

Name: _____

Who Am I?

Take a moment to talk to one of your copilots or someone else you trust about their hopes for you. Whoever you choose will be your copilot for this activity. Be sure to thank your copilot for supporting you.

QUESTIONS FOR YOU TO ASK YOUR COPILOT:

1. What qualities do I have that you think will help me succeed in life?

2. What do I need to do to improve myself?

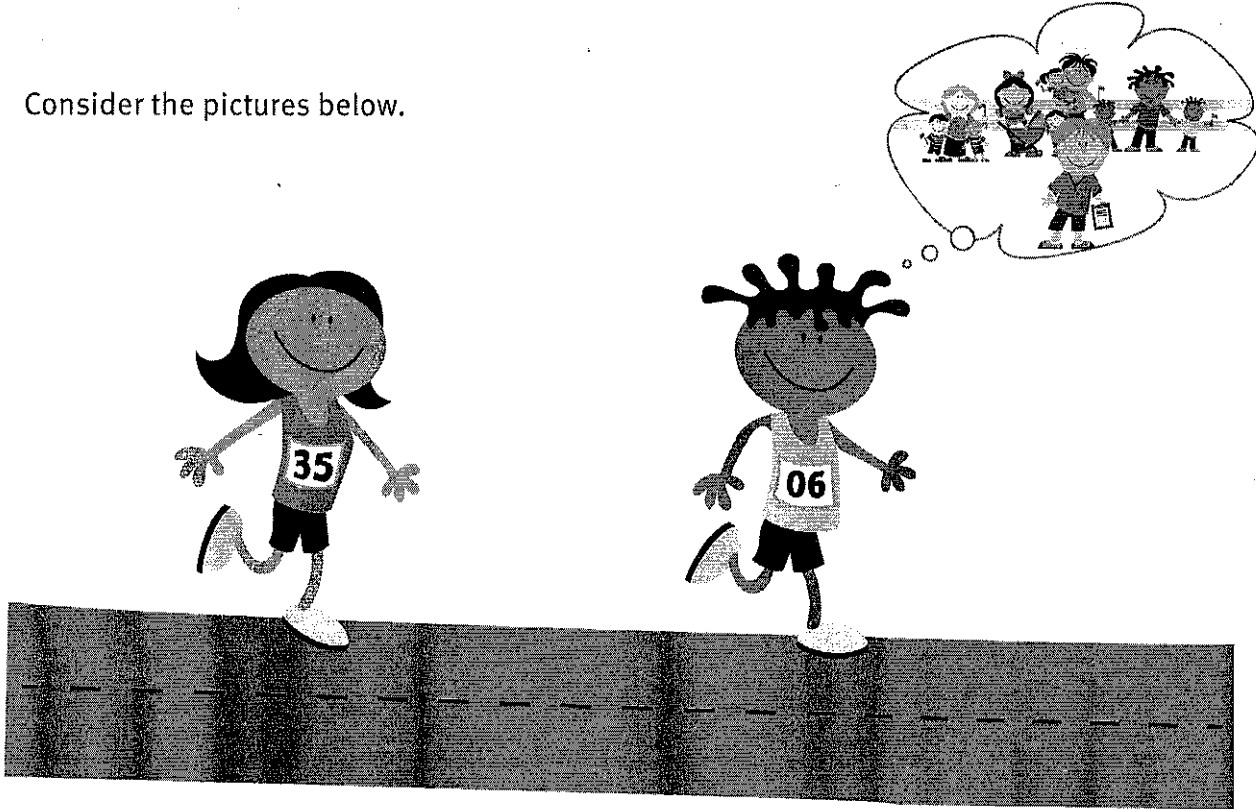
3. What kind of schooling do you want me to have?

4. What do you hope my life will be like in 20 years?

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Who Has Better Odds?

Consider the pictures below.

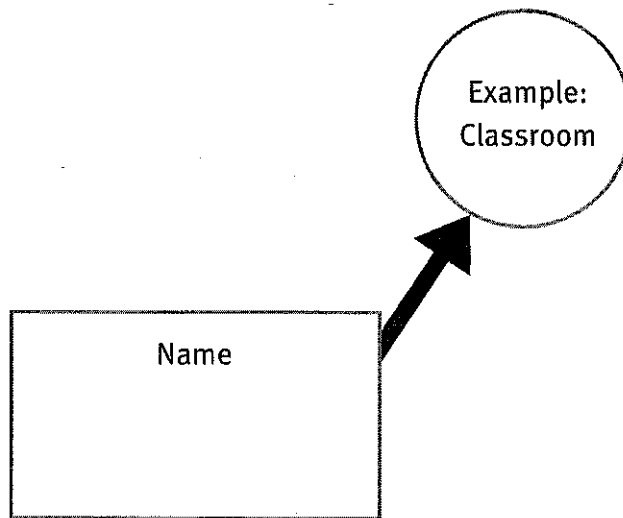


Who has better odds of finishing first — the runner who trains alone (#35) or the runner who trains with a coach and has a support team (#06)? Why?

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My Communities

- Write your name in the box.
- Add a circle for every group you think of that you belong to (such as your soccer team, classroom or family) and write the name of the group in the circles around your name.



How do you feel about having so many groups of people that can help you when you need it?

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People Who Believe in Me

- Think of two people who are in different groups that you belong to. These people are on the road to your future with you.
- Provide an example of how each person has helped or supported you in the past.
- Why is each person's support and encouragement important to you? How do you feel to have their support?

1. First Person: _____

How has this person helped you?

Why is his/her support important and how does it make you feel to have it?

2. Second Person: _____

How has this person helped you?

Why is his/her support important and how does it make you feel to have it?

Name: _____

Helping Me Reach My Goals

Take a moment to talk to one of your copilots or someone else you trust about their hopes for you. Whoever you choose will be your copilot for this activity. Be sure to thank your copilot for supporting you.

Below are some questions to guide your conversation along, with space for you to record your answers.

QUESTIONS FOR YOU TO ANSWER:

1. How important it is to have people support you? Explain your feelings.

QUESTIONS FOR YOU AND YOUR COPILOT TO DISCUSS AND ANSWER TOGETHER:

2. Can you think of someone who supported you in achieving a goal? How did that person help you?

3. How do you think you can help me achieve my goals?

Extensions

Who Am I?

Give students additional copies of *Who Am I?* so they can interview additional people in their community, including peers and school staff.

People Who Believe in Me

For younger students, you may wish to substitute an art project for the handout. Instruct younger students to make a *People Who Believe in Me* graphic on a paper plate to create a public, visual reminder of their support network. Have students draw a picture or place a photo of themselves in the middle of the plate and then draw or write the names of the people they have identified who will help them reach their goals. You may wish to punch holes in the plates and hang them on a clothesline in the classroom or in the hallway as a reminder of how the community and families are connected to the student's future. If students add more copilots during the year, have them add to their plate or attach another plate to the first one.

Encourage students completing the handout to talk to their families and fill in one with their families. Families might have some other suggestions of people who believe in the students, and those suggestions may spark an interesting conversation about community and family support.