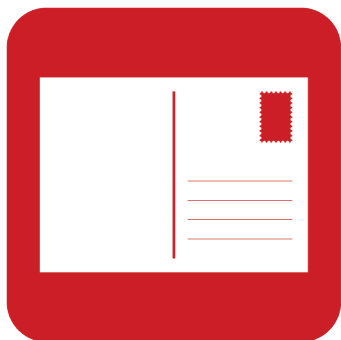


Technical sheet for mentors



8. POSTCARD TO THE FUTURE

| Mentorvention Phase | Dimension | Duration (mins) | Number of participants (min/max) |
|--|--|-----------------|----------------------------------|
| Foundation meeting / Extension meeting | Self-awareness Goal Setting & Planning Monitoring & Adapting | 15 | 1-5 |
| Learning-2-Learn dimension elements | <ul style="list-style-type: none"> - Evaluating own aspirations - Developing long term goals - Evaluating Progress - Attributing success to effort | | |
| Tags | Future self, goals, feedback | | |

The aim of the activity

By writing a postcard/letter to their future selves, mentees become aware of their aspirations and realise how studies can help in achieving their life goals. This activity also offers unique and personal feedback. The goal is to motivate mentees to plan their futures and achieve their goals.

Preparation

Following the chosen method, the mentees should have:

- **Email:** A computer, tablet, or smartphone; an internet connection, and an email account.
 - Print the activity tool: **writing an email to your future self.**
- **Letter:** Paper, envelope, pen.
 - Print the activity tool: **sending a letter to your future self.**
- **Postcard:** Envelopes, pens/pencils, and a choice of postcards.
 - Print the activity tool: **sending a postcard to your future self.**

Follow the instructions in the application section.

Application

Foundation meeting:

- **Writing an email to your future self**
 1. Ask your mentees to go to the website: <https://www.futureme.org/>
 2. Explain the task and tell your mentees to write an email for their future selves. The future date should be the day before the Extension Session.
 3. Tell your mentees the email should include:
 - What this email is about
 - Current personal information like age, where they live, etc (this is more relevant if the email is due in more than one year)
 - At least 2 goals they hope to achieve (personal or professional) in the designated time. And an explanation about why reaching this goal is important
 - What is the strategy for accomplishing the goals
 - A compliment that will motivate their future selves
 4. It is advisable for them to write the letter on paper or in Word first and then have them copy the text to the online tool.
- **Sending a letter to your future self**
 1. Give your mentees a paper and an envelope.
 2. Explain the task and tell them the letters will be given back to the mentees in the Extension Session at the end of the course. It is important that mentees know that no one else will read their letter and seal it before handing it to the mentor.
 3. Tell your mentees the letter could include:
 - At least one goal they hope to accomplish until the end of the mentorvention cycle, as well as an explanation for why reaching this goal is important
 - What is the strategy for accomplishing the goals
 - A compliment for achieving the end of the cycle
 - The date of writing and signature

4. Collect the letters and give them back to the mentees at the Extension meeting.
- **Sending a postcard to your future self**
 1. Offer your mentees options of postcards and let them pick one
 2. Explain the task and tell them the postcards will be given back to the mentees during the Extension meeting at the end of the cycle. It is important that mentees know that no one else will read their letter and seal it before handing it in to the mentor.
 3. Tell your mentees the postcard should include:
 - A personal goal and what they are planning to do to reach this goal
 - A compliment to themselves
 - Name and address
 4. Collect the postcards and give them back to the mentees in the Extension meeting

Extension Phase Activity

1. Return the letters/postcards to the mentees, or ask them to open their email account and check for the one they have sent to themselves.
2. Discuss with your mentees about their progress and their perception of it.
Relevant topics include:
 - Did they achieve their goals? What helped them achieve it? What was the hardest part?
 - If they did not achieve their goals, what happened? What unexpected barriers did they face?



