

Berea College

Weaving Our Lives Into a Meaningful Whole

Introduce the Model -- (Handout) (Betty) 5

Ideas (Betty) 15

Activity -- Go around the circle and ask each person to share his/her earliest memory of "what you wanted to be when you grew up" -- What do you think excited you about that "Idea"?

Talk about the external/internal aspects of the ideas shared

Dream (Ashley) 20

- Talk about what a dream can be – a career, a lifestyle
- Talk about setting the dream broad, rather than narrow – use diagram to illustrate
- Activity: Spend some time alone reflecting, writing, and/or drawing. Come up with your “dream.” Use these questions to guide your reflection:

What do you want in life?

When have you felt the most like yourself? Have others ever commented on how happy you seemed? What were you doing? Where were you? Whom were you around?

When have you felt the most free? What were you doing?

Who do you know of who comes close to living their dream?

- Come back to the group. Have a few people share their dream.

Preparation (Betty) 15

In Pairs: Think of a learning experience that you have had -- in or out of school -- that you feel really positive about. Talk with your partner about the following:

How did you learn?

Did it involve heart, mind, and body?

Did you feel of it as "work"? Did you gain energy or lose energy in the process?

What or who motivated you to learn?

Talk about how we prepare to reach our dreams. What have you already done? What still needs to be done?

Challenges (Ashley) 20

- Activity: Spend some time in pairs or alone reflecting on a time when you have faced a challenge that led you to make a decision, change course, or do something differently than you had planned. Use these questions to guide your reflection/discussion:

How did you respond to the challenge?

What resources did you use to help you – Internal? Family? Friends? Mentors?

Spiritual resources? What else?

How did you decide what to do?

What did you learn about yourself from this experience?

Did this experience change how you think about your dream?

-- Come back to the group. Discuss the following questions as a group:

What challenges are you worried about now?

What resources will you use to help you deal with these potential challenges?

-- Introduce the idea that our tendency might be to go back to preparation at this point, but that it is important to revisit the dream each time we encounter a challenge.

Revisit the Dream (Betty) 15

Discuss in a group:

How do you get back to the dream when you have had challenges?

What or who reminds you of your dream? Songs? Books? Movies?

Places? Experiences?

Can dreams change in a good way?

Use Langston Hughes poem: "A Dream Deferred"

What happens to a dream deferred?

Does it sag like a heavy load?

Or just explode?

Share examples of how others have reconnected -- or continue to reconnect with their dreams.

Wrap-up Discussion 10

What are your thoughts about this model?

What was most useful -- least useful?

Were you able to engage your values (identified in the Workshop Introduction) with this model?