

Expectations

Name _____

1. How high (scale of 1 to 10, with 10 being “high, definitely expected”) are the expectations that adults in your life have for you regarding schoolwork? _____ Being involved in school activities? _____ Having an after-school job? _____ Having a romantic relationship? _____ Graduating from high school? _____ Pursuing more education after high school? _____
2. What were some of your earliest images of yourself as an adult? How did you picture yourself? What kind of work did you see yourself doing? Where did you imagine yourself living? If you’d like to, draw a small picture of one of those images on the back of this sheet.

3. What do you think your mother (or another significant woman in your life) imagines you doing and imagines that you’ll be like in ten or fifteen years?

4. What do you think your father (or another significant man in your life) imagines you doing and imagines that you’ll be like in ten or fifteen years?

5. What do you see yourself doing in ten or fifteen years, and what do you think you’ll be like then?

6. Who expects the most from you (in your family, among your relatives, among your teachers, among your friends)?

7. How much would your family, relatives, friends, and teachers agree with each other about what they expect of you? Check one:
 A lot Not much at all Some
8. Who is giving you ideas and advice about your future these days? What are they saying?

9. Have peers and adults in your life generally been supportive of you when they talk about your future?

10. Are your wishes and dreams for yourself generally the same as the wishes and dreams others have for you?

11. What level of education will you need to pursue your goals?
