



Technical sheet for mentors



1. PRIORITISING AREAS OF VALUE

Mentorvention Phase	Dimension	Duration (mins)	Number of participants (min/max)
Mentorvention circles	Self-awareness	20	2-5
Learning-2-Learn dimension elements	<ul style="list-style-type: none"> - Reflecting on past experiences - Evaluating own strengths - Evaluating own limitations - Understanding own motivations - Locating own interests - Evaluating own aspirations 		
Tags	Prioritising, Attention, Self-Awareness, Evaluating aspirations		

The aim of the activity

This activity shall help mentees prioritise goals and what is most important in their life. The Philosophy Professor thought experiment, in particular, can be a great way to think about one's needs and wishes and how to prioritise these.





Preparation

Print out the activity sheet for mentees
Prepare pens/pencils
Follow instructions in the application setting

Application

By completing this activity, the mentee will gain clarity on the importance of prioritising life goals and needs and wishes for satisfaction in different areas of life.

The mentees will be guided through the activity by the mentor. The guiding questions and thought experiment of the activity shall help the mentees to make a plan of their most important priorities and the attention they allocate to them.

- 1) Present the activity and read the Philosophy Professor thought experiment together with the mentees and discuss it afterwards.
- 2) Ask the mentees to reflect what is most important to them for a content life and write it on the activity sheet
- 3) From the previous reflection, the mentees shall make a list of their most important priorities and rank them in the provided table. Followed by ranking the amount of attention given to each priority.

Finally, this table shall give the mentee a visual overview of their priorities and attention given to them currently, from which they can evaluate how satisfied they are with their current prioritisation of needs and wishes and what can be changed if they are not.



Direct link to the activity handout on the learning platform

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





Activity tool

AREAS OF VALUE



The Philosophy Professor

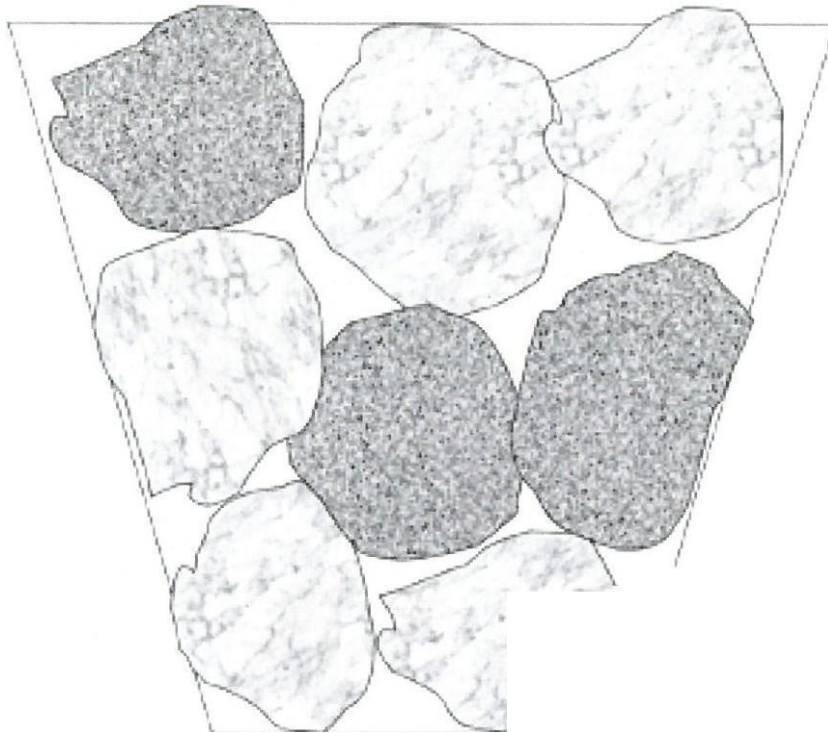
When you are torn between different choices and demands in life, do you know what to prioritise? Are you aware of what you value the most? What gives your life meaning?

Most of us can express what is important in work, but we can't express what's important in life. Often, it's an accident or disease that wakes a person up from the blindness of everyday life and creates a force of change. But does it really have to come to an accident before we become aware of what's important in life?

Imagine you are 90 years old and in a care home, looking back on your life. What would you be most proud of? What could you not be without?

What would make you most happy if your children or grandchildren were to describe you?





The Philosophy Professor

This well-known story about the philosophy professor is a good illustration in this case.

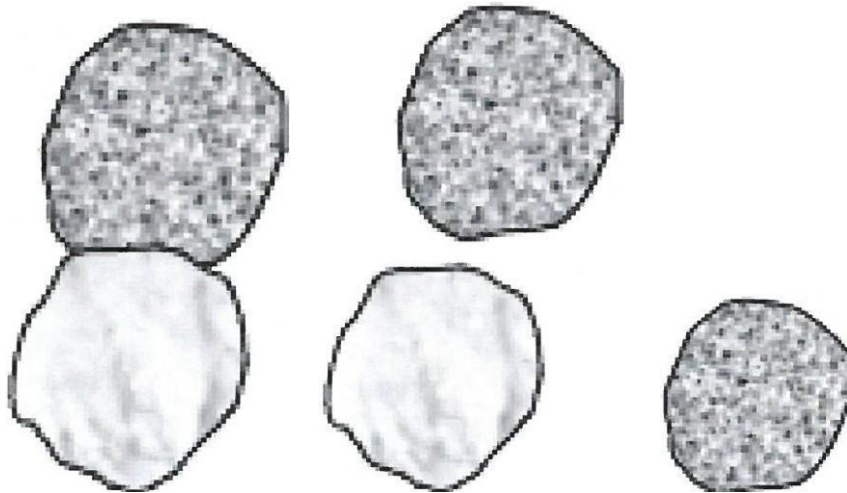
A philosophy professor put some stones in a glass bowl. He asked his students to tell him when the bowl was full. When the stones reached the upper border, the students told him it was full. Is it, asked the professor and continued to put some pebbles in the glass bowl. Let me know when it's full now, he said. OK, now it's full, said the students when the pebbles reached the upper border. Really, questioned the professor and started to fill the bowl with sand. Quite a lot of sand was needed to fill the whole bowl. The students fell silent.

Imagine now, that the stones are what's most important in life, the things you absolutely cannot live without, the things you would suffer without. Then imagine that the pebbles are the things that are fun to do or have, but you could do without, for instance, cool rims on the car, a huge TV screen, or the 'right' jeans label! Then imagine that the sand is just the everyday noise that fills our time. It doesn't contribute anything to our goals in life or to our careers. Imagine that we start filling the bowl with the sand first?





Imagine that you start to pick up the stones from the glass bowl and that they represent what's most important to you, things you really would suffer without. What words would your stones have?





What words are written on your stones?



Do you prioritise? What is most valuable to you in life?

Write down what you value the most in the chart below. Make priorities. The most important area equals 1, the second most important area equals 2, and so on.

Think of how much attention, interest, and energy you give to each area. The area you give most attention to equals 1, while the area you give second-most attention equals 2, and so on.

Look at the balance between your prioritisations. Are you happy? Do you live life with areas that you most value at the top? What do you want to change?





Priority

Attention

