

HELLO!



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ENGAGING STUDENTS WITH THE APPRECIATIVE ADVISING DREAM PHASE

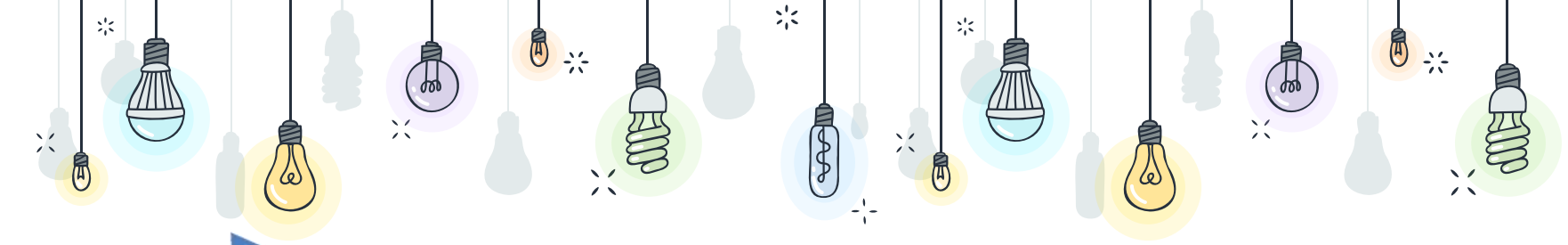
Office of Appreciative Education Webinar | January 2024

TODAY'S AGENDA



- 1. Review of the Dream Phase**
- 2. Dream Brainstorming**
 - × The Bucket List
 - × 100 Dreams
- 3. Parallel Dream Planning**
 - × 9 Lives
 - × Odyssey Plans
- 4. Envisioning Possibilities**
 - × Semester Vision Board
 - × Choose the Life You Want
- 5. Personalizing Dream Questions**





DREAM

Inquire about students' hopes and dreams for their future.

* DREAM OVERVIEW

Disarm and Discover

The prior phases allow students to build trust in order for a student to entrust their dream - their precious possessions (p.55)

Powerful Images

One goal is to stimulate creativity and create a powerful vision of the future (p. 55)

Framework for Dreaming

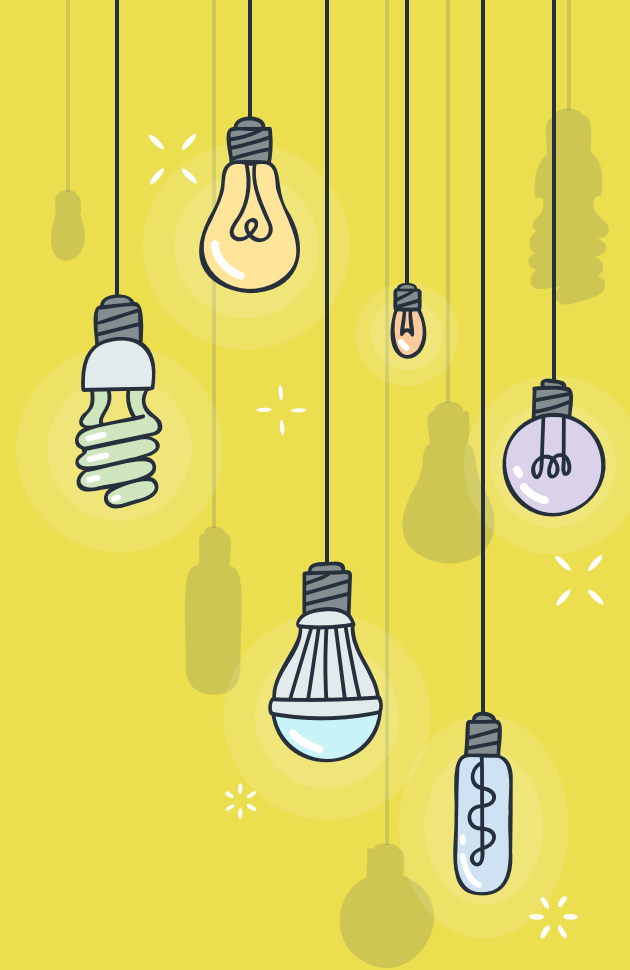
Powerful questions, connect between dream and discover, helps student define success and provides a source of motivation (pp 56-57)



“If you never *dream*,
you will never know the
endless *possibilities*
of what you can become.”