Direct link to the activity handout on the learning platform

<https://upsim.aidlearn.eu/en/>

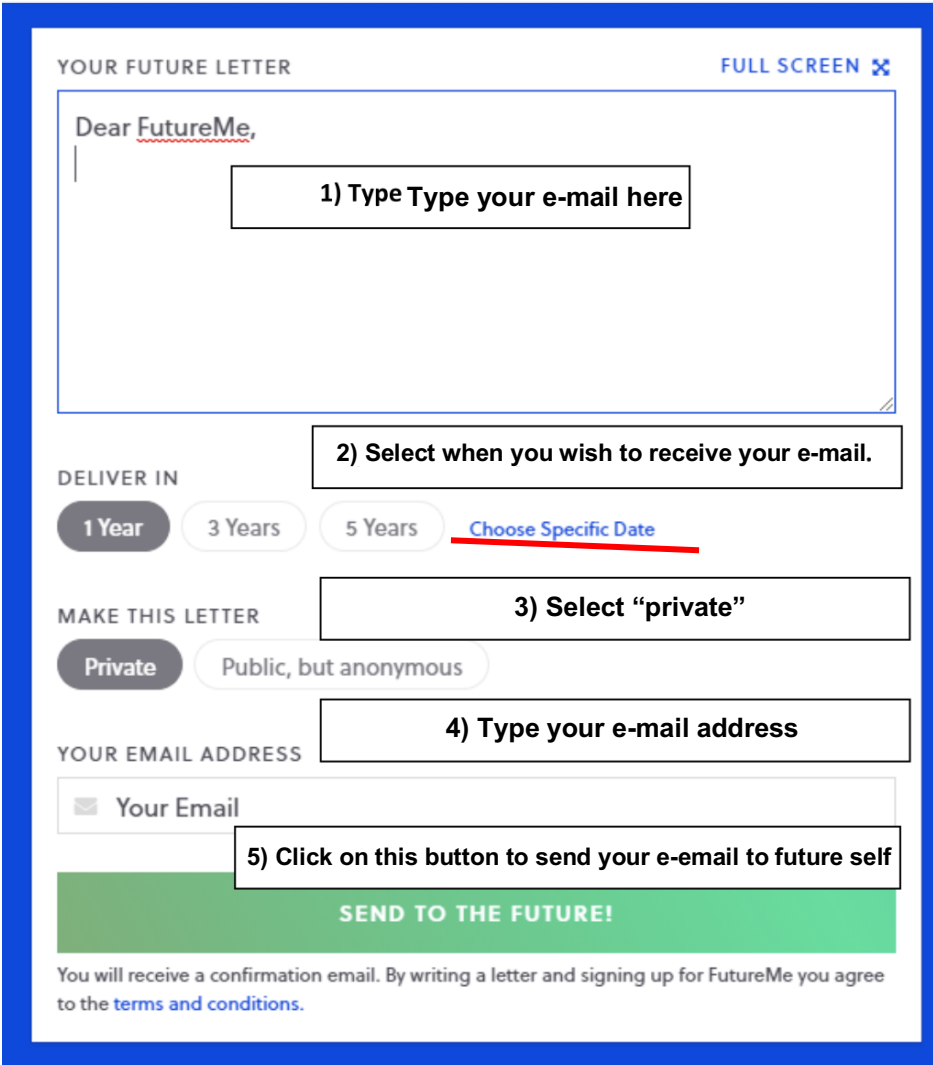


Activity tool

- **Writing an email to your future self**

1. Write an email to your future self.
2. Write an email to yourself and include the following:
 - Say hello to yourself
 - Why are you sending this email?
 - At least 2 goals you hope to accomplish (personal or professional) by the time of the Extension meeting. Include an explanation as to why reaching this goal is important to you.
 - Explain how you will accomplish each goal. What is your strategy?
 - Compliment yourself, something that will motivate you in the future!
 - Say goodbye to yourself

Go to www.futureme.org and follow these 5 steps.



The screenshot shows the 'YOUR FUTURE LETTER' interface on the FutureMe website. It includes a text area for writing an email, delivery options (1 Year, 3 Years, 5 Years, Choose Specific Date), privacy settings (Private, Public, but anonymous), and an email address field. A large green button at the bottom says 'SEND TO THE FUTURE!'. Below the button, it states: 'You will receive a confirmation email. By writing a letter and signing up for FutureMe you agree to the [terms and conditions](#).'

YOUR FUTURE LETTER FULL SCREEN ✕

Dear FutureMe,

1) Type Type your e-mail here

DELIVER IN

1 Year 3 Years 5 Years Choose Specific Date

MAKE THIS LETTER

3) Select "private"

Private Public, but anonymous

YOUR EMAIL ADDRESS

4) Type your e-mail address

5) Click on this button to send your e-mail to future self

SEND TO THE FUTURE!

You will receive a confirmation email. By writing a letter and signing up for FutureMe you agree to the [terms and conditions](#).

Activity tool

- **Sending a letter to your future self**
 1. Write a letter to your future self.
 2. The letters will be given back to you during the Extension meeting at the end of the cycle. Don't worry; no one else will read your letter. Seal it before handing it to the mentor.
 3. Remember to include:
 - At least one goal you hope to accomplish by the time you have completed the cycle. Add an explanation about why reaching this goal is important to you.
 - What is the strategy for accomplishing your goals?
 - A compliment to yourself for achieving the end of the course
 - The date of writing and signature
 4. Give it to your mentor



Activity tool

- **Sending a postcard to your future self**
 1. Pick a postcard to be delivered to your future self
 2. The postcards will be given back to you during the Extension meeting at the end of the cycle. Don't worry; no one else will read your postcard.
 3. Write a message to yourself and remember to include:
 - A personal goal and what you are planning to do to reach this goal
 - A compliment to yourself
 4. Give it back to your mentor.

