



Purpose

Materials:

- Worksheet

Brainstorm

Ask students the following question: What is your purpose for coming to school? Accept student responses.

Discuss

Generally speaking, purpose is the reason why you do something. Your purpose for going to school is to get an education, to learn, to gain the skills you need to go to college or work, and to have a successful life. But the kind of purpose we're going to be talking about today is bigger than that. I'm talking about your life's purpose. A dictionary might define it as the intention of accomplishing something important to you that is also meaningful to the world. It can be hard to think about a greater purpose at this age, especially with all the uncertainty in the world, but when you have a purpose, you can become engaged with others, develop a love for learning, and even change the world! Ask: Who knows what their purpose is? Accept student responses and explain: It's Ok if you don't have an understanding of your purpose! Many adults don't, either. Today, we are going to try to help you identify a purpose. Keep in mind that your purpose might change as you grow older.

Dive in!

According to Dr. William Damon, at the Stanford Center for Adolescent, you need to ask yourself three essential questions to identify your purpose:

- What are your skills and strengths?
- What are your interests?
- What does the world need?

Let's explore these questions in more depth.

Activity

Distribute copies of the worksheet to students. For this activity, students can work independently, in pairs or small groups. However, each student should complete their own purpose statement. Guide students through each of the essential questions, providing prompts such as:



High School

- What are your skills and strengths? What are your gifts? What comes natural to you?
- What are your interests? What do you really LOVE doing? What is your favorite activity?
- What does the world need? What makes you mad? What do you envision the world will look like in the future?

When done, have students try to define a purpose statement. Call on student volunteers to share their purpose statements. Explain that in future lessons they'll work on ways to help them achieve their purpose and make sure to keep the page for future activities.

Reflect

To wrap up the lesson, have students respond to the prompt on the worksheet. If time permits, you can have student volunteers share their responses.

Optional Home Connection → Encourage students to share their purpose with family members and try to identify people in the community who can help them achieve their purpose.

Professional Development

Take 5 minutes and reflect on your own purpose. How are you working to achieve your purpose

For Further Study:

- Edutopia, Developing a Sense of Purpose in High School:
www.edutopia.org/article/developing-sense-purpose-school
- Greater Good, Seven Ways to Help High Schoolers Find Purpose:
greatergood.berkeley.edu/article/item/seven_ways_to_help_high_schoolers_find_purpose
- Greater Good, The Purpose Challenge:
purposechallenge.org/?_ga=2.219501724.46701174.1626981272-690862012.1626366532