In this activity, students will begin with a reflection of what drives them to succeed in and outside of school. Afterwards, students will log into their myBlueprint account, complete the ***Who am I Motivations*** assessment, and answer reflection questions pertaining to their results.

**NOTE:** Students must have completed the **INTERESTS, and KNOWLEDGE** assessments before starting this lesson.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Teacher Led** |  | **Requires Computer** | **X** | **Requires myBlueprint.ca** | **X** |

*See lessons: myBlueprint Interests, and myBlueprint Knowledge*

**LEARNING GOALS:**

1. Students will create or consider one of their goals and reflect upon what will drive them to achieve that goal.
2. Students will become more aware of their motivations and what they are looking for in a future career.

**MATERIALS:**

* Computers, tablets or mobile devices
* Handout [A] - Goal Setting and Motivations
* Handout [B] - My Motivations

**GETTING STARTED:**

1. Have students visit [www.myBlueprint.ca](http://www.myBlueprint.ca), and enter their email and password to log in.
2. **Forgotten password?** Students can reset their passwords by clicking on the ‘Forgot your password?’ link in the green Existing User box.
3. **Forgotten email?** As a teacher/counsellor, you can reset your students’ emails and passwords in your Student Manager or My Classes.

**INSTRUCTIONS:**

1. Provide students with **Handout [A]: Goal Setting and Motivations** to reflect upon their favourite subject areas and how those subject areas can help to select a career path. Students may work independently and write down their answers or work in pairs, explaining their answers verbally.
2. Have students login to their myBlueprint account and complete the Motivations assessment *(6 questions)* and answer the questions in **Handout [B]: My Motivations.**

**HANDOUT [A]: GOAL SETTING AND MOTIVATIONS**

Login to myBlueprint, and review the **Goals** that you have set for yourself. If you have not yet set a goal, this is a great time to get started!

🞏 Which goal is the most important to you and why?

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🞏 What is your action plan to achieve this goal?

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🞏 What is going to motivate your to achieve your goal?

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🞏 Which one of the following categories would you classify your motivation under? Circle the ones that apply to your previous answer.

|  |  |  |
| --- | --- | --- |
| Recognition | Achievement | Working Conditions |
| Support | Relationships | Independence |

**HANDOUT [B]: MY MOTIVATIONS**

1. Select **Who Am I** from the menu navigation on the left hand side of the screen
2. Complete the **Motivations** assessment by clicking **Start Survey**
3. Click **Add to Portfolio**, select **My CLE** **Portfolio** (+Add)
4. Click **View Report** and answer the following questions

🞏 What are your top two motivation factors?

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

🞏 How do your results compare to your own perception of motivation factors in Handout A? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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🞏 How will understanding your top motivation factors help you achieve your goal?

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🞏 Go to **Goals**, and add one more task to your action plan related to your motivation factors.

🞏 How will understanding your top motivation factors help you pick a career?

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1. Go to **Portfolios** and select **My CLE** **Portfolio**
2. In your **Motivations Survey Report** box, click **+Reflection** and add your answers to the Handout [B] questions