—Annette White

WWW.BUCKETLISTJOURNEY.NET

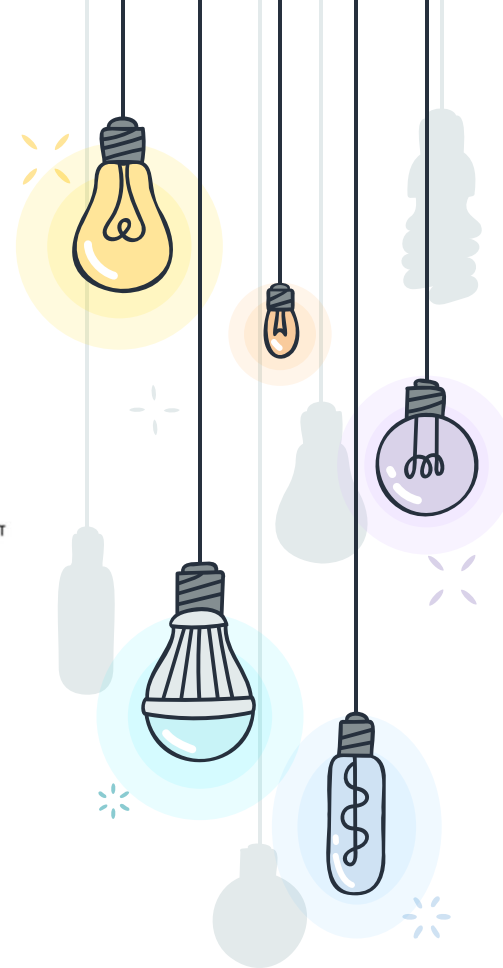


✧ ADDRESSING PRIVILEGE & BARRIERS

Yosso's Cultural Wealth Model



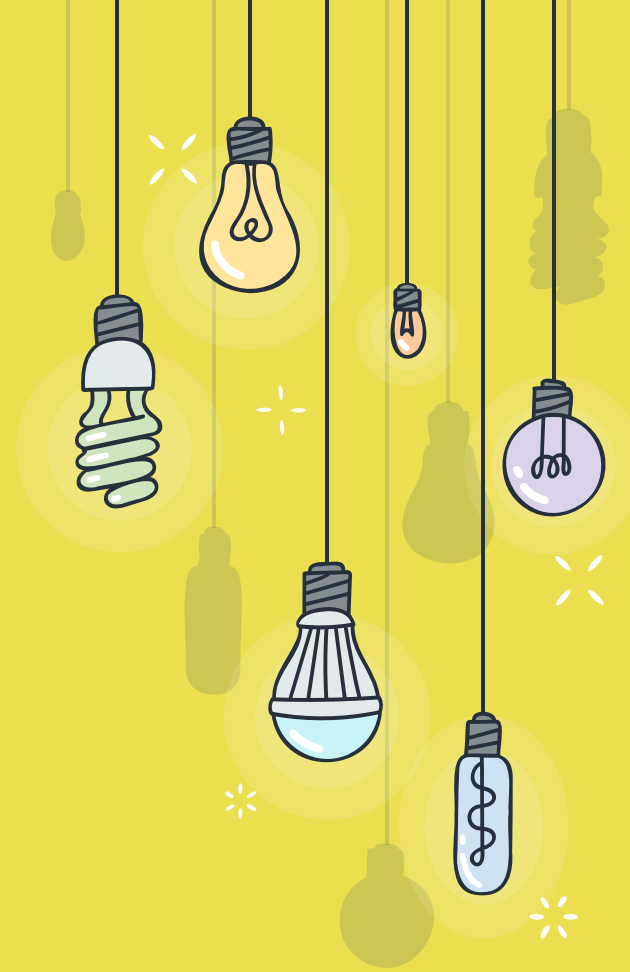
Hope Action





“

WHAT QUALITIES,
CHARACTERISTICS, AND
STRENGTHS DOES YOUR DREAM
ROLE MODEL POSSESS?



WHAT IS THE WHY BEHIND YOUR DREAM?

Set an intention.

- Why do you dream?
- Why is dreaming important to you?



WHAT ARE SOME STRATEGIES TO ENCOURAGE DREAMING?

Let's explore 3 types of dreaming:

- Brainstorming
- Parallel Planning
- Envisioning



A person's hands are shown holding a glowing lightbulb. Inside the bulb, a string of warm white lights is visible. The background is dark and out of focus. On the right side of the image, there are several decorative white line-art icons of lightbulbs hanging from thin white lines. Some of these icons are inside semi-transparent grey circles, and some have small starburst symbols next to them. The overall theme is creative thinking and ideas.

DREAM BRAINSTORMING

The Bucket List

HOW DOES IT HELP?

A bucket list is a compilation of all the things you want to do, all the goals you want to achieve, all the places you want to see-- in short, all the life experiences you want to have before you, well, “kick the bucket.” Bucket lists are popular: there’s even a movie about them. You probably think of them as something an older person might do, but a bucket list is for everyone. It’s a list that you can add to throughout your life, and hopefully, cross off many items as you go along. It’s a fun way to think about what an interesting life you can choose to have. And it’s a great way to expand your thinking and dream much bigger dreams.

PICTURE IT!

- Make a list.
- List what you’d like to learn, do, be, or have in your life.
- Your bucket list can contain serious things and silly things.
- Keep your list true to yourself—this is about what you want, not what others want for you.



NOW THINK ABOUT IT:

Now that you’ve made your list look it over and start thinking about how you can move forward on some of the items.

- Can you complete some of the items within one year? Mark those with a big “1.”
- Can you complete some of the items within 5 years? Mark those with a big “5.”
- Can you complete some of the items within 10 years? Mark those with a big “10.”

Now you have a plan. Take note of what you said you could do within a year, and start there.

- If the item requires several steps to complete, break it down into manageable steps, and find time in your day to start it.
- Do some of the items require more money than you currently have? Start a small savings account.

For instance, maybe you listed a creative project like writing a novel or learning to play a musical instrument. Is that something you’d like to start now, 5 years from now, or 10 years from now? If it’s now, how could you break it into smaller units that you could start working on today? Maybe you need to save money to purchase the instrument, or maybe you need to sign up for lessons. Perhaps you can join a local writers’ group and use their meetings as “deadlines” that help you focus.

One final note: *Keep adding to your bucket list. You will always find more things to learn, do, be, and have. That’s the fun of this list. Enjoy!*

WORKSPACE:

My Bucket List

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____


**PASSION
PLANNER**

**FREE
PRINTABLE**

3. CREATE YOUR FIRST PASSION PLAN

Your GameChanger is the goal that would have the most positive impact on your life right now. Write this in the blank box below. Set your timer for five minutes. Write down all the necessary steps needed to achieve your goal, the more details, the better. Connect each step to the middle box with a line (see example).



4. ADD SPECIFICS

Assign due dates for each of your tasks. Be specific and be sure to indicate how much, how many, or by when.

5. CREATE

...in they must be completed.
...due dates in your weekly layout. Throughout the year, use these as
...have thing at the beginning of your day to get you closer to your goal.
...make-up for it the next day.

...to you may accountable for your goals.
...only" and replace them with "3 YEAR", "1 YEAR", "3 MONTHS"
...to meet those deadlines.

