



# RENEW Youth Portfolio

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# **Mapping Your Future**

Student: \_\_\_\_\_

## **Mapping Worksheet Questions**

The following pages are designed to help you work with your RENEW facilitator to begin the RENEW mapping process. This is the first step in helping you set goals for your future. Your RENEW facilitator will assist you in breaking your goals into next steps to help you plan for your future.

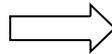
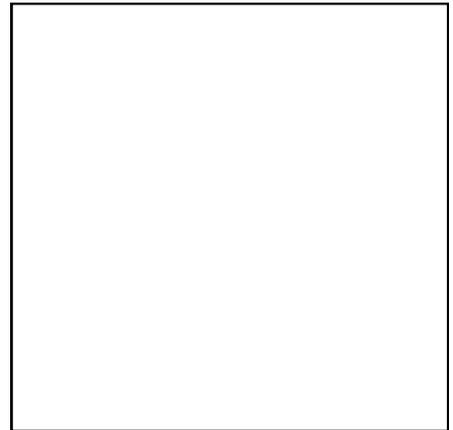
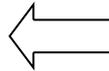
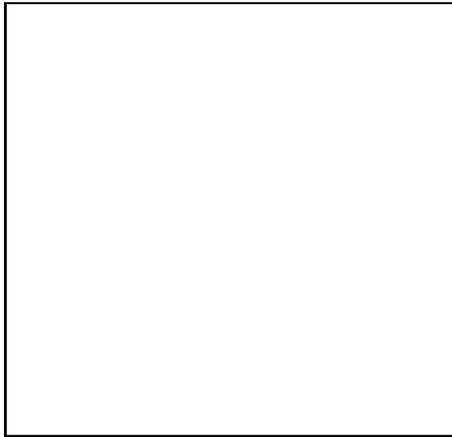
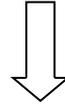
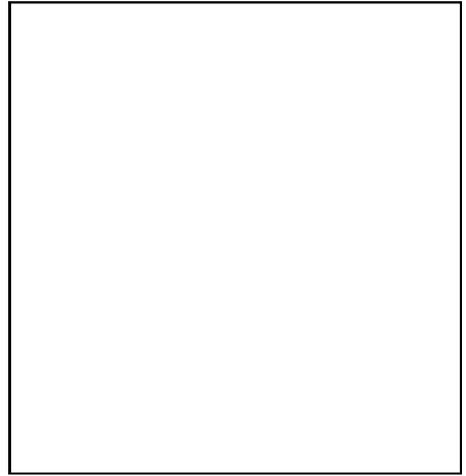
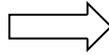
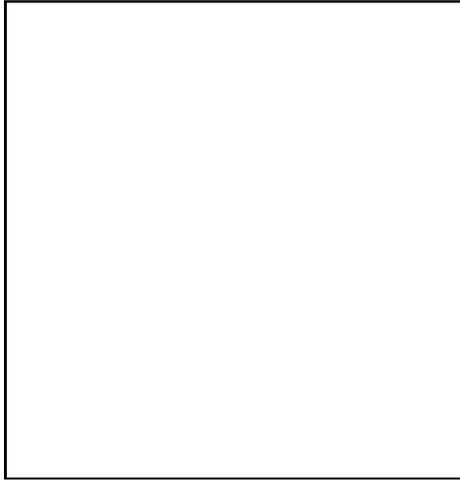
## **Map #1 My History/Story**

The purpose of this map is to learn about the events that have shaped your life and important people who contributed to where you are today. This is a chance for you to tell your story. Use additional pages as you need.

Questions to get you started:

1. Start where you want, and share your story....
2. What have been some of the most important things that have happened to you?  
You can go back as far as you like.
3. When did each event happen? How old were you?
4. What was important about each event? Describe the situation more...
5. How did you feel?
6. What happened as a result of each event?
7. Who was important in each situation? Who was there?
8. What have been some of the toughest things that have happened to you?
9. What are some of your favorite things that you have done?
10. Where are the important places you have gone?
11. Are there any special times of the year or events you look forward to?
12. Is there anything else you would like to add?

# History

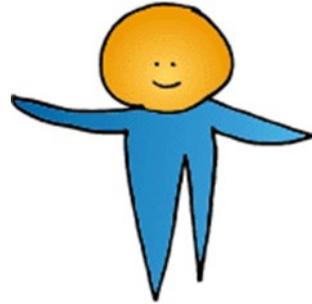


## **Map #2: Who Am I Today?**

The purpose of this map is to describe what your life is like today.

1. Describe what your life is like today. How are things going at home and at school?  
How is this different than before?
2. What do you do each day?
3. How do you feel most of the time?
4. What do you wish was different?
5. How do you describe yourself to others? How would your friends describe you?  
How would your family describe you?
6. What are some of your roles in life? (i.e. sister, junior in high school, excellent video gamer)

# Who I Am Today



## **Map #3: My Strengths and Accomplishments**

This map helps you to think of what you are good at and what you are proud of. It begins to help you see yourself in positive ways. This is your time to brag.

