

1. Reflect on Your Goals & Develop Self-Awareness Activity Sheet

a. Take a piece of paper and draw 3 side by side columns. Number the columns 1-3. In the first column list what you were like when you first started at college. It might help to answer these questions:

1. What were your hopes?
2. What were your fears?
3. What was important to you?/ What were your values?
4. What did you hope to get out of your overall college experience?

b. Take some time to think about how each of these have since changed. What contributed to these changes? If you are working on this in class, discuss your answers with your peers.

c. In the second column write down what you want to achieve whilst at university. It might help to answer these questions:

1. What are your hopes about your time at university?
2. What are your fears about your time at university?
3. Are there any specific skills you want to develop whilst at university?
4. What values are important to you?

d. Think about what needs to change to help you achieve your goals at university. Again, discuss with your peers if you are completing this activity in class.

e. Now in the third column, answer the questions that were asked in the video. It might help to think about your answers to the above questions about values.

1. What world problems might you want to solve? Try to think of at least two problems.
2. What roles or work do you think you could do to help solve these problems?
3. Does this in any way change your goals for the future?
4. Can you do anything at university to help you work towards these goals?

You may want to keep a copy of your answers to the above questions as a reminder. We will refer to your goal setting in future videos and activities.

Do you want to feature on our social media as an inspiration to others?

If you want us to post your ambitions for changing the world on our social media, please complete the below statement and send it to ama.adusei@kaplan.com along with your name, college and a square photo of yourself (suitable for Instagram):

"I aim to work in a role that will solve the world problem of...."

We will also need you to complete our consent form: <https://kpln.org/4a4tNyo>