

# Quest Teacher's Guide

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For additional resources visit: [www.ampartnership.org](http://www.ampartnership.org)



# Chapter One

# Life is a Journey

**Goal:** Clearly assess future goals and importance of planning in order to reach them.

**Learning Objective:**

1. Consider the value of setting life goals
2. Enumerate and prioritize dreams and life goals.
3. Understand that planning now can determine future outcomes.
4. Discover goals of fellow classmates.

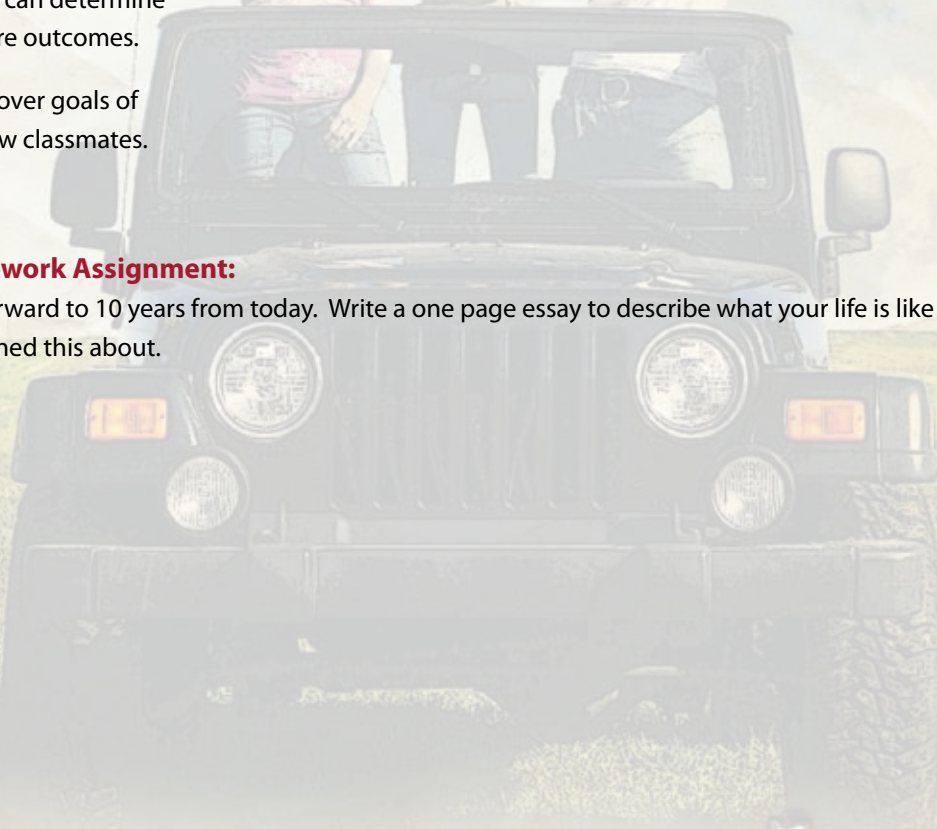
**Possible Activities**

Got goals?

**Vocabulary**

**Homework Assignment:**

Fast forward to 10 years from today. Write a one page essay to describe what your life is like and what happened this about.





# The Adventurous Journey

A Quest is an adventurous journey. Whether or not you **want** to go on a journey...you're already on one – it's a journey called life. Where are you going? Where do you want to go?

**1. Many people end up in the middle of their lives asking themselves, "How did I end up here? This isn't where I wanted to be." Why do you suppose some people end up in a place that they don't want to be?**

*They make poor choices. They don't plan. They don't consider the consequences of their actions. They get involved with risky behaviors. They get involved with a peer group that leads them in a the wrong direction.*

**2. Some people's lives seem to work out really well. They have time, money, freedom, and a nice place to live. Do you ever wonder how they got that way? Do you ever wonder what your life will be like? Are there things you can do now that will help you reach your future goals and dreams?**

Yes  No  Not sure

**You have two choices along life's journey:**

- 1. Decide where you want to go and work toward making it happen.*
- 2. Go wherever life happens to take you.*

**3. When is a good time to write out your future goals and dreams?**

This Year  Next Year  After high school  After college

**Because:**

*The earlier students begin planning for their future, the better their chances of accomplishing their future goals and dreams. Goals and dreams are often abstract and writing them down can make them more concrete and can help students better focus on their future goals.*

**Quest can help you think about where you want to go with your life and help you to make a plan to get there.**





# The Dreamer

## A True Story, Shenette Howard

I grew up in a single parent home in Jacksonville, Florida. As a teenager I had this crazy idea that I would love to be a cheerleader for the Jacksonville Jaguars NFL football team – crazy I know! My father was in prison and my mother worked two jobs to care for me until I was blessed with a stepfather who was a caring, responsible dad. Statistically, however, I was likely to be a teenage single mom.