1. What have you done that you are proud of? What skills did you use to accomplish what you did?
2. Name something that makes you feel good about yourself? Why does it make you feel good?
3. What do you do when you have time to yourself?
4. What are you most passionate about?
5. What do your friends say you are really good at?
6. Did you ever do something that other people really thought was great?

# Strengths



# Accomplishments

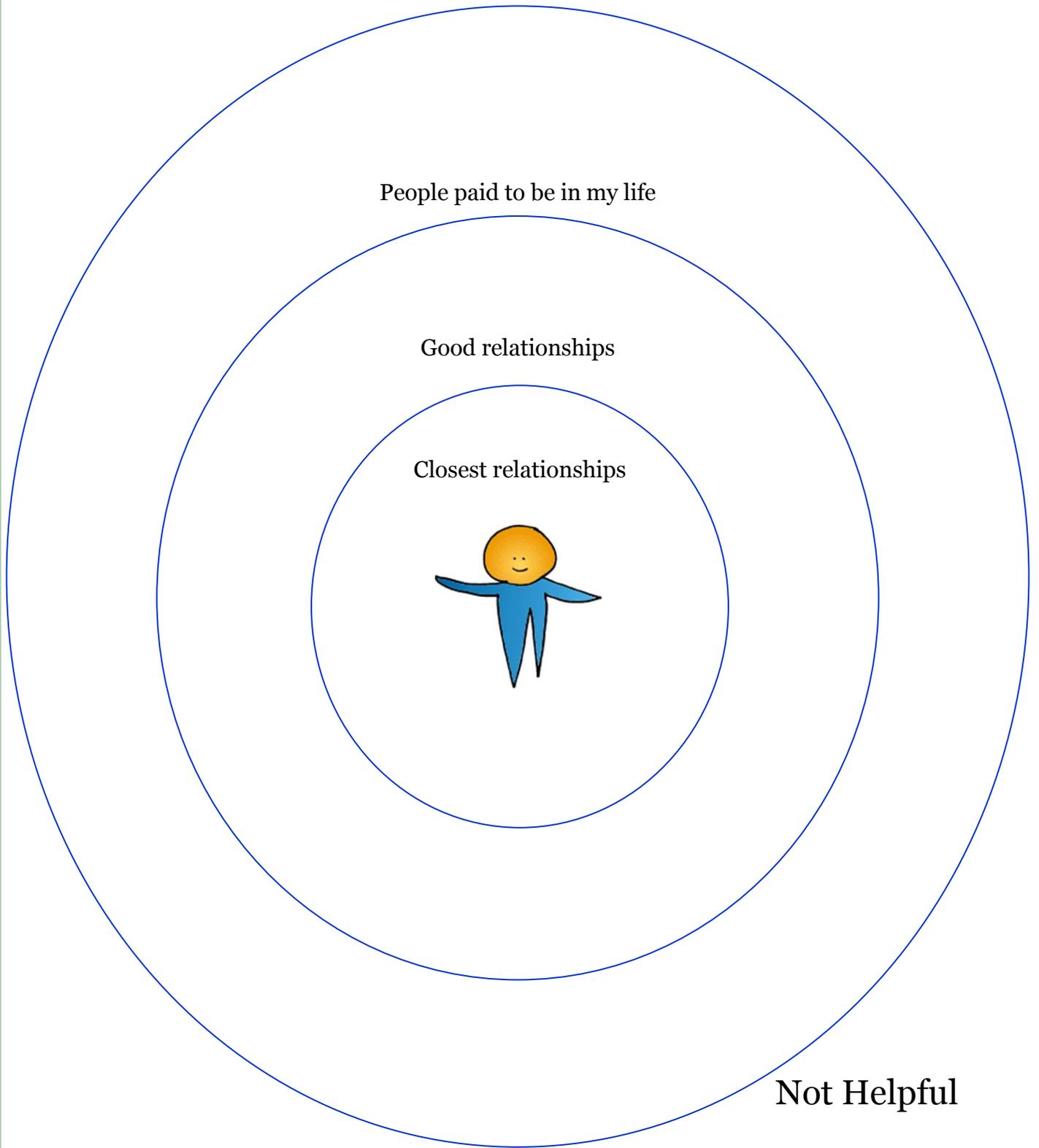


## **Map #4: The People and Resources in My Life**

This map shows you people in your life who are important to you, who you rely on for help, and professionals who are possible resources for you in developing your plan for the future. There are three circles to represent how close or supportive your relationships are with others. The inner circle should include people you have the closest, most supportive, or helpful relationships. The second circle includes relationships that are important, and sometimes helpful, but not super close. The last circle includes professionals (teachers, doctors, specialists, coaches, etc). There is also a section outside the circle where you can include people who are important in your life, but not especially trustworthy or supportive.

