

# Framing A Future

## A Tool for Life Planning

Who's filling out this tool?

Date: \_\_\_\_\_

Stakeholder #1: \_\_\_\_\_  Student  Parent/Guardian

Stakeholder #2: \_\_\_\_\_  Student  Parent/Guardian

### What's Important to Me?

In order to "frame your own future", you need to guide those who support you by telling us what things are important to YOU!

This section of the tool is designed to help you discover your own priorities... what do you think is important for your future? You can choose whether to share your answers or not. You may choose to share this information with some people and not others. It's up to you how you want to use this information. The important thing is to think about different areas of your life and decide what things are important to you.

Another way to use this section is to complete it yourself, and have your parent(s) or primary caregiver(s) complete it separately. Comparing what you see as important with the adult(s) who have been making decisions with or for you may help start some important family discussions.

After completing the self-discovery survey, and discussing your answers with those you feel comfortable sharing this information with, you will summarize your priorities. This information can be shared with your support team (e.g. educators, counselors, case workers) as you develop educational or transition plans for the future. Good plans are developed when teams are focused on YOUR needs and YOUR priorities for the future.

#### Directions:

Part 1 is divided into seven categories, representing major areas for future life planning. In each category, read each individual item and determine whether it is: "very important to me", "pretty important to me", or "not very important to me". The third column will allow you to rank each item (you may choose to only rank items that were "very important") according to whether you are "highly satisfied", "satisfied", or "not satisfied" with this particular area of your life.



### Category 1: Community Membership

Belonging to a community involves relying on people and groups of people to support your own personal independence. It also means giving back of yourself to others (for example: your friends, your family, your church, a club or team, your neighborhood).

	Very	Somewhat	Not	High	Medium	Low
	Important	Important	Important	Satisfaction	Satisfaction	Satisfaction
1. Have a say in family activities (e.g. what's for dinner, where we're going out to eat).	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. Have a say in family decisions (e.g. where we're going to live, where we're going on vacation).	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. Develop friendships and hanging out.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. Choose where I go and who I go with after school/weekends.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. Get to where I want to on my own.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. Be a member of a club, team or group.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7. Be someone others come to for help.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8. Be picked to be in charge or lead others.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9. Tell my ideas or opinions.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>







### Category 2: Control of Personal Health & Welfare

Taking control of your life includes having a say or taking charge of how your health and well-being is managed. It also includes making choices regarding your health and appearance.



1. Supply my own personal information.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. Answer for myself things to do with me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. Have a friend I can share things with.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. Have an adult I can go to about problems.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## Category 2: Control of Personal Health & Welfare (continued)

	Very	Somewhat	Not	High	Medium	Low
	Important	Important	Important	Satisfaction	Satisfaction	Satisfaction
						
5. Feel good about who I am.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. Be healthy and in good shape.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7. Feel good about what I wear and how I look.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8. Ask someone for help when I need it.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9. Be a part of decisions about my health.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10. Choose my health care providers.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



## Category 3: Pursuit of Lifelong Learning

Learning new things and acquiring knowledge does not end with high school, or even college. Individuals who are committed to lifelong learning remain healthier and happier. Finding ways to support your ability to continue to grow and develop is an important skill for the future.

1. Communicate what I know and think.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. Get good grades.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. Be thought of as smart, capable or intelligent.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. Finish high school.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. Learn a trade or vocation.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. Go to college.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7. Learn new and challenging things.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8. Know how to find information and get answers when I need them.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>







## Category 4: Developing Talents & Interests

How will you fill your time away from school, work or programmed activity? Developing a personal set of talents and interests to make your life well-rounded is important. Knowing what you like to do or are good at also helps in creating friendships.

1. Be good at, at least, one thing.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. Have a hobby or interest.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



## Category 4: Developing Talents & Interests (continued)

	Very	Somewhat	Not		High	Medium	Low
	Important	Important	Important		Satisfaction		
							
3. Participate in sports.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. Make or do things with my hands.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. Make or listen to music.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. Create art.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7. Be outdoors.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8. Go places outside my neighborhood or community.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9. Have people who can teach me something new or how to improve a skill.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10. Be able to show or teach something I've learned or am good at.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



## Category 5: Creating Healthy Relationships

Our emotional well-being depends on having close relationships with people we care about and who care about us. Nurturing these relationships requires hard work. Being able to communicate effectively, listen and respond to others are examples of skills that need to develop over time and with experience.

