



## INTROSPECTION

### 1. WHERE I AM AND WHERE I'M GOING

A life plan is built throughout time and, when making decisions, you must take into account several aspects that can be essential. Some of these aspects are your personal ambitions and goals, the social context (which includes values, customs, family, past experiences, etc.), and the priorities that are set by society. You should analyze and reflect on your life plan.

#### Materials

- Printed handout
- Pen or pencil
- Colored pencils

### STEP BY STEP

- A** Print the handout on the next page or copy it in your notebook so you can work on it.
- B** Work in pairs. Analyze the aspects in your social context. For example, where you live, your past experiences, your family and their needs, the friends you hang out with, your community, etc., and how it influences you, etc. Then think which of those aspects can affect the decisions you make for your life plan, and complete the graphic organizer.
- C** Then discuss how each of the aspects you identified can be an essential part of your life plan or affect it.
- D** Make a drawing of how you see yourself in the future. Put yourself in the center and, surrounding yourself, draw all the aspects you identified in Step C that can help you achieve your goal. Display your drawings on a classroom wall.
- E** Discuss as a class:
- 1 What are the advantages and disadvantages that the influence of the social context has on your life plan?
  - 2 Do you think you can change your social context or work on it to benefit your life plan?



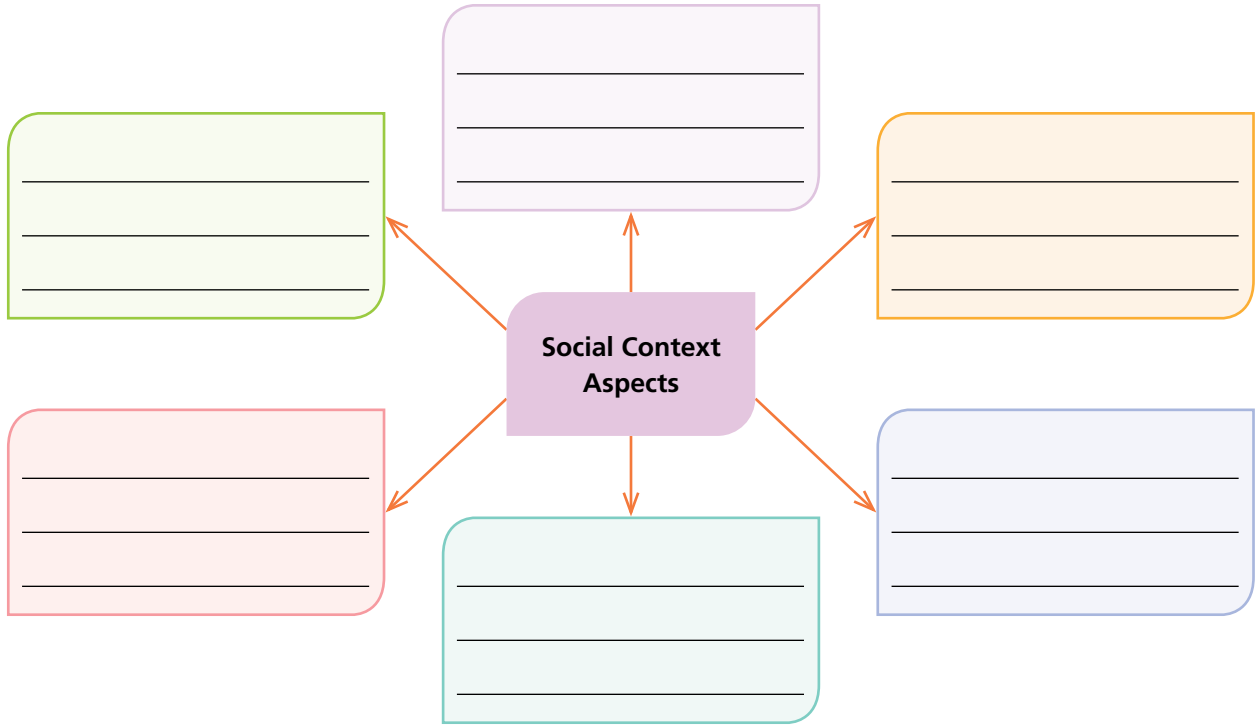
### IT

If you want to know more about how to create a life plan, go to: <http://edutics.mx/5bi>



**INTROSPECTION**

**1. WHERE I AM AND WHERE I'M GOING**



**My Future Self**

Diagram description: A large white rectangular area with a colorful, abstract border. The text "My Future Self" is written in a teal font at the top center of the white area.



**INTROSPECTION**

**2. MY VOCATION**

It is very important to take your vocation into account when making a life plan. Knowing what your vocation is and discovering something you are drawn to and feel excited about will help you visualize your goals. It is important that you set your objectives considering your life plan in terms of your academic and professional goals and the job you want. Set goals for your life plan according to your interests, values, and social context. This will guide you to make responsible choices.

*Materials*

- Printed handout
- Pen or pencil

**STEP BY STEP**

- A** Print the handout on the next page or copy it in your notebook so you can work on it.
- B** Think of what you want to be as an adult and, with that in mind, fill in the organizer in the handout. Then get into pairs and share your organizer. Ask each other if you can think of other skills about yourselves that you might have missed and write them down.
- C** Next, write your life goals and discuss if the things you listed on the graphic organizer agree with those goals.
- D** Discuss as a class. Write your conclusions.



1 Why do you think it is important to identify your skills?

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2 Is it important to research career and job options in different areas of study before deciding? Why?

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3 Where would you research?

