STEM Conference
Saturday
May 14, 2016
Richview Collegiate Institute
The Association of Career Educators Presents:

How To Be Inspired for Success

Five Secrets that Keep Your Motivation Strong and Your Personal Journey Meaningful

Presenters: Fran Burke, Cindee Karnick-Davison, Amelia Ng
Outcomes

1. To know Five Secrets that keep your motivation strong and your personal journey meaningful.
2. To inspire you to put them into action over time.
3. To grow with them throughout your life in school and beyond.
4. To choose one tip you learned today and act on it for your own good or for the good of another.
Agenda:

1. Introductions
2. Ted Talk with Hannah Alper
3. Personal Introductions of Presenters and Participants
4. Five Secrets that Keep Your Motivation Strong
5. Q & A
TED Talk Video “How to Find Your Spark”
by Hanna Alper

Click on this link to view the video:
https://youtu.be/mRW2B96IoMU

As you are watching this, consider:
1. Who the most powerful person in Hannah’s life is.
2. What is her passion?
3. What sparks her passion?
Presenter’s Introductions

1. Amelia
2. Cindee
3. Fran
Personal Introductions by Participants

1. Who is the most powerful person in your life?
2. What are you passionate about?
3. What sparks your passion?
High Fives That Keep Your Motivation Strong and Your Personal Journey Meaningful

These High Fives relate to all of life, including

- school
- the fields of Science, Technology (e.g. digital), Engineering and Mathematics (STEM)
- as well as everything
Choices Booklet Handout

High Fives and Career Venn Diagram

Who am I?

What is my plan for achieving my goals?

EDUCATION AND CAREER/LIFE PLANNING

Who do I want to become?

What are my opportunities?
1. Focus On The Journey

1. Develop a GROWTH MINDSET:

- I’m either good at it, or I’m not.
- When I’m frustrated, I give up.
- I don’t like to be challenged.
- When I fail, I’m no good.
- Tell me I’m smart.
- If you succeed, I feel threatened.
- My abilities determine everything.
1. Focus On The Journey

**What Kind of Mindset Do You Have?**

- I can learn anything I want to.
- When I’m frustrated, I persevere.
- I want to challenge myself.
- When I fail, I learn.
- Tell me I try hard.
- If you succeed, I’m inspired.
- My efforts and attitude determine everything.
1. Focus On The Journey

2. Make a plan
   - Handout - “Goal Power” is the feeling that you get when you are actively pursing your goal.
1. Focus On The Journey cont.

3. Be in control of your own journey
   - Choices are constant and impact us at every moment: Consider making choices in life that are:
     - Proactive rather than reactive
     - Solution-focused rather than blame-focused
     - Win-win rather than win-lose (cup half-full/half-empty)
     - Learner focused rather than judging
1. Focus On The Journey cont.

4. Take care of self - It is essential.
   - Stress Management
   - Healthy Eating
   - Exercise
   - Self-talk
     - Practicing Positive Self-Talk, Challenging your negative voice, watch your thinking - handouts
   - Communication (with self and others)
   - Community
1. Focus On The Journey cont.

5. Be adaptable, flexible, creative, imaginative and innovative. Science, Technology, Engineering and Mathematics (STEM)

6. Accept adversity as a gift from which to learn and grow spiritually, mentally, emotionally, and physically.
LIFE ISN’T ABOUT FINDING YOURSELF. LIFE IS ABOUT CREATING YOURSELF.

George Bernard Shaw
“When I was 5 years old, my mother always told me that happiness was the key to life. When I went to school, they asked me what I wanted to be when I grew up. I wrote down ‘happy’. They told me I didn’t understand the assignment, and I told them they didn’t understand life.”

- John Lennon
2. Follow Your Heart

1. Know your interests and be self-aware (spiritually, mentally, emotionally, and physically)
   ▶ How do you know them?
   ▶ How do you explore them?
     ▶ Volunteering
       ▶ Experience, knowledge, knowing yourself and your talents, collaboration, developing skills and expertise (develop confidence)
2. Follow Your Heart cont.

2. *Have a purpose that is personally meaningful*
   - Knowing what sparks your passion to make a positive contribution in life
   - A purpose that allows you to love what you do
   - This is key to happiness and it opens the heart for self and others

3. *Practice gratitude journaling*
   - Reflect on what you have and are rather than what you don’t have and what you are not

4. *Know you are the most powerful person in your life*
The meaning of Life is to find your Gift. The purpose of life is to give it away.

- Pablo Picasso
“We are visitors on this planet. We are here for ninety or one hundred years at the very most. During that period, we must try to do something good, something useful, with our lives. If you contribute to other people’s happiness, you will find the true goal, the true meaning of life.”

—His Holiness The 14th Dalai Lama
3. Access Your Allies

1. **Network** - allow yourself many opportunities for exposure (even when you are shy or an introvert)

2. **Collaborate** - being open-minded and a team player

3. **Be your greatest ally - it’s a decision and a habit**
   - YOU have the power to be happy or miserable
   - Every day is a new day to make decisions and test them out and set new goals
3. Access Your Allies cont.