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YOUR PASSION ROADMAP

A STEP-BY-STEP GUIDE TO MAPPING OUT YOUR GOALS

1. MAKE A WISHLIST

Set a timer for five minutes. Imagine that whatever you write on this piece of paper will come true within the designated time frame. Think of it as a wishlist describing your ideal life. Ask yourself:

"IF I COULD BE ANYTHING, DO ANYTHING, OR HAVE ANYTHING, WHAT WOULD IT BE?"

Write every single thing that comes to mind and be as specific as possible. Lastly, do not feel the need to be realistic or justify your dreams. Just write.

READY. SET. GO.



2. PRIORITIZE

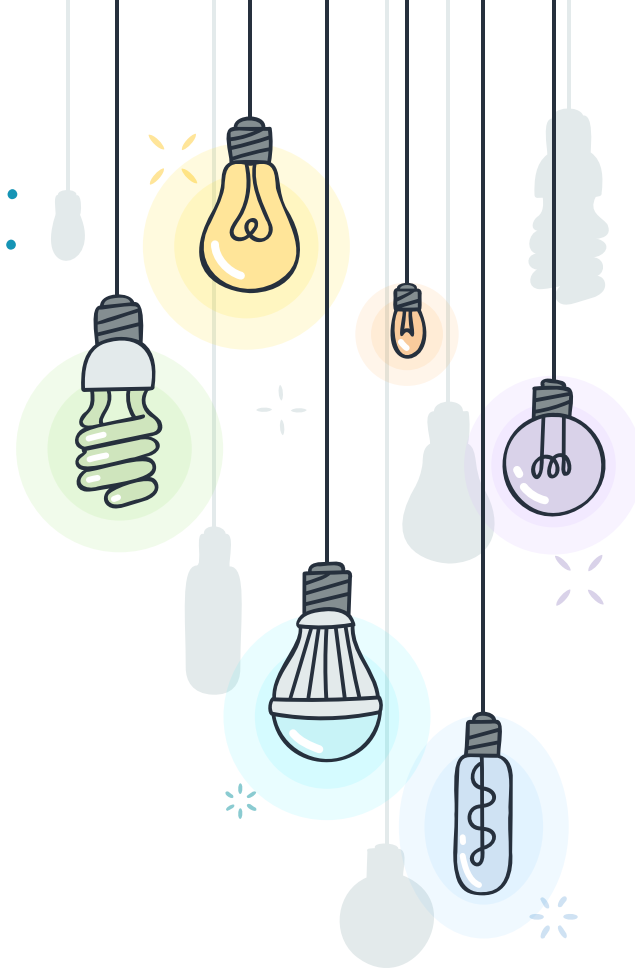
Time's up! Now set the timer for 1 minute. Go back to each of the four sections and choose the goal that has the MOST positive impact on your life.

READY. SET. GO.

These are the four goals that you are going to prioritize. Now we are going to create a roadmap to help you get there. A Passion Plan is a mind map that usually breaks down your goals into that are specific, action measurable, and time sensitive.

* USING ARTIFICIAL INTELLIGENCE: A DREAM EQUALIZER?

- Examples and samples: When you don't know what you don't know
- What do you do?
- What could you use AI to assist you and students to dream?



✿ EXAMPLE: WHEN YOU DON'T KNOW WHAT YOU DON'T KNOW

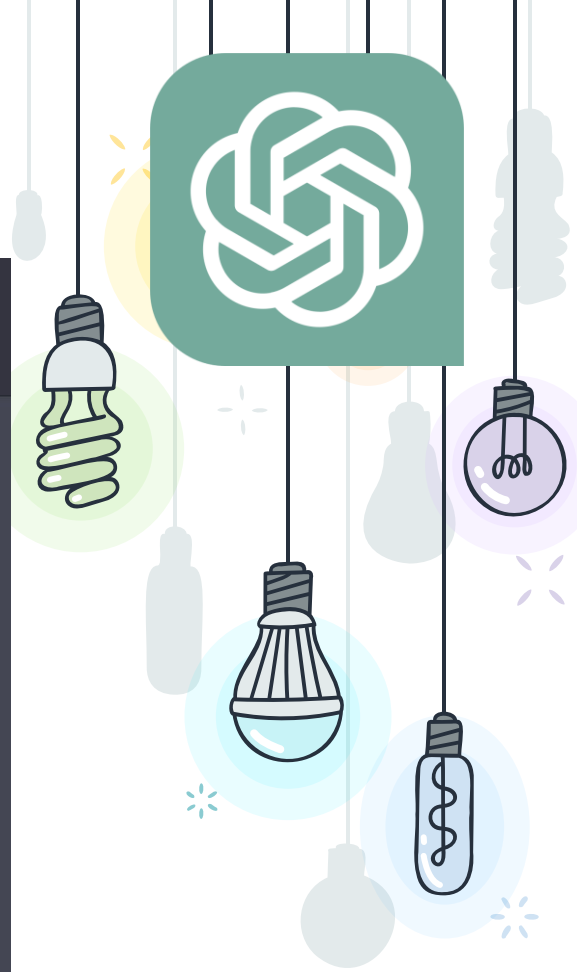
AM

Bucket list brainstorm of ideas of things to do before I die that most people regret.