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**IT**

If you want to learn more about how to find your career, go to: <http://edutics.mx/5bS>



**INTROSPECTION**

**2. MY VOCATION**

What are my skills?

[Empty rounded rectangular box for writing skills]

What do I like?

[Empty rounded rectangular box for writing likes]

What skills do other people see in me?

[Empty rounded rectangular box for writing skills others see]

What careers attract me?

[Empty rounded rectangular box for writing attractive careers]

*My Life Goals*

[Lined writing area for life goals]



## INTROSPECTION

### 3. FOCUSED THINKING

When facing unexpected situations, you may sometimes feel confused and overwhelmed; therefore, you can't see all available alternatives clearly. To make responsible decisions in any situation, you should stay focused and analyze the alternatives and consequences to try to make the best possible choice. Focused thinking helps us consider important aspects such as priorities, values, information, and consequences before deciding what to do.

#### Materials

- Printed handout
- Pen or pencil

#### STEP BY STEP

- A** Print the handout on the next page or copy it in your notebook so you can work on it.
- B** Read about Jane's situation and analyze the alternatives she thought of. Discuss in groups the following questions:
- 1 Are they objective?
  - 2 Are any of them prejudiced? Which one?
  - 3 Is she thinking clearly? Why?
- C** In groups, discuss and write down objective and constructive alternatives to Jane's situation. Then discuss which one could be a good solution and why. Write down your conclusions. Then share your answers with the class.
- D** Discuss in groups:
- 1 Have you ever faced a situation where you had to make up your mind quickly and decide what to do?
  - 2 Were you able to analyze the situation and make the best decision? Or did your emotions and prejudice get in the way?
  - 3 Why do you think it is important to focus your mind and think in a clear way to solve a problem?



#### IT

If you want to learn more about critical thinking, go to: <http://edutics.mx/5bU>



**INTROSPECTION**  
**3. FOCUSED THINKING**



Jane borrowed two books from a classmate, Amelia, to work on a school project. The books were quite expensive. They were very useful as they had the specific information she needed for the project. She

was on the subway carrying them in a bag on her way to Amelia's house. When Jane was walking up the subway stairs, she realized she had left the bag on the seat of the subway car. She rushed back and explained the situation to a station policeman. The man gave her a phone number to call later that day and check if the bag was turned in to Lost and Found. Jane was really worried and later that day when she called, she became desperate because the books were not there. She thought of many ways to avoid dealing with the problem, such as: "I'm going to tell Amelia I still need them, to give me some time to think." "She will be mad at me if I tell her the truth." "I'll tell her my mom wants to read them." "I could tell her someone stole my bag in the subway."

**Alternative 1**

**Alternative 2**

**Alternative 3**

**Conclusions**

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## INTROSPECTION 4. HEAD AND HEART

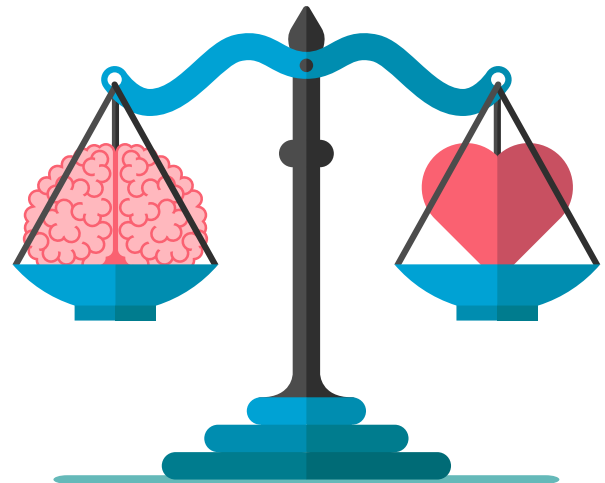
When making decisions, you sometimes make impulsive choices you may regret later. There are other times when you let good opportunities pass you by because you take too long making up your mind. Most of your decisions are partly emotional and partly rational. It is important that you consider both aspects when making a decision. You should develop critical thinking abilities to find a balance between what your heart tells you to do and what your head says.

*Materials*

- Printed handout
- Pen or pencil

### STEP BY STEP

- A** Print the handout on the next page or copy it in your notebook so you can work on it.
- B** In pairs, read the situation and the aspects Bruno took into account to make his decision. Pay attention to how he divided the aspects into emotional and rational. Discuss with your partner if Bruno's decision balanced his emotions and his reasoning.
- C** Using Bruno's situation as an example, write a decision you have to make in your personal life. Make a list of things you have to take into account in order to decide in a responsible way.
- D** Divide your list into emotional and rational aspects. Then, in pairs, discuss if your decision is too rational or too emotional and exchange ideas on what to do to create a balance.
- E** Discuss in groups. Write your conclusions.



1 Why do you think there should be a balance between your head and your heart when making decisions?

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2 Why do you think critical thinking is important in our lives?

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3 How can it help you make better decisions?

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### IT

If you want to learn more about how your emotions influence your decisions, go to: <http://edutics.mx/5bj>



**INTROSPECTION**  
**4. HEAD AND HEART**

Bruno has finished high school and wants to apply for a job in a call center. The company will supply him with training while working. It's an attractive salary, but he has to work eight or nine hours a day, which leaves him with little or no time to study computer

engineering. He really wants to be able to rent a small apartment with a friend to share the rent and be independent. Bruno listed the things that attract him about getting this job and the things he has to take into consideration.

Head	Heart
He can't apply for university now. He will have very little time to do anything else.	He wants to be independent. He can rent a small apartment with a friend. He can save some money (maybe).

● *A decision I have to make soon:*

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**Things to take into account**

