper sticker version of their why and mix-freeze for 15 mins to find two other people who have a similar why; assign groups of 3 with similar why

Wk 3 - having taught SMART goals in Wk2, students draft one long-term goal and three short-term goals that lead to the long-term using SMART framework - get feedback from their group and edit before submitting to me

Wk 4 - students create an online account with MyPlan and complete personality, interest, skills, and values inventories, recording details in a WS template I provide

Wk 5 - classroom activity where students make a sign with their personality type (MBTI) and mix freeze until they find like type (however they define that); groups discuss the process of completing the WS; assignment to compose a personal reflection (same details as before) on what they learned about themselves in the activity and assessments

Wk 6 - students use the [TexasRealityCheck.com](https://www.texasrealitycheck.com) site to choose features of the lifestyle they want; classroom activity to present results to their small group and discuss

Wk 7 - students use the Career Match tab in MyPlan to generate a list of careers to explore - choose 3; classroom activity with previous group to discuss the 3 careers chosen (does it light your fire? what education would you need? do you know anyone doing this job now? does it provide the lifestyle you want?)

Wk 8 - complete career worksheets for 3 careers and find an active job posting for that career in the city where you think you would like to live (salary, details of duties, hours, description of education needed)

Wk 9 - compose a personal reflection (same format details as before) where you discuss the process of researching careers, choose one career and explain why that one for them now; set appointment with an advisor to create an educational plan to prepare for that career

Wk 10 - submit four-semester plan with advisor's initials to confirm it works (for many of my students that includes at least one semester after they have transferred which causes them to have to get information from their transfer destination)