Creating a bucket list is a great way to make the most of your life and avoid regrets. Here's a brainstorm of ideas for your bucket list, focusing on experiences that many people regret not having done:

1. Travel:
 - a. Visit at least one continent you've never been to.
 - b. Explore iconic cities like Paris, Tokyo, or New York.
 - c. Take a road trip across a scenic route, like the Pacific Coast Highway in California.
 2. Adventure:
 - a. Go skydiving or bungee jumping.
 - b. Try a hot air balloon ride.
 - c. Learn to scuba dive and explore coral reefs.
 - d
-





LIST OF 100 DREAMS

Caroline Ceniza-Levine, Career Coach

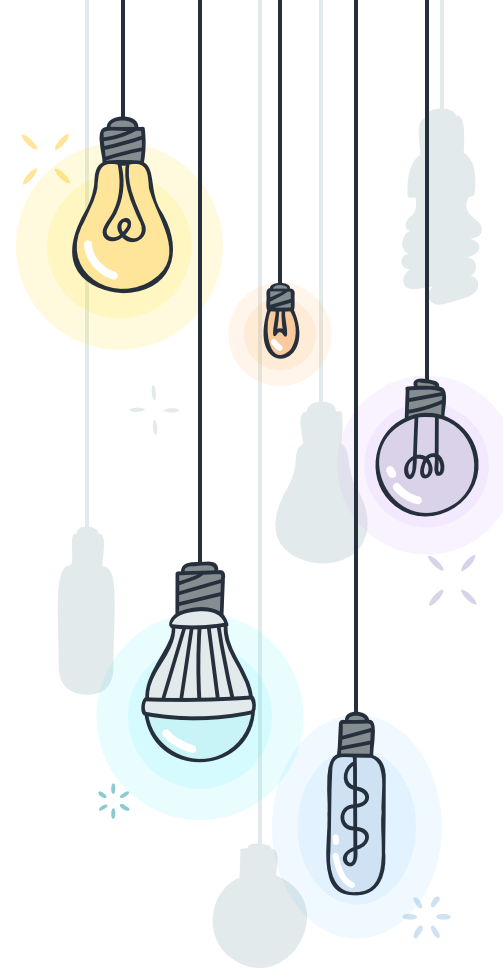
Ask for a completely unedited list of anything one might want to do, have, or spend more time on in life.

<https://lauravanderkam.com/2018/10/welcome-to-list-of-100-dreams-week/>



List of 100 Dreams

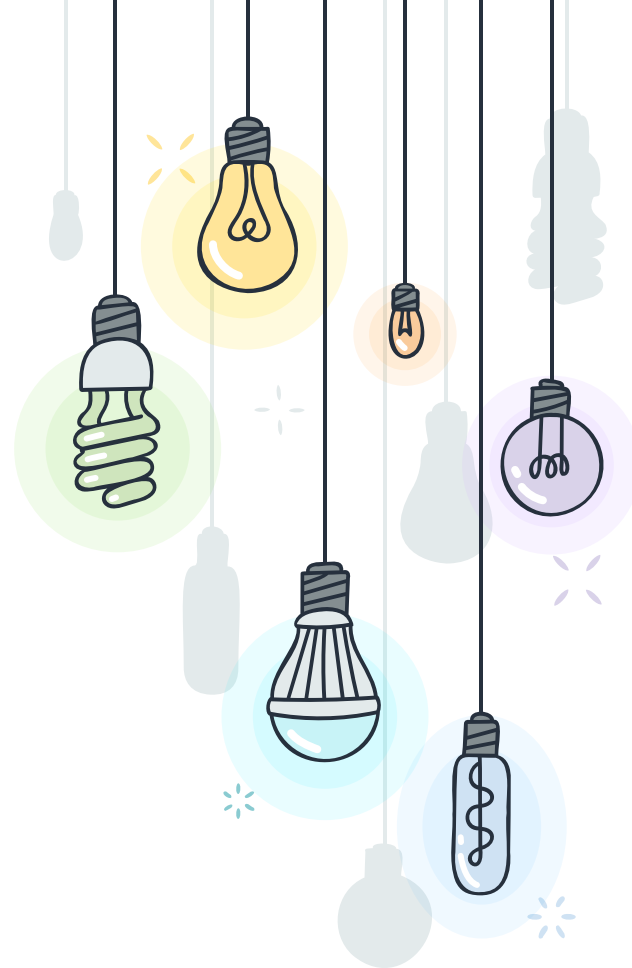
Travel Goals	Personal Goals	Career Goals	Achievements	Fun Goals
Paris France	Earn my doctorate	Become an advisor	Run a 1/2 marathon	Host a St. Patrick's Party
Ireland	Publish an article	Teach a class	Pay my mortgage off ^{in 10}	Keep fresh flowers at home
Italy	Volunteer at my kids' school			
Washington DC				
Charleston				
San Diego				





WHAT IS ONE ITEM YOU
WOULD LIKE TO ADD TO
YOUR BUCKET LIST?

By the end of this academic year.



A person's hands are shown holding a glowing lightbulb. Inside the bulb, a string of warm white lights is visible. The background is dark and out of focus. On the right side of the image, there are several decorative icons of lightbulbs hanging from thin white lines. These icons include a standard incandescent bulb, a compact fluorescent bulb (CFL), a bulb with a caduceus symbol, and a modern LED-style bulb. Small starburst icons are scattered around the hanging bulbs. The overall theme is one of ideas, inspiration, and innovation.

PARALLEL DREAM PLANNING

* CREATE 9 LIVES

Career counselor Karen James Chopra asks:

- + You have nine lives.
- + You must work in all nine of these lives.
- + Whatever skills and education are required to perform each job, you possess them.
- + However much money you need to make to be happy, you make it.
- + Every job has equal prestige.
- + **What would you choose to do with your nine lives?**

