



TELL me...

Plan of the psychological workshop "Tell me about your plans"

Target group – high school students

The aim of the workshops is to acquire the ability to achieve goals (dreams),

- learning and challenging the functions of managing yourself and your resources
- creating detailed plans for task implementation
- time management

Workshop plan

- Creating a group contract – 45 minutes
- Getting to know the plan and program of the workshops – 15 minutes
- What are plans and dreams? Is it worth dreaming? - work in pairs, discussion – 30 minutes
- How to turn dreams into plans and implement them? Presentation of the SMARTer method – 30 minutes
- Searching for and selecting a dream/goal that is characteristic and attractive to entire group – 15 minutes
- Practical application of the SMARTer method to realize a dream (achievement goal) – teamwork – 135 minutes
- Summary of the first block of classes, presentation of own reflections students – 30 minutes

- Excitement about the path to achieving dreams and goals. About how to have fun in life and draw strength and drive for development from it - group work, discussion - 45 minutes
- Decision making (management: planning, organizing, controlling) as a tool necessary to implement plans and dreams – 90 minutes
- Plan your holiday week - practical exercise - 90 minutes
- Dream mother – what is it and what are its functions? - 45 minutes
- I am making my own dream map – workshop exercise – 90 minutes
- Summary of the workshops, participants' own reflections – 15 minutes

Tools used:

Outdoors of the week

Google Calendar

Dream map

Literature:

Sleep, eat and move according to your circadian rhythm Satchini Panda, Feeria 2021

How to have fun in life? Katarzyna Stoparczyk Mando 2022

Otherwise Radek Kotarski Altenberg 2020

Internet sources:

paniswojegoczasu.pl

mapamarzen.info

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