### In high school ...

I found out that I was a really good dancer so I began to pursue my dream of dancing and was fortunate to train in ballet, modern jazz and tap. Although some of the other dancers had years of dance discipline, I didn't give up on my dream and kept on pressing forward. Through it all I learned to discipline and respect myself, which helped me in other areas of my life.

My parents never really encouraged me toward college, and I never knew if I would be able to get a college education. In my senior year of high school, I was featured in a tap piece at the local community college. Afterwards, I was approached by the college dance instructor who asked me to consider joining the school's dance company. Believe it or not, I was given a full dance scholarship to get a college education! It was amazing.

After graduating from Florida Community College, I continued my education at the University of Central Florida and became the first person in my entire family to graduate from a University. I earned a Bachelor's degree in Business Management with a minor in Marketing. My parents were so proud!

**1. What crazy idea did Shenette have for her future?** Be a cheerleader for the Jacksonville Jaguars

Do you think she would be able to achieve this if she worked really hard at it?

Yes  No  Not sure

**2. What does she mean when she says, "Statistically I was likely to be a teenage single mom?"**

Because of her circumstances, many girls in her situation end up pregnant. However, although it is true that the odds for pregnancy are higher for her, it's not automatic, and it doesn't have to happen.

**3. What could she do to make sure this doesn't happen?**

She could make wise choices in who she has as friends and in what she chooses to do. She can avoid risk behaviors such as alcohol, drugs, and sexual activity before marriage.



# The Good Life

Answers here will vary. Listed below are some samples of the kinds of things that students may say.

## 1. Think about what matters most to you?

In the spaces below, describe each of the different parts of your life that you want to see in your future.

The point of this exercise is to walk students through some of the common categories of goals and dreams.

**My Home**  
 A big home  
 A loving home  
 A fun home  
 A beautiful home

**My Car**  
 Corvette  
 Porsche  
 Ferrari  
 Escalade

**My Purpose**  
 To help others  
 To make a difference  
 To leave a legacy



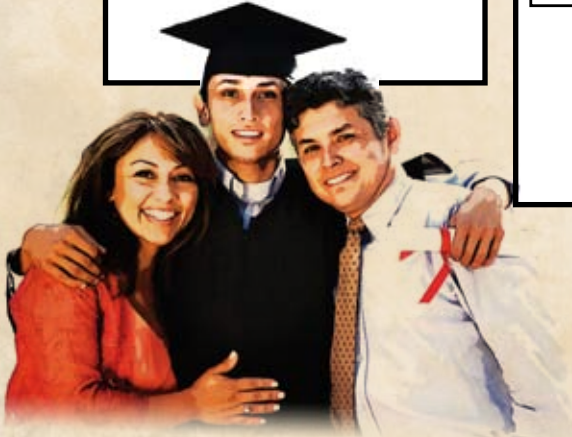
**My Community Service**  
 Get involved with a service organization.

**My Money**  
 Lots of money  
 Investments  
 Give money to others

**My Work**  
 A job/career I enjoy  
 A job/career that pays well.  
 A job/career that is meaningful

**My Family**  
 A good marriage  
 2 children/Lots of children  
 Loving family

**My Education**  
 Graduate HS  
 Graduate College  
 Medical Degree



2. Now put a number in the small square of each box indicating its importance. (1 is the most important and 8 is the least.) Discuss your choice for your most important goal.



# First Steps



Having dreams is great,

but you won't accomplish your goals just by thinking about them. To get there, you'll have to take action in a direction that is consistent with where you want to go.

## 1. Which of the following best describes your view:

- My choices now **WON'T** have much impact on my future.
- My choices now **WILL** have some impact on my future.
- My choices now **WILL** have a great impact on my future.

## 2. Consider each of the following examples and how they could affect your future.



**A.** Sit around watching TV, hanging out on the internet, or playing video games.

**B.** Do your homework and clean up around the house before playing video games or watching TV.

## 3. Use ONE WORD to describe each option:

**A.** Lazy

**B.** Responsible

## 4. How could these daily choices affect your future?

Habits and patterns formed early in life can carry over into adulthood. Developing good habits and

learning responsibility now, can bring significant benefits later on in life.

*Shenette set goals for herself and worked toward accomplishing those goals. The choices you are making today are taking you someplace. Your regular, daily choices are laying down bricks and creating the path on which your life will proceed. **Where is your path taking you? Is it where you want to go?***





This page is the activity for Chapter one. Have students get up and move around the classroom. This activity is designed to help students think about lots of different types of future goals and dreams and to get them talking with their classmates about goals. Go until someone, or the first three fill in six in a row. You may want to have some small treat like Hershey's Kisses or mini-snickers for the winners. Small treats can be used for other activities as well to encourage participation.

