

PROJECT ME

When starting the first step in Project Me, it is helpful to have an outside mentor model answering the questions and sharing information. That mentor then should come to each session in which a new step or interview for Project Me is initiated.

After completing all seven steps, students are to share their "Project Me," usually a graphic representation of each step.

Ground rules for Project Me

- Each student will work with a partner. The partner will ask the questions listed below and record the answers; partners will then switch roles. This will occur for each step of Project Me.
- Everything said during this project is confidential; it will not leave the room.
- The students' ideas are important. All ideas will be written down, and no one will judge them.
- Only supportive and positive comments will be made.

Steps of Project Me

1. **Your History**: This includes a description of the student's background and important memories.
2. **Who You are Today**: This includes descriptions of the student and the present situation.
3. **The People in Your Life**: This includes a description of the people closed to the student as well as people at the edges of his/her life.
4. **Your Dreams**: This is a list of what the student hope and wishes will happen in the future.
5. **Your Fears**: This is a list of the things that may get in the way of the student reaching his/her dreams.
6. **Goals**: This is a list of what the student needs to accomplish in order to reach his/her goals.
7. **Next Steps**: Here the student identifies what must happen in the next few weeks or months, who will do what and a date to follow up.

Your History

- Tell us about your life until now.
- Describe your family.
- Where were you born?
- What have been the most important things that have happened to you, good and bad?
- What are your greatest accomplishments?
- What was the toughest thing that has ever happened to you?

Who You are Today

- Describe yourself to us.
- What are your strengths?
- What are your weaknesses?
- What is your life like today?

The People in Your Life

- Draw a big circle with you in the middle. Who is in your inner circle?
- Who do you go to for help?
- What kind of relationship do you have with these people?
- Who is in your outer circle? What do you go to these people for?

Your Dreams

- What do you want to have happen to you in the next few years?
- What do you dream of accomplishing?
- What is the best thing that you could accomplish?
- What does your dream look like?

Your Fears

- What kinds of things could get in the way of you reaching your dream?
- What do you worry about?
- What do you not want to have happen?

Goals

- Given the barriers, what do you want to accomplish by this time next year?
- What has to happen to reach your dreams?
- Short term objectives (3months)

Next Steps

- What are the first things we must do to help you reach your goals?
- Who can help with this step? Who will do what? How will you know you've accomplished this step?
- Is there more information you need to get toward a goal? How do you get that information?
- When will you have each step done?
- How will you know that you are on the right track?

1. YOUR HISTORY

This includes a description of the student's background and important memories.

- Tell us about your life until now.
- Describe your family.
- Where were you born?
- What have been the most important things that have happened to you, good and bad?
- What are your greatest accomplishments?
- What was the toughest thing that has ever happened to you?

2. WHO YOU ARE TODAY

This includes descriptions of the student and the present situation.

- Describe yourself to us.
- What are your strengths?
- What are your weaknesses?
- What is your life like today?

3. THE PEOPLE IN YOUR LIFE

This includes a description of the people closed to the student as well as people at the edges of his/her life.

- Draw a big circle with you in the middle. Who is in your inner circle?
- Who do you go to for help?
- What kind of relationship do you have with these people?
- Who is in your outer circle? What do you go to these people for?
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4. YOUR DREAMS

This is a list of what the student hope and wishes will happen in the future.

- What do you want to have happen to you in the next few years?
- What do you dream of accomplishing?
- What is the best thing that you could accomplish?
- What does your dream look like?

5. FEARS

This is a list of the things that may get in the way of the student reaching his/her dreams.

- What kinds of things could get in the way of you reaching your dream?
- What do you worry about?
- What do you not want to have happen?

6. GOALS

This is a list of what the student needs to accomplish in order to reach his/her goals.

- Given the barriers, what do you want to accomplish by this time next year?
- What has to happen to reach your dreams?
- Short term objectives (3months)

7. NEXT STEPS

Here the student identifies what must happen in the next few weeks or months, who will do what and a date to follow up.

- What are the first things we must do to help you reach your goals?
- Who can help with this step? Who will do what? How will you know you've accomplished this step?
- Is there more information you need to get toward a goal? How do you get that information?
- When will you have each step done?
- How will you know that you are on the right track?

Student Name _____

Evaluator _____

Date _____

PROJECT ME PRESENTATION RUBRIC

DELIVERY

	EXPERT 5 points	INTERMEDIATE 3points	NOVICE 1 point
<u>PROJECTION</u>	Your voice is loud and confident.	Most of your audience could hear you; somewhat confident in delivery.	Your soft voice made it difficult to hear; wasn't confident.
<u>EYE CONTACT/ BODY LANGUAGE</u>	You scanned the audience and body language was engaging.	You made eye contact with many audience members.	Lack of welcoming body language.
<u>KINESICS</u>	You moved naturally between visual and facts.	At times, the audience waits or you shuffle through material.	The presentation is disorganized
<u>CONCISE LANGUAGE</u>	Well practiced speech with no filler words.	A few filler words in the speech made it appear less rehearsed.	You seemed to search for words.

CONTENT

	EXPERT 5 points	INTERMEDIATE 3 points	NOVICE 1 point
<u>INTRODUCTION</u>	You had an attention getting introduction.	Your introduction was adequate.	Your introduction did not get attention.
<u>SUPPORT</u>	You had enough facts and support you included a variety.	You had adequate support but less thorough.	You did not have enough support.
<u>COMMENTARY</u>	The commentary was well written and placed.	The commentary was adequate for speech.	You did not have enough commentary.
<u>CONCLUSION</u>	Conclusion effectively summarized and restated the main ideas; you have a plan.	Conclusion adequately summarized and roughly restated the main ideas.	You did not wrap up the speech with an effective conclusion.
<u>POSTER OR POWERPOINT</u>	Poster or PowerPoint was well developed and helped the audience understand.	The visual aid was adequate but basic and not as helpful.	The visual aid was missing or distracting to the audience.

Total points _____