4. **Know who can help** - find mentors to address problems you face

5. **Have courage and ask for help**

6. **IPP** - sit with friends to work on your Individual Personal Plan (IPP)

7. **Team building activities** (sports, volunteering, organizations, hobbies, personal interest groups)
4. Stay Learning

1. Making use of Science, Technology, Engineering and Mathematics (STEM) Opportunities

2. Reading

3. Being reflective

4. Looking for purposeful solutions for world problems (environment, peace)

5. Developing yourself through personal work/growth

6. Travelling

7. Volunteering (locally, nationally, internationally)

8. Enrolling in educational institutions (public/private)

9. Sharing through social media
Sharing through Social Media

Click on this link to view the video:
https://youtu.be/075aWDdZUIM

*What is 21st Century Learning?*

Click on the link to see video: [https://youtu.be/Ax5cNlutAys](https://youtu.be/Ax5cNlutAys)
4. Stay Learning

10. Develop 21st Century Knowledge and Skills

- Creativity, Innovation and Entrepreneurship
- Critical Thinking
- Collaboration
- Communication
- Character e.g. honesty, truthfulness, respect, sincerity
- Culture and Ethical Citizenship
- Computer and Digital Technologies

- From *Shifting Minds*: Canadians for 21st Century Learning & Innovation

Advice from Thomas Frey, Senior Futurist at the DaVinci Institute

“The greatest value in understanding the future comes from spotting the major cultural, demographic, societal, and economic shifts early and translating them into viable business strategies.”

*Thomas Frey*

- We tend to be “backward looking” because we usually refer back to our own past experiences.
- Important to be “future looking” and aligning our plans with what is coming and taking control in creating that future.
- New in the past 10 years—i-pod, i-pad, i-phone, GPS, e-commerce, changes in security measures, ...
Looking to the near-term future (10 years)

- Proliferation of mobile apps: 800,000+, soon more than books (3 million)
- Peripheral devices: use smartphone for blood pressure, heart rate, ultrasound, ...
- Internet of things (IoT): vehicles, appliances, buildings will communicate and run tasks on their own (e.g., car identifies available and cheapest parking)

*Thomas Frey*

Looking to the near-term future (10 years)

- Fluid business model: employers hire fewest people for projects/short periods, e.g., like movie production—crew disbands when done

- People with expertise will form “business colonies” ready to fulfill projects (fewer “permanent” jobs)

*Twenty-four Future Industries for Super Employment*

1. Atmospheric Water Harvesting
2. Commercial Drone Industry
3. Software Developers
4. Mobile Apps
5. Our Trillion-Sensor Future
6. 3D Printing

*By 2030 2 billions jobs with disappear;
2.6 new jobs created for each job lost
http://www.futuristspeaker.com/2013/11/*

Twenty-four Future Industries for Super Employment—
Catalytic Innovation cont.

7. Cancer Immunotherapy  
8. LEDs  
9. Big Data  
10. Internet of Things  
11. Natural Gas  
12. Wind Power  
13. Solar Power

Twenty-four Future Industries for Super Employment — Catalytic Innovation cont.

14. Mass Energy Storage

15. Micro Grid Conversion

16. Hyper-speed Transportation System

17. Contour Crafted Houses - 3-D Printing

*Twenty-four Future Industries for Super Employment*

18. Driverless Everything
20. Micro-Colleges
21. Smart Homes - Programmable Homes
22. Senior Living
23. Same-Day Home Delivery
24. Twenty-Four-Hour Cities

Others to consider

- Green Technology
- Agriculture
- Environment
- Time-Saving Technology
- Educational Changes
5. Know that Change Is Constant

1. Change takes us out of our comfort zone and can create stress (positive or negative)
2. Have awareness of this fact and strategies to manage what comes up for you
“You can’t connect the dots looking forward; you can only connect them looking backwards.”

Steve Jobs
LIVE IN THE MOMENT
Character Education and Development

1. TDSB Motto: Build Character, Build Success
2. Helping students learn and practice positive character attributes
3. “Character is woven into programs and practices and it becomes a way of life.”
4. Connections to the “Student Success” program

Respect Responsibility Empathy Kindness & Caring Teamwork Fairness Honesty Co-operation Integrity Perseverance
Summary

Enter the high 5’s on your smart phone, post them on your mirror, and on your “My Blue Print”

1. Focus on the Journey
2. Follow Your Heart
3. Access Your Allies
4. Stay Learning
5. Change Is Constant

Put them into action, over time and one step at a time.
Q & A
Some Resources

Rhonda Byrne, *Hero*

Viktor Frankl, *Man’s Search for Meaning*

Martin Seligman, *Flourish, a Visionary New Understanding of Happiness and Well-being*

Jon Kabat-Zinn, *Mindfulness for Beginners, Reclaiming the Present Moment—and Your Life*

David Brooks, *The Road to Character*

Kate Tilley, *Approaching Youth Studies, Being, Becoming, and Belonging*

Alex Pattakos and Elaine Dundon, *The OPA Way, Finding Joy and Meaning in Everyday Life & Work*

Cathy Campbell & Peggy Dutton, *Career Crafting, the Decade After High School, Professional’s Guide*

Rachael Kessler, *The Soul of Education, Helping Students Find Connection, Compassion, and Character at School*

Alan Lakein, *How to Get Control of Your Time and Your Life*

Itai Ivitzan, *Awareness is Freedom*

Wayne Dyer, *I Can See Clearly Now*
Some Resources

Jack Canfield, *Chicken Soup For the Teenage Soul*
Fran Burke, *How to End Exam Anxiety*
Sean Covey, *Seven Habits of Successful Teens*
Neil Pasricha, *The Happiness Equation*
Dr. Karyn Gordon, *Dr. Karyn’s Guide to The Teen Years*
Ken Robinson, *Finding Your Element*
Tom Rath, *Strengths Finder 2.0*
Jeffrey Jensen Arnett, *Getting to 30 A Parent’s Guide to the 20-Something Years*

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FORCASTS ON 9 FIELDS
http://www.wfs.org/Forecasts_From_The_Futurist_Magazine

http://time.com/4081618/most-influential-teens-2015/