## Got Goals?

Find out what others in your class are hoping for the future by having them put their initials in a box that matches one of their future goals. See if you can be the first to get six in a row.

I want to be a <b>veterinarian</b>	I want to have a <b>family</b>	I want to be an <b>electrical engineer</b>	I want to be in <b>the Olympics</b>	I want to be a <b>chef</b>	I want to race <b>in NASCAR</b>
I want to be a <b>mom</b>	I want to be a <b>teacher</b>	I want to have a <b>beautiful home</b>	I want to own a <b>horse</b>	I want to have a <b>swimming pool</b>	I want to be a <b>florist</b>
I want to be a <b>piano teacher</b>	I want to be an <b>artist</b>	I want to be a <b>carpenter</b>	I want to own <b>my own business</b>	I want to be a <b>pilot</b>	I want to <b>serve in the military</b>
I want to <b>go skydiving</b>	I want to be a <b>singer</b>	I want to play <b>professional sports</b>	I want to be <b>the school valedictorian</b>	I want to be <b>President of the United States</b>	I want to <b>travel the world</b>
I want to <b>help the poor</b>	I want to be a <b>missionary</b>	I want to be a <b>dad</b>	I want to be <b>married for a lifetime</b>	I want to be an <b>actor</b>	I want to be a <b>radio host</b>
I want to be a <b>coach</b>	I want to <b>own a vacation home</b>	I want to make a <b>difference in the world</b>	I want to <b>have lots of kids</b>	I want to be a <b>scientist</b>	I want to be a <b>person of strong character</b>



# Future Life

Now think of yourself as an adult in the future. Write a description of your life as an adult in the present tense.

## What does your life look like?

I hope to be a school teacher and to live in a beautiful home in neighborhood

with lots of friendly people. I hope to be married, and to have 2 or 3 children

who are loving and kind to others.

## 1. How easy or difficult will it be for you to have the best life possible and accomplish your future goals and dreams?

Very Easy    Fairly Easy    Fairly Difficult    Very Difficult

Explain: I will have to get a good job and work hard. I will also have to make

smart decisions along the way.

