



Technical sheet for mentors



7. WONDERWALL

Mentorvention Phase	Dimension	Duration (mins)	Number of participants (min/max)
<i>Mentorvention Circles</i>	Self-awareness Goal Setting & Planning	90	1-5
Learning-2-Learn elements	<ul style="list-style-type: none"> - Understanding own motivations - Locating own interests - Evaluating own aspirations - Developing long-term goals 		
Tags	Awareness, motivations, goals and expectations, visualisation,		

The aim of the activity

The goal of this activity is to help mentees to visualise their goals. This creates an inner motivation to strive for these goals and promotes positive thinking, which will help them stay on track. Knowing you are working on reaching your life goals is a strong motivator. Numerous studies have shown that mental practice (through visualisation) can effectively improve skills as real practice. When we visualise an action, the same brain regions are stimulated as when we perform it, and the same neural networks are created.





Preparation

Each mentee should have one tablet or computer; Magazines and paper are possible, but more restricted, alternatives

Print the activity tool **Wonderwall**.

Follow the instructions in the application section.

Application

1. Introduction: to change or not to change, that is the question!
 - Let your mentees read through the information on Jean-Paul Sartre and Aristoteles.
 - Ask them which of the two they can relate to more and start a discussion. The following questions might help:
 - Who believes in faith? Or do you think we can change our destination?
 - Can we further develop our qualities or are the ones we are born with the ones that stay with us for the rest of our lives?
 - Do you agree with the statement 'a good life is a life in which we establish our goals?' Does that mean we had a bad life if we didn't establish our goals?

Then explain to your mentees what this lesson is all about and why it can help to visualize your life goals.

2. How to create a board in terms of technicalities?
 - Give a demonstration to your mentees on how to make a board on Pinterest and pin stuff on their board (or develop a step-to-step manual for them).

The following manuals can help you to familiarize yourself with Pinterest:

- <https://www.dreamgrow.com/a-beginners-guide-to-pinterest/>
- <https://help.pinterest.com/en/guide/all-about-pinterest>
- <https://www.makeuseof.com/tag/your-guide-to-pinterest/>

Feeling a bit uncertain about Pinterest? Then there are **2 other options**:

- a. You could provide magazines and have your mentees cut out images and paste them on a piece of paper. The advantage of this, is that your mentee can hang their Wonderwall on the fridge at home to remind them daily of their life goals.
- b. Let your mentees develop their Wonderwall in Word. This way, you can print it out and mentees can take their Wonderwall home.

The disadvantages of these 2 options are of course that your mentees can only add text and images and that their Wonderwalls will be quite static. Pinterest allows you to add videos, articles, blogs, etc., and is more dynamic as it will develop over time.

3. How to create a board in terms of content?





- Go through the inspirational questions together so your mentees can ask questions if they have any.
- Then give your mentees some time to reflect on their life goals, either in session or at home. If in-session, tell them they can take a walk outside or look for a calm spot to think about their life goals.

Make sure every mentee has a computer (or paper) to work on.

Your job as a teacher at this stage is mainly to answer technical questions related to Pinterest and to inspire the mentees that are clueless about their life goals.

4. Reflection

A Wonderwall is a very personal instrument. So don't force your mentees to share their Wonderwall in front of the whole group. You can of course always ask if there are any volunteers who wish to share their Wonderwall.

- Once your mentees created their Wonderwall you can have another session discussion to reflect on their work.

The following questions might help:

- Was it easy/difficult to come up with your life goals?
 - Are your life goals more professionally or more personally oriented? Or both?
 - How can this course help you to reach your life goals?
 - What can and will you now do with this Wonderwall?
- After this discussion, tell them you will come back to this Wonderwall during the extension session to check whether this Wonderwall helped them to stay motivated throughout the course.