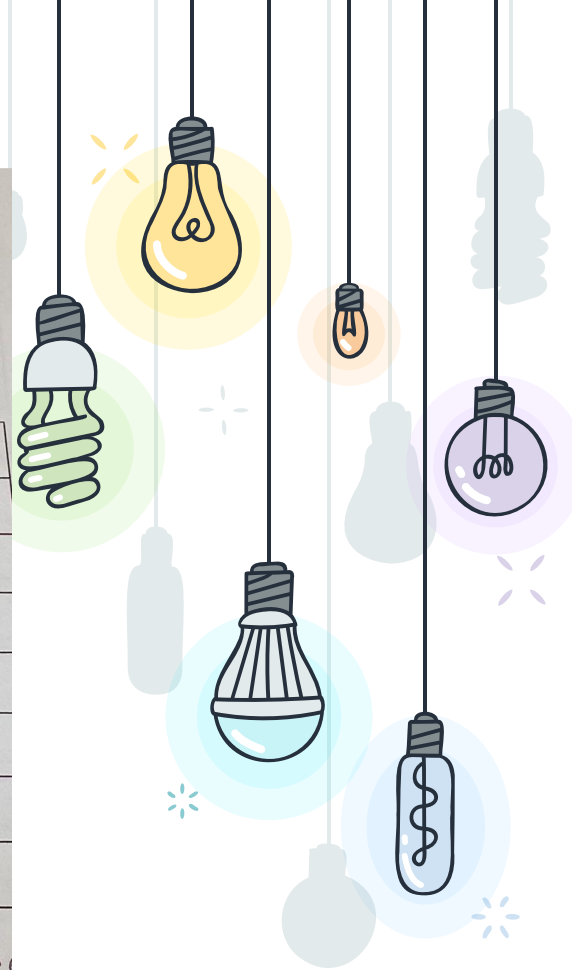


EXAMPLE

You have 9 lives

- ✦ You have nine lives. You must work in all nine of these lives.
- ✦ Any skills and education are required to perform each job, you possess them.
- ✦ You make as much money as you need to make to be happy and every job has equal prestige.

In your 1st life you will...	Be an advisor
In your 2nd life you will...	Be a librarian
In your 3rd life you will...	Be a first grade teacher
In your 4th life you will...	Be a corporate trainer
In your 5th life you will...	Be an executive assistant
In your 6th life you will...	Be a professional organizer
In your 7th life you will...	Be a college professor
In your 8th life you will...	Be a career counselor
In your 9th life you will...	Be a book store employee





ODYSSEY PLANS

Imagine 3 Possible Futures

Plan 1: Current plan or existing idea for how life will look for the next five years.

Plan 2: In the next, you figure out what you would do if plan A can't happen.

Plan 3: In the third iteration, imagine what you would do if money and time were no object.

ODYSSEY PLANNING WORKSHEET

ALTERNATIVE PLAN # _____

0	1	2	3	4	5

RESOURCES



0 100

I LIKE IT



COLD HOT

CONFIDENCE



EMPTY FULL

COHERENCE

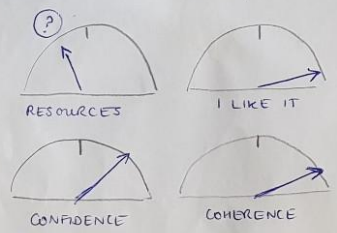
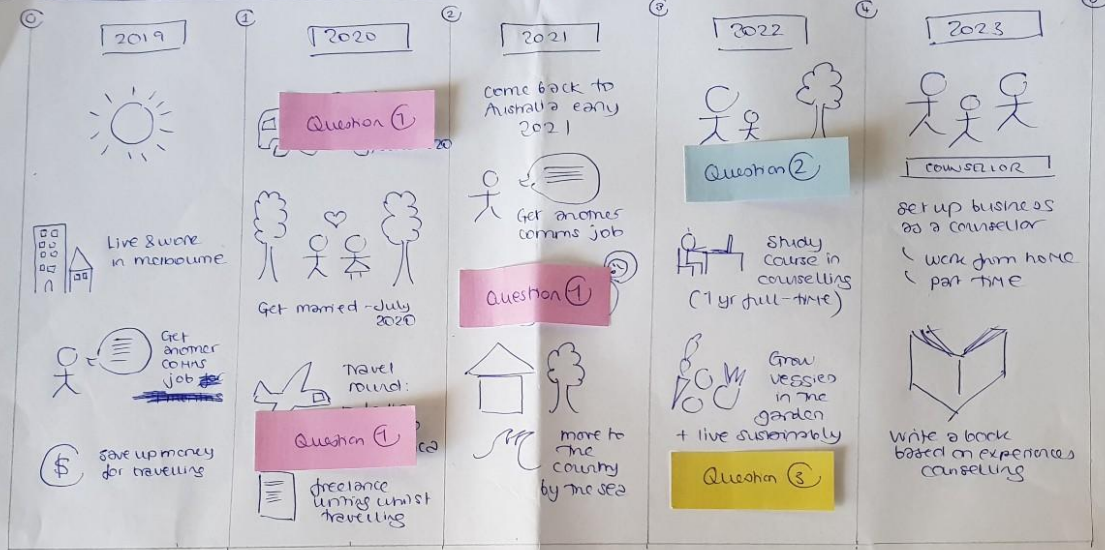


0 100

6-word title: _____

Questions this plan addresses:

Plan #1 Current plan / existing idea



6 word title: Comms to counselling

- Questions:
- In year 2-3, how will we have enough money to do these things after travelling for 6 months?
 - How can we live in the country and support ourselves?
 - How will I fund the counselling course (access to HES, will need citizenship)?

A person's hands are shown holding a glowing lightbulb. Inside the bulb, a string of warm white lights is visible. The background is dark and out of focus. On the right side of the image, there are several white line-art icons of different lightbulbs (incandescent, CFL, LED, and a medical-style bulb) hanging from thin white lines. Some of these icons are surrounded by small starburst or spark-like symbols. The overall theme is innovation and ideas.