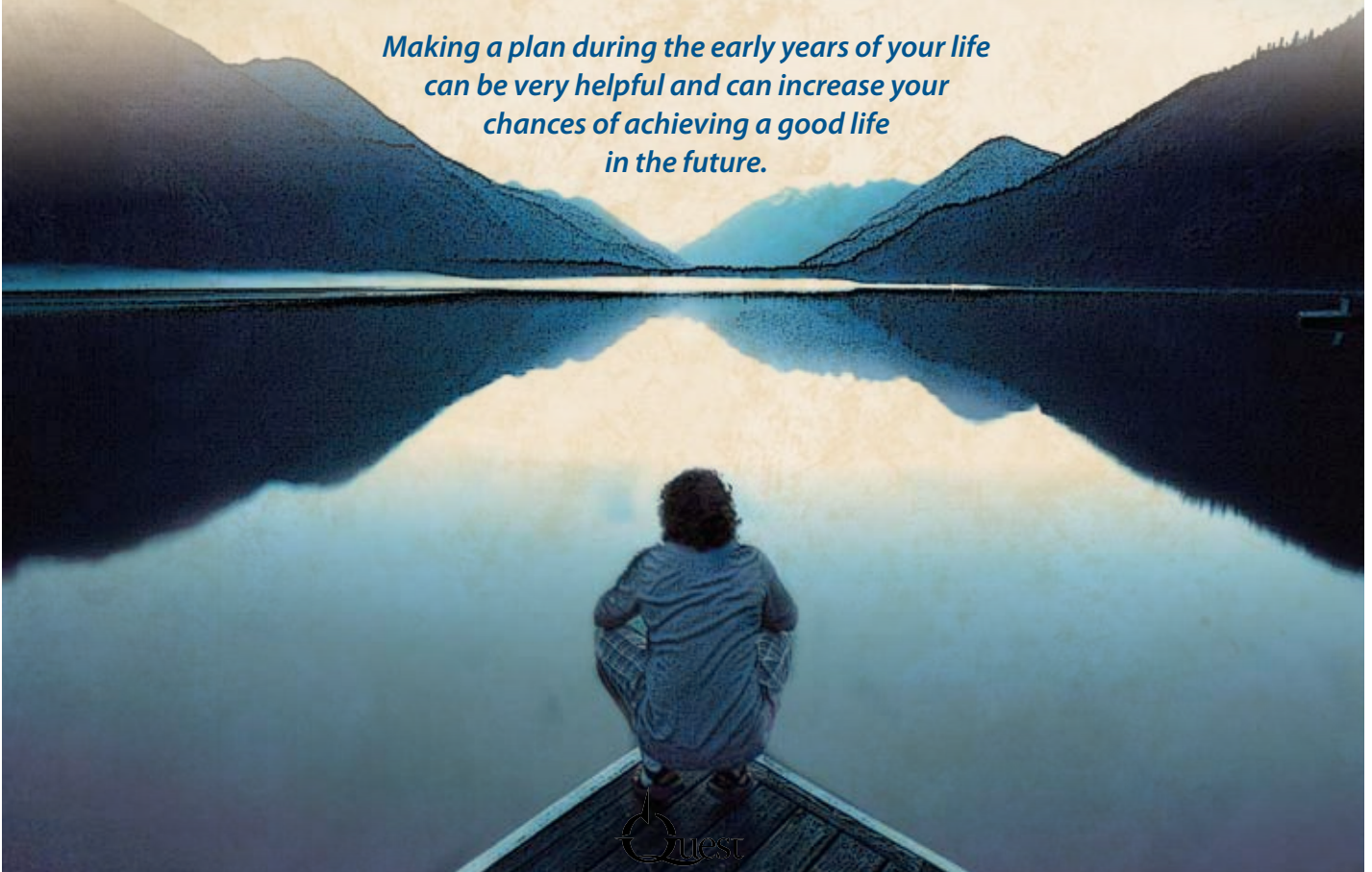


## 2. What is the relationship between doing well in school and reaching your future goals?

The better I do in school, the better my chances for reaching my future goals. Better grades can lead to

increased opportunities and the habits developed in school will also help me to reach my goals.

*Making a plan during the early years of your life  
can be very helpful and can increase your  
chances of achieving a good life  
in the future.*







# Pressing On Toward My Goals!

*A True Story- Shenette Howard*

When I came back home to Jacksonville, I was so proud to say that against the odds I was a college graduate. I learned that discipline, effort and self-control are the keys to moving forward in your life. Throughout high school and college, the defining factor in my life was that I was committed to making positive choices. I made a conscious decision to stay away from drinking, drugs, smoking and sex, and as a result, I had a lot of self-respect. I was determined to make something with my life, and I didn't want to let anything stand in my way.

After college, I entered a Pageant contest and became Miss Florida International 2006. I was interviewed on TV shows throughout Florida and co-hosted a reality show called *Real Girls Real Life* which aired on national television for a year. I was interviewed by Meredith Vieira on the *Today's Show*, about how avoiding sex, drugs,

and drinking played an important role in achieving my goals so far.

In 2008, I was accepted into the University of North Florida to study for my Master's degree. I have learned that life is a journey. No matter what obstacles,

personal doubts, or opposition that I faced, I always pressed forward and achieved the goal that I set for myself.

I am happy to say that after years of hard work, study, and diligence, I'm now a cheerleader for the Jacksonville Jaguars. I found that what I once thought was a "crazy" idea wasn't so crazy after all. I'm still pursuing many more goals for my future. If you have any doubts about your future, let me encourage

you to press on and work hard. I know that if you make a plan, stick to it, and work diligently, you can accomplish anything that you set your heart on.

— Shenette —

If you set your mind to it  
and work diligently,  
**YOU CAN  
ACCOMPLISH  
ANYTHING**  
that you set your heart on.





# Getting There

1. What are some things that Shenette has accomplished so far?

Graduated college, accepted into Master's Program, Miss Florida International 2006, National TV

Show - Real Girls, Real Life.

2. Even though she had a tough start, Shenette worked hard in school, got a college degree and now she's working on a Master's degree. How important is it for you to get a good education? Explain:

A good education can help open up doors of opportunity in the future.

3. How important do you think it is to avoid things like sex and drugs as well as smoking and drinking in seeking to reach your future goals?  Very Important  Important  Not Important

Because:

Chapter one is focused on goals, with only a hint of the importance of abstinence which will be

introduced in the next chapter. Take this opportunity to probe about what students know about

abstinence in preparation for the next chapter.





# Talking It Over Parent Interview

(Questions to ask your parents and fill in the answers)

## 1. How important do you believe it is to think ahead and plan for the future?

- Very** Important     Important     **Not** Important

**Because:** Students should be encouraged to discuss these questions with their parents and to fill in the  
parent answers. Class credit can be awarded for students who complete the exercise. These pages are  
also available in PDF format on the Quest Resource CD.

## 2. If you could go back to school again and you were my age, what are some of the goals and dreams that you would have for the future?

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## 3. How important is it to study as a teenager? What are some ways that studying helps a person in the future?

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**Remember** – Your life is going somewhere whether you plan it out or not. The purpose of having a plan is to guide your life in such a way that it takes you **where you want to go** rather than a place that you don't want to go. Many people end up in a very different place than they wanted, only because they never made a plan for where they wanted to go.