1. Get along with my parents.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. Be close to my siblings.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. Be part of family gatherings.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. Strike up conversations with new people.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. Be around people who like what I like.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. Be around people with different interests and ideas.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7. Have a close friend.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8. Be part of a group of friends.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9. Have a boyfriend/girlfriend.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10. Get married.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
11. Have children.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## Category 6: Self-Reliance

Part of being an adult involves being able to provide for some if not all of your own needs. The more independently you can provide for yourself, the more "say" you will have in how your life is run and what decisions are made.



	•	•	•	•	•	•	•
	Very	Somewhat	Not		High	Medium	Low
		Important				Satisfaction	
1. Have a place to go when I want to be alone.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. Make my own schedule and plans.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. Buy the things I want.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. Be hired for a job.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. Get paid for work.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. Move out of my family's house.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7. Choose where I'll live.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8. Choose my roommates.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9. Have enough money to pay my bills.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



## Category 7. Developing a Personal Sense of Spirituality

Exploring your own beliefs and values and making decisions about how to live your life is an important part of reaching adulthood. Most adults would tell you that this is a lifelong process of discovery and learning from your own mistakes and successes.

1. Be happy with who I am.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. Be happy with what I have.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. Be around people who accept me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. Feel like I make the right choices/decisions.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. Feel like I make a difference.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. Feel that I make the world a better place.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7. Have a place to go when scared or worried.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8. Seek answers to questions about things I don't understand.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## Setting Priorities

Congratulations! You have just looked at yourself in 65 new and different ways! Now it is time to narrow down all of the possible ways to support your path into adulthood to a number you can manage.

Directions: Areas of "high importance" and "low satisfaction" or even "medium satisfaction" are a good place to start.

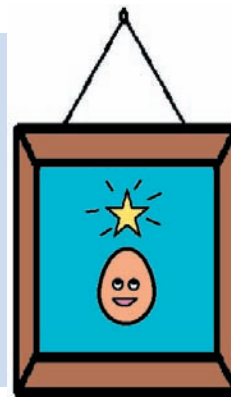
	Not Important to Me	Somewhat Important to Me	Very Important to Me
High Satisfaction with this area of my life			
Medium Satisfaction with this area of my life			
Low Satisfaction with this area of my life			

# Framing A Future: Team Discussion & Planning Guide

Student's Name: \_\_\_\_\_

Meeting Date: \_\_\_\_\_

I recently completed a self-discovery tool, called "Framing A Future", in order to come better prepared to share my vision for my future with my support team . I looked at a number of different items in the following major areas for future life planning, and have come up with my own personal priorities for the upcoming year. Please help me address them as we develop an individualized educational and transition plan.



## Major Life Areas

### Category 1: Community Membership



Belonging to a community involves relying on people and groups of people to support your own personal independence. It also means giving back of yourself to others (for example: your friends, your family, your church, a club or team, your neighborhood).

### Category 2: Control of Personal Health & Welfare



Taking control of your life includes having a say or taking charge of how your health and well-being is managed. It also includes making choices regarding your health and appearance.

### Category 3: Pursuit of Lifelong Learning

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How will you fill your time away from school, work or programmed activity? Developing a personal set of talents and interests to make your life well-rounded and meaningful is important. Knowing what you like to do or are good at also helps in creating friendships.



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Our emotional well-being depends on having close relationships with people we care about and who care about us. Nurturing these relationships requires hard work. Being able to communicate effectively, listen and respond effectively to others are examples of skills that need to develop over time and with experience.

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### Category 7. Developing a Personal Sense of Spirituality

Exploring your own beliefs and values and making decisions about how to live your life is an important part of reaching adulthood. Most adults would tell you that this is a lifelong process of discovery and learning from your own mistakes and successes.



The following items are my priorities for the upcoming year. These items reflect things that are "very Important" to me, and in addition are areas in which I wish to develop more skill & confidence.

1-

5-

2-

6-

3-

7-

4-

8-

## Framing A Future: Team Discussion & Planning Guide (continued)

Priority #: 1 (Example) Major Life Area: Health & Welfare	Barriers/What gets in the way:	Opportunities/Goals I can develop to get me where I want to go:
Answer for myself things to do with me.	<ul style="list-style-type: none"> <li>* people don't always direct questions to "J"</li> <li>* takes time to formulate answers on SGD, others jump in for her</li> </ul>	<ul style="list-style-type: none"> <li>* Update pre-stored vocabulary to include clarification/redirection messages (e.g. I can answer that...).</li> <li>* Prior to Dr visits, program specific/current information (e.g. I've been really tired after school).</li> <li>* Let "J" spend first 5-10 minutes alone with the doctor.</li> </ul>

Priority #: Major Life Area:	Barriers/What gets in the way:	Opportunities/Goals I can develop to get me where I want to go:

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