ENVISIONING POSSIBILITIES

Semester Vision Board

SEMESTER VISION BOARD

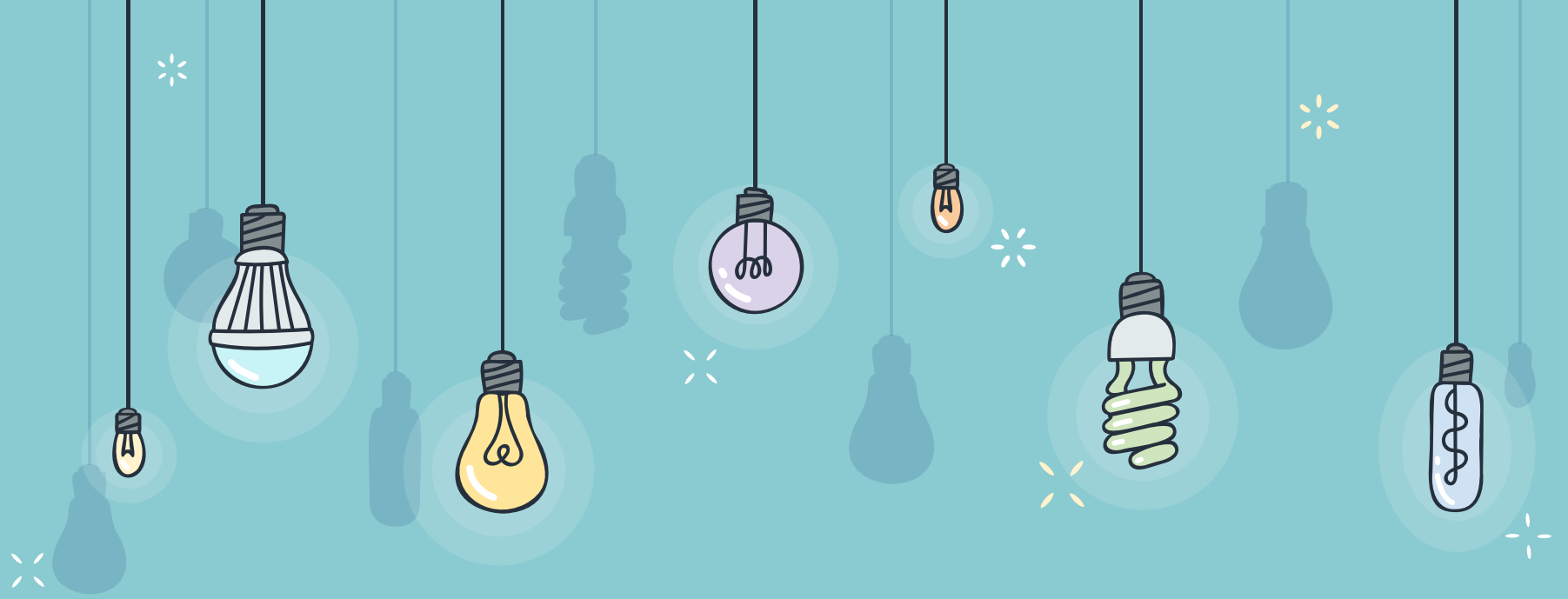
HOW DOES IT HELP?

Vision boards are a great way to gather your ideas, thoughts, desires, and dreams. By placing pictures on a board, you make your hopes and wishes concrete and have a regular reminder of their importance. This board focuses on setting up a successful semester.

PICTURE IT!

- To create this exercise, you will need a large, blank surface, the appropriate writing tools, and other items like pictures or sticky-tabs. Your options are:
 1. A large piece of newsprint or poster board with pens, crayons, markers, or other writing implements. If you're creative, add glitter, paints, stickers, etc. You will also need a collection of pictures either from magazines or printed off the internet.
 2. A blank word processing document. Get creative with attractive fonts and downloading pictures from websites (try Pixabay.com for free photos).
- Start by thinking about your upcoming semester.
 - What courses will you be taking?
 - What activities will you be involved in?
 - Will you be working or interning somewhere?
 - What fun things do you want to do?
 - What goals do you have for the semester?
- Once you have identified what you would like your semester to look like, start finding pictures in magazines or on the internet that reflect your vision. You can search out quotes or words that exemplify the feelings or thoughts you want to have.
- Get creative! Place your images and words around your board in any way that pleases you. Make it highly personal: you can write the names of your best friends, or identify the specific classes you're taking, or the organizations you belong to. This is your board and your vision, so include whatever is important. Don't forget to add essential elements of your life, such as family or wellness.





OTHER IDEAS FOR VISION BOARDS

Education

Talents

Hobbies

Career Ideas

WHAT DO YOU
WANT IN LIFE?

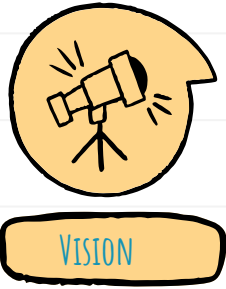
Social &
Emotional

Travel &
Vacation

Physical

Achievements

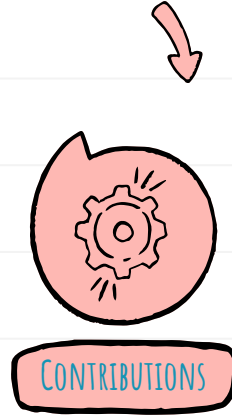
PROMPTS TO HELP YOU GET STARTED



Picture yourself at your college graduation. What does it look like?
What did you accomplish?
What do you envision for your future life?



What have you always wanted to learn?
What makes you come alive?



What dilemmas do you want to solve?
How do you want to make the world a better place?



What matters most to you?
What would you do if you could do anything?

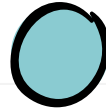


What phrases or inspiration do you need to hear to keep going towards your goals?

