



# Sample Session Plan

<b>Session One</b> online future pathway tool completion	Print out and ideally read through the <u><a href="#">user guide</a></u> (click on the link below) prior to the student sessions as it will remind you of the process and where students may have questions or need a bit of support during the session. <a href="http://www.bulls-eye.co.nz/assets/Bulls-Eye_User_Guide.pdf">http://www.bulls-eye.co.nz/assets/Bulls-Eye_User_Guide.pdf</a>  Go to: <a href="http://www.bulls-eye.careers/login">www.bulls-eye.careers/login</a> or, <a href="http://www.bulls-eye.co.nz/login">www.bulls-eye.co.nz/login</a> Username/email + password combination to login Complete quiz one and two and review results.
<b>Session Two</b>  pathway exploration  subject selection implications	Explore your results – select two to three pathways of greatest interest to explore further. <ul style="list-style-type: none"> <li>- interactive pdf or trackable google doc</li> <li>- link to interactive pdf below</li> </ul> <a href="http://www.bulls-eye.co.nz/assets/Exploring_Your_Results.pdf">http://www.bulls-eye.co.nz/assets/Exploring_Your_Results.pdf</a>  Once each of the worksheets has been completed, consider the implications for subject selection.
<b>Session Three</b>  introduction to the future of skills	<b>Future-fit skills framework</b>  This digital lesson (approximately 30 minutes duration) provides a simple introduction to the future of skills and takes users through an interactive overview of Bulls-Eye future-fit skills framework. <a href="https://rise.articulate.com/share/aa1_Kj59ZR77T08alcOq5W597E9RHKF-">https://rise.articulate.com/share/aa1_Kj59ZR77T08alcOq5W597E9RHKF-</a>
<b>Additional Sessions</b>  understanding motivation  stress and resilience  emotional intelligence	Example: <b>What do we value? What motivates us?</b>  In this activity you will be focused on identifying your key values and motivators. Building a better understanding of yourself and what is truly important to you (what you value the most), can be very helpful in determining the type of situations (learning, sports, jobs) that you will gain satisfaction and purpose from. <a href="https://rise.articulate.com/share/ZvsaOv1H9O_FQelfdbIEXFybbizxmnMd">https://rise.articulate.com/share/ZvsaOv1H9O_FQelfdbIEXFybbizxmnMd</a>  Example: <b>Resilience, stress, and the grit scale</b>  In this activity students learn about stress and how the development of resilience and grit helps us to persevere, endure and overcome challenges to achieve our goals. <a href="https://rise.articulate.com/share/Or7ZjMhg0TUyt9IhV1384N7QL_V4ROCO6">https://rise.articulate.com/share/Or7ZjMhg0TUyt9IhV1384N7QL_V4ROCO6</a>  Example: <b>What is Emotional Intelligence?</b>  In this activity students build their understanding of the concept of emotional intelligence with a strong focus on understanding empathy. <a href="https://rise.articulate.com/share/pfzZpKTCJp2lp8nuA_IZMXz8Hz7Frxia">https://rise.articulate.com/share/pfzZpKTCJp2lp8nuA_IZMXz8Hz7Frxia</a>
<b>Post Programme</b>	<b>Finding Focus – Digital Course</b>  Finding Focus is all about building understanding of our emotional response to the pressures and challenges we face. It is about developing habits that help us to maintain our focus and live happy, healthy and productive lives. <a href="https://rise.articulate.com/share/qninDpgw9CxL8a1Ve-M1kyUEyD9GHZOc">https://rise.articulate.com/share/qninDpgw9CxL8a1Ve-M1kyUEyD9GHZOc</a>