1. Who are the most important people in your life? Who are you closest to? For example, if you needed help in the middle of the night who would you call? These are the people that you can really count on when you need help.
2. Who do you trust to be there for you no matter what? Who are the people you trust to share everything with?
3. Who are the people who you can go to for help with certain things? These are the people who will help you, but may not always be thought of as a resource. What is your relationship with them (i.e. family, counselor, employer, friend)?
4. Who are the people in your life who are not helpful? What is your relationship with them? What do you do with them?
5. Who can you go to for connections to certain things? What is your relationship with them? How are they important to you? What connections do they have?

# People Map



## **Map #5: What Works and What Doesn't Work**

This map helps gather information about what works for you and what doesn't work for you in your learning environment, in relationships, and with communication.

Questions # 1-8 may help you understand what works for you to be successful and #'s 9- 12 may help you better understand what doesn't work.

1. What works for you? What are the situations where you are more successful?
2. What type of help is better for you in school, at home, with your friends or when you are in the community?
3. What works when you are trying to learn something new?
4. How do you learn best, under what circumstances?
5. What are your best subjects in school and why?
6. What do your teachers do that is helpful? What helps you connect with others?
7. What makes you feel heard and understood?
8. What makes you happy? How would I know if you were happy?
9. What doesn't work for you or prevents you from being your best?
10. When do you have trouble learning or doing something new?
11. What are some things that frustrate or irritate you?
12. What makes you angry, frustrated, anxious or bored?

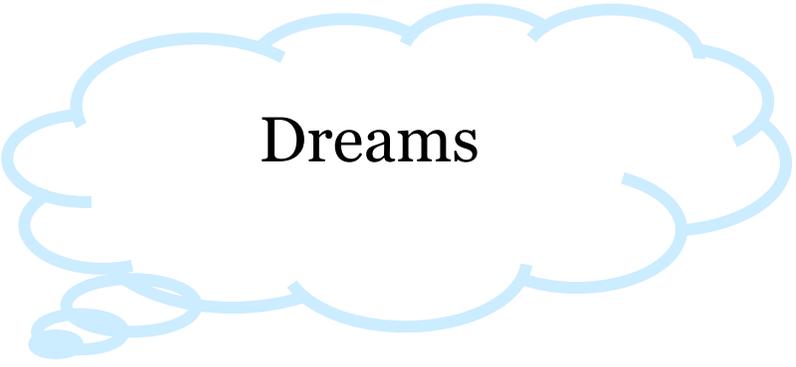
**What Works**

**What Doesn't Work**

## **Map #6: My Dreams**

This map gives you a chance to dream about what you would like your future to look like. Think big! The Sky is the limit!

1. Think ahead – it is 3, 4, 5 years from now and you are achieving your dreams. Everything is great and as you want it to be. What does your life look like? What are you doing every day and with whom?
2. What have you accomplished in your perfect dream?
3. What are some of the things you have?
4. Where are you living?
5. What kind of relationships do you have?
6. What do you do for a job?
7. What do you do for fun?
8. Where are some of the places you have been?

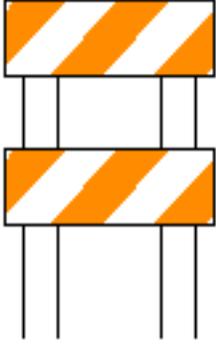


Dreams

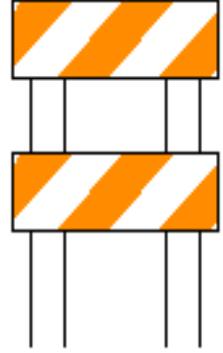
## **Map #7: My Concerns, Challenges and Barriers**

This map helps you look at some of the obstacles that you think may be preventing you from achieving your dreams. We will use this to plan around supports and opportunities to help you succeed.

1. What kinds of things could prevent you from reaching your dreams?
2. What has gotten in the way in the past?
3. What do you worry may happen?
4. What do you NOT want to happen?



# Fears, Challenges, Barriers



## **Map #8: My Goals**

This map will help you create connections between your dreams and the next steps in working toward your goals. It helps give you a structure to move forward in achieving your dreams.

1. Given your dream, what would you need to accomplish in the next year or two to work toward that dream and to avoid your fears and concerns?
2. Make a list and number each goal. Make sure you think about school, home, and the community. Be specific!
3. When do you want to achieve this goal?
4. How will you know when you have reached your goal? What will be different?

Examples of goals: Get a driver's license by December; get a part-time job next month; do research during the next 3 months so that I find a career that best matches my interests and strengths; make a plan in the next month that shows how I can graduate on time; explore possible colleges over the next 6 months.

# My Goals



## **Next Steps: Personal Action Plan**

Taking one goal at a time:

1. Given some of your concerns, what do you need to do first to work toward this goal?
2. Who is/are the best person(s) to help you with this next step?
3. What resources will you need?
4. Who do we need to invite to see your plan and get on board so that they can help you? (e.g. you parents or people you live with, a teacher, the principal, counselor, therapist, other relative, friend, a mentor)

# My Action Plan

Goal:			
When do I want this to be completed?			
What do I need to do to make this happen?	What help, resources, materials or support do I need?	Status	Comments

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# Acknowledgements

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