

Roadmap for Life

Class #1

Course Overview

Class Layout

- * Discussion based with light reading & reflective journaling
- * No homework – just show up & be willing to engage

Senior Spring Prep

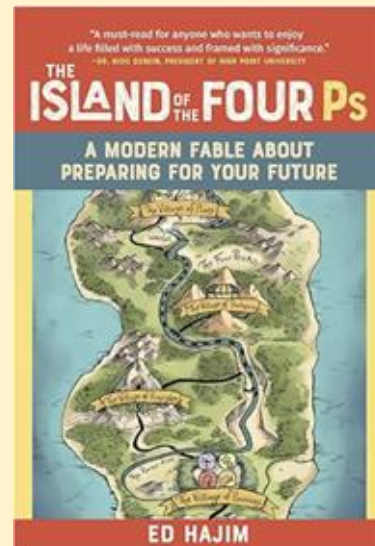
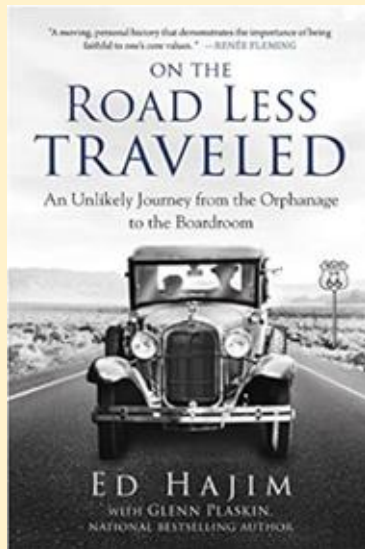
- * Career Day (April)
- * Senior Review (May)

Skills reinforcement for life post ‘Wick

- * Self awareness
- * Communication
 - * Decision making
- * Career exploration

Intro from Ed (Hajim)

- Brunswick Parent ('84 and '86)
- Chair of Board (1980 - 1983)
- 2023 'Wick Commencement Speaker
- Syrian Immigrant – kidnapped by his father when he was 3
- BS Chemical Engineering (Rochester) & MBA (Harvard)
- 50+ years Wall Street Senior Management
- 2015 Horatio Alger Award Winner



The 4 P's – an overview

Passions

- * What makes you jump out of bed and take two steps at a time?*

Principles

- * What are rules you will follow and lines you will not cross?*

Partners

- * We're only as good as the people we surround ourselves with*
- * Find those who have been there, done that*

Plans

- * Getting the wind at your back*
- * Building a personal **roadmap** for what comes next*

Who am I and where do I want to go?

Passions: An adult perspective

Exploring Passions – short reading

- * page 12 - 13 – importance and relevance of true passions**
- * page 14 – not all passions positive**
- * page 18 – overlap of interests and passions**
- * page 21 - 22 – most important barrier to passions**
- * page 24 - 25 – how passions evolve**

Identifying Passions – small group discussions

Questions

- * *What activities make time pass quickly?*
- * *What subjects do you hunger to learn about?*
- * *What tasks do you pursue with commitment and energy, without hesitation?*
- * *What is a skill that you've been intentionally trying to develop this year?*
- * *What's a passion you have not explored yet that you wish you had?*

Outlining your Passions – reflective journaling

- 1) What are your *passions*?
- 2) Which of them is *most important* to you?
- 3) What are your areas of *strength, skill and talent*?
- 4) Which of them *overlap* with your passions and which do not?
- 5) What *barriers might interfere* with your pursuing each of your passions?
- 6) How might you *overcome* these barriers?
- 7) Have you experienced *changes* in passions?
- 8) Have these changes affected the way you think about *your future*?

Passions – in sum...

- **Passions** are the powerful interests that drive us forward in life. They should be the starting point for the plans we create
- Our **passions and our strengths** are often closely linked, and that can be powerful. But where they diverge, we should concentrate on our passions
- **There can be practical barriers to pursuing our passions** – including time, cost and knowledge
- **Passions do not necessarily last forever**: some will last, others will morph, and new passions may arise.
- Be mindful of the indicators of passions: **energy, time, growth, impact & joy**