WAYS TO USE YOUR VISION BOARD



Print out & place
on visible spot



Private place - behind a
door or inside a closet



Phone lock screen or
computer background

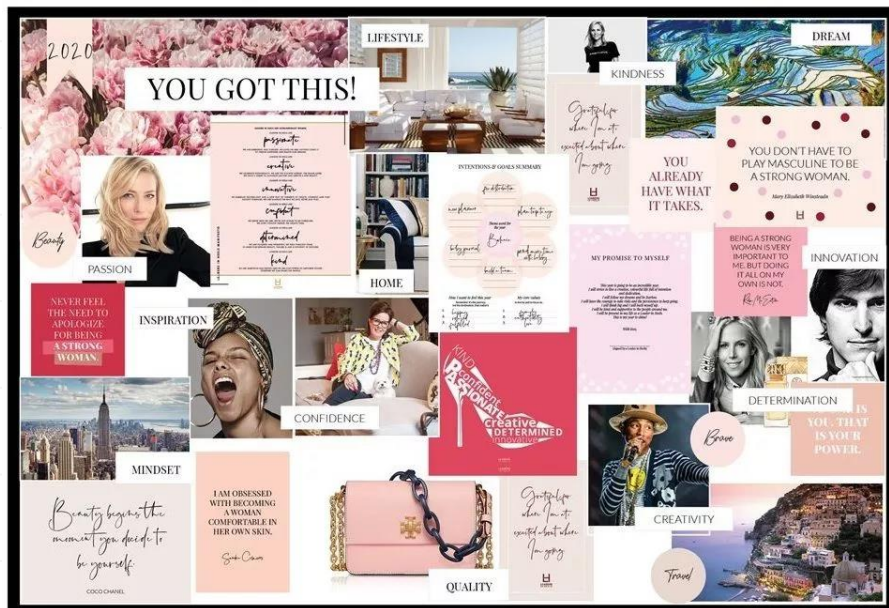
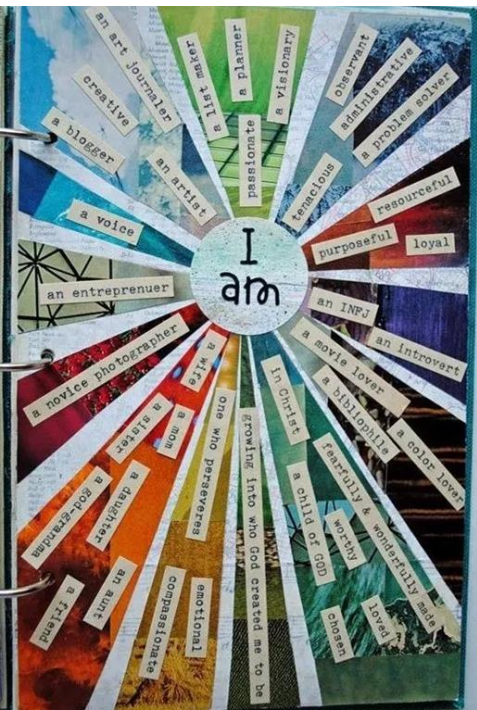


Inside of your journal





ALTERNATE VERSIONS



USE AS HOME DECOR



LOCK SCREEN VISION BOARDS



WHEN WILL YOU SCHEDULE TIME IN YOUR
LIFE TO CREATE A VISION BOARD?

DAY | TIME | PLACE

Choose The Life You Want

HOW DOES IT HELP?

Do you feel stuck sometimes? Like you have some ideas about what you want your life to be, but you're not making progress toward those ideas? In his excellent book, [Choose the Life You Want](#), Tal Ben-Shahar asks three important questions to help you focus on getting the life you want. Let's take those three questions and place them on a four-column list so we can investigate further.

PICTURE IT!

- Draw three vertical lines on your paper to create four columns.
- In the first column, write a description of the life you'd like to have. Think about work, family, friends, health/wellness, finances, etc. You can divide your answers into the sections on the form, or just write a narrative essay about what you want your life to look like.
- In the second column, write: "What do I have to do for my life to be what I want?"
- In the third column, write: "Where do I need to go?"
- In the fourth column, write: "How do I get there?"
- Fill in the columns with whatever applies to your situation.



NOW THINK ABOUT IT:

So what did you put in the left column? What do you want in your life? Is it a new job, a better school situation, more friendships, better family relationships, less stress, etc.?

What ideas did you develop for what you have to do to get the life you want?

What did you identify as places you need to go or how to find people who can help you?

And what steps did you uncover for how to get there?

This is a challenging exercise, so don't try to do it all in one sitting. You may need to take time to think about each column. You could also do this exercise with a friend and use each other for brainstorming.

Consider taking this activity to a career coach or counselor as a way to expand your thinking.

WORKSPACE:

The Life I'd Like to Have: (Write a narrative or divide it by the categories mentioned in the instruction—family, friends, etc.)	What Do I Have to Do For My Life to Be What I Want?	Where Do I Need to Go? Who Can Help Me?	How Do I Get There?

WORKSPACE:

The Life I'd Like to Have: (Write a narrative or divide it by the categories mentioned in the instructions—family, friends, etc.)

What Do I Have to Do For My Life to Be What I Want?

Where Do I Need to Go? Who Can Help Me?

How Do I Get There?

I want to be a children's book illustrator.

I need to take drawing and art history classes.

- Talk to College of Fine Arts advisor.
- Get to know faculty.

- Take intro classes.
- Keep a drawing journal and draw daily.
- Interview artists.

I want to feel like I'm at home in college and that I have a community of people that I'm connected to. I also want to feel like I'm making a difference.

- I want to meet new people.
- I want to make new friends.
- I want to find ways to give service.

- Check out Y-Serve and look for opportunities.
- Go to social events, classes, dorm meetings, etc.

- Make daily efforts to connect with people that I see on a daily basis.
- Join a club.
- Attend a service activity.

EXAMPLE



A person's hands are shown holding a glowing lightbulb. In the background, there are string lights and a blurred figure of a person. The scene is dimly lit, with the lightbulb being the primary source of light.

CONVERSATION: PERSONALIZING DREAM QUESTIONS



I'M HERE FOR THE CHAT!

