

Maximise your potential

3 steps to the activity realisation



Step 1 – preparation phase

As a first step, think about young people's lives and their interests. What goals might be important to them or which role models could they possibly have? Take some notes/prepare some questions that are useful for engaging the young adults in a discussion in Step 2. Next, based on your preliminary thoughts, write down a few questions that are answered during their own video production in Step 2. They will serve as a guideline so that the young adults are not stuck during the video production process. Lastly, you might want to prepare a short video of yourself, in which you share your personal experiences that helped you in achieving your goals or becoming more initiative. This way, learners will better understand the aim of the exercise and what the video production should be about.

Step 2 – activity phase

Briefing: To implement this activity, as a first step, you would engage young adults in a conversation and ask them what they think about goal striving behaviour. Use the notes/questions you prepared in Step 1. You should highlight that sometimes taking action also requires willingness to risk failure. Ask the young people what value daring to try has. How would it feel, if one would reach the set goals?

Implementing the core activity:

Next, you explain the core activity the participants. Firstly, tell them about the aim of the activity: the aim is that young adults learn how to better focus on their goals and how to develop or foster initiative behaviour. In order to practice this, the participants do a short video production (3-5 min.) with their smartphone. In the video they reflect and talk about their thoughts and personal experiences with goal striving behaviour. The focus is along the lines of the following guiding questions:

- ✓ What goals do you want to achieve?
- ✓ Why is this goal important to you?
- ✓ Which steps would you need to take to achieve your goal?
- ✓ Which goals have you already achieved?
- ✓ How did you manage to achieve them?
- ✓ What advice could you give to someone, who wants to achieve a goal?
- ✓ Why is it worth trying? What happens if you fail?
- ✓ Why can role models be helpful in achieving a goal?
- ✓ What does "maximising your potential" mean to you?

They can record their short videos either in pairs or by themselves and forward it then to the trainer via mail. You can watch the videos together with the young adults and have a discussion afterwards.



Type of activity:
Short video production

Value of the activity:
This activity aims at stirring motivation in young people to focus on goals that are important to them. This will be achieved by them recording themselves in a short video, reflecting on personal experiences and sharing these experiences with peers.



Timing:

Preparation: 20 min.
Implementation: 70-90 min.
Checking learning progress: 20 min.



Activity follow-up:

Setting SMART goals:
<https://www.youtube.com/watch?v=i0QfCZjASX8>



Other value case box components:

Materials: smartphone, internet, beamer, email account (to forward videos)

Step 3 – wrap up phase

After watching the videos, invite to reflect on the exercise together. Ask them what they have learnt in this exercise. In which respect has their attitude towards goal striving behaviour changed? What is their perspective towards failing, how has it changed? Finally, summarise the reflection process and point out the most important findings you have discussed.

 Value quoted:

Your notes:

V ...

V ...

V ...

V ...

V ...

V ...

V ...

V ...