Direct link to the activity handout on the learning platform

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

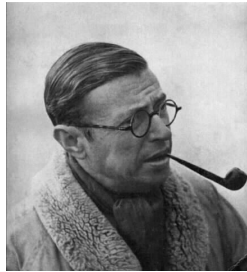




Activity tool

1. To Change or Not to Change, That is the Question!

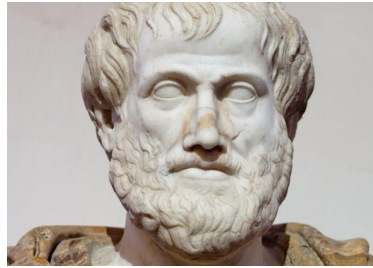
Read about these two possible angles from 2 famous philosophers.



Jean-Paul Sartre: “Humans are only what they make of them themselves.” And “only I shall give meaning to my life.”

-> ***‘Choose who you are or who you want to become.’***

(Jean-Paul Sartre is one of the major writers of the 20th century and the most important philosopher of existentialism: an atheist philosophy in which liberty and responsibility of men take a central role.)



Aristoteles: “A good life is a life in which we establish our goal or in which we take use of all the features that make us a human. A human is ‘good’ if he uses all the assets he was born with.”

-> ***‘Become who you are’.***

Aristoteles was a Greek philosopher who is, together with Socrates and Plato, considered one of the most influential classical philosophers in the western tradition.

Write down the inspiration you got out of the session discussion and/or what surprised you in this discussion:





2. Getting Started (Pinterest).

For this test, we use Pinterest (or when you're at home you can also use several bulletin boards on the wall). What is Pinterest? It is a social network site that functions as a digital bulletin board. You can find and 'pin' images from all over the web on your personal board. Click on the image for more information.



If you wish to use Pinterest daily on your laptop or pc, you can download the Pinterest browser button (<https://help.pinterest.com/nl/article/save-pins-with-the-pinterest-browser-button>). If you wish to use Pinterest on your phone, just download the app.

- If Pinterest is not available. You can use Magazines and the internet.

3. What Are My Goals?

Now, let's make 1 or 2 Wonderwalls on Pinterest (the settings can be on 'private' unless you wish to share your board).

- Find yourself a quiet place and ask yourself what it is you wish to achieve in your life. What do YOU want? Imagine you lay on your deathbed and look back at your life. What do you have to see in order for you to die as a happy woman? Maybe your answer is just a word. Or maybe several images pop up in your mind. Just take your time and let thoughts come up.

<p align="center">Board 1:</p> <p align="center">You already know exactly what you want.</p>	<p align="center">Board 2:</p> <p align="center">You're not yet sure what you want.</p>
<p>Step 1: Write down everything you wish to reach in your life.</p>	<p>Step 1: Ask yourself some questions and write down your answers (see 'inspiring questions' below).</p>
<p align="center">Step 2: Find images/texts/videos/songs/etc. that suit or reflect your ideas. Then 'pin' them on your Wonderwall.</p> <p align="center">Did you find something better than the ones you had? Delete the old ones that don't feel that right anymore. Let your intuition do the job.</p> <p align="center">Take a look at your board regularly (add it to your favourites) and add things that speak to you in terms of your life goals.</p>	

Source: <https://christinekane.com/how-to-make-a-vision-board/>





- **Inspiring Questions**

- Try to remember what you used to love doing as a child?
- Who were your heroes/models as a child? Who do/did you admire? And why do you admire that person?
- You get 3 wishes: what would you wish for?
- What would you do if you knew you would not fail?
- Which countries/places would you like to visit?
- If you could be invisible for one day, where would you go?
- What would be your superpower if you were a superhero?
- Which talent are you proud of?
- What do others say about your talents?
- What would you like to further develop?
- What brings you into a 'flow'?

4. Now What?

During and at the end of this course, we will regularly come back to your Wonderwall. When you see an image/text/song/video... that inspires you to reach your goals, add it to your Wonderwall. And when you have a dull moment on the bus or on the toilet, take a look at your board and remind yourself of your life goals.