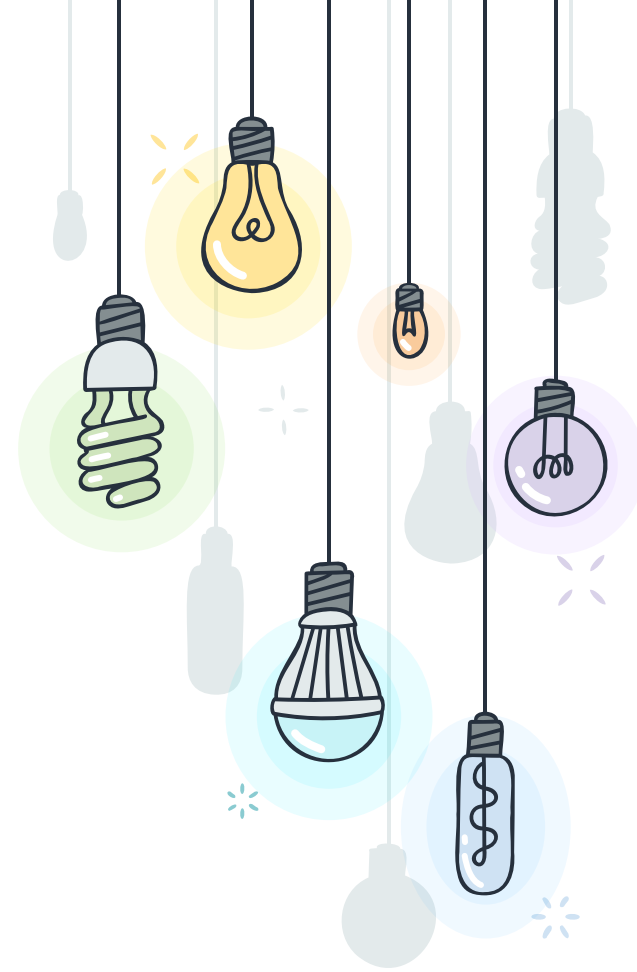


1. What DREAM questions do you currently use in appointments with students?
1. Brainstorm a new question that you could ask your students that you would like to try in your next advisement appointments?



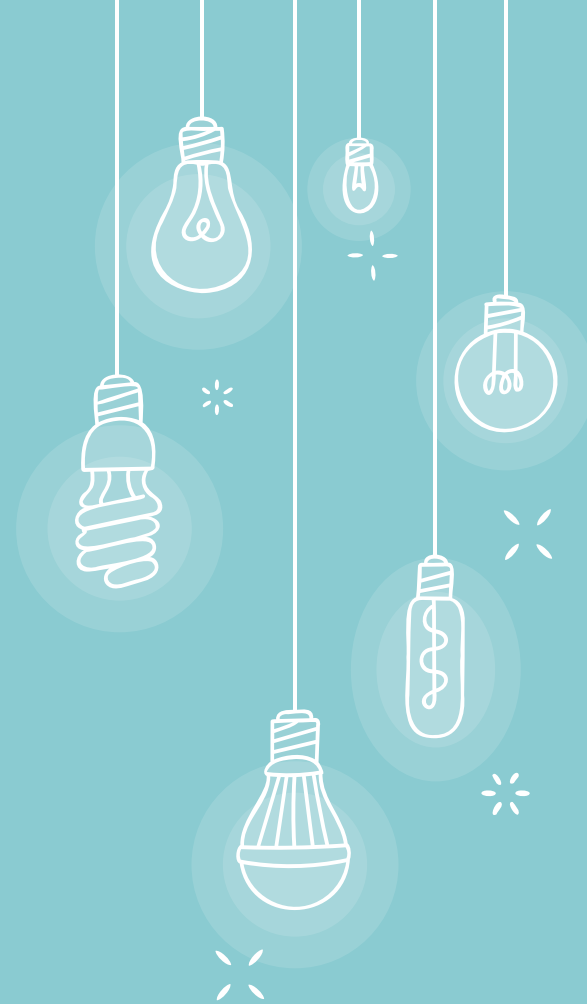
* HOW CAN I FIT THIS IN?

- + A little bit is better than nothing
- + Intro to the activity, take home activity, review next time
- + Homework can be emailed
- + Invite them to set a time
- + Always have a follow-up appointment



OWNING
your story
is the
BRAVEST
thing you'll
ever do.

- BRENE BROWN



Q&A



THANKS!

We are happy to connect!

+ **Amy Soto:**

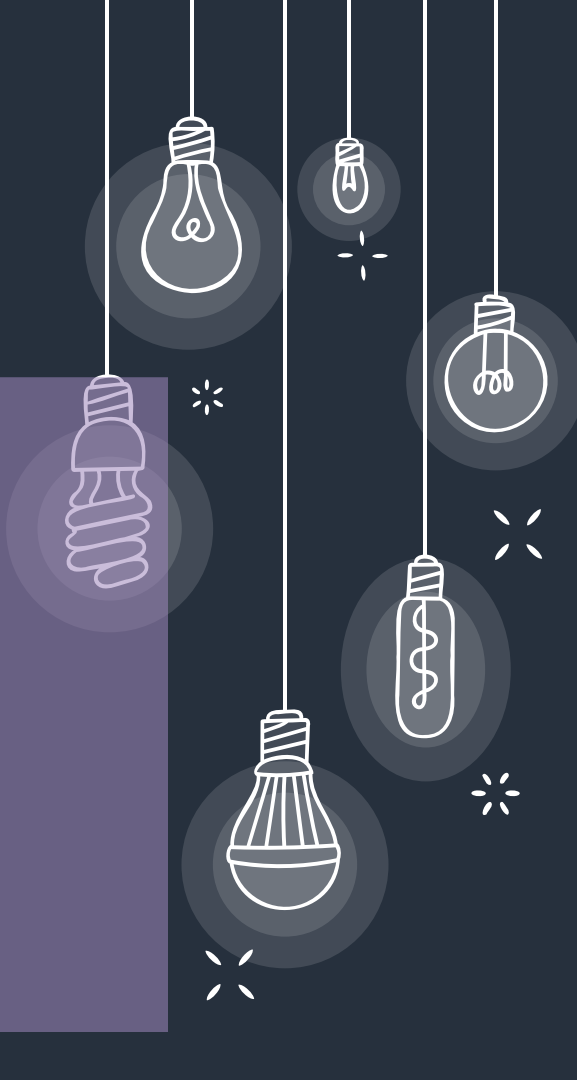
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RESOURCES

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