



BOOKMARK YOUR DREAMS

At Girlstart we Dream Big and hope we can empower you to do the same! Set goals for the future while creating a bookmark filled with your dreams.

MATERIALS:

- Bookmark template
- Markers
- Paper
- Pencil
- 6 ribbon pieces (one of each color: blue, yellow, orange, pink, purple, and green)

TEKS:

SCI 4/5.4 A: The student is expected to explain how scientific discoveries and innovative solutions to problems impact science and society.

SCI 4/5.4 B: The student is expected to research and explore resources such as museums, libraries, professional organizations, private companies, online platforms, and mentors employed in a science, technology, engineering, and mathematics (STEM) field to investigate STEM careers.

STEM EXPLANATION:

Did you know that you are more likely to accomplish your goals if you write them down? Writing down your goals can help you clarify what you want, motivate you to act, and allow you to celebrate your accomplishments! This means that creating your “Dream Big” bookmark makes you more likely to reach your future goals! Remember, if you dream big and work hard to make choices in line with your values, you will have the power to achieve amazing things.





HOW TO:

1. First, take some time to think about your “dream career.” If you need some help thinking about this, try and answer the following questions:
 - What were some of your favorite STEM in a Box activities? Did you learn about any careers during these activities that you might like to have one day?
 - If you could be famous for one thing, what would it be? If you would like to discover a cancer treatment, maybe your dream career is “Biologist,” or, if you want to write a bestselling novel, your dream career might be “Author.”
2. Take out the Bookmark template.
3. Write your dream career on the back. Use a **blue** marker or colored pencil, if you have one.
4. Remember: achieving this dream career will take some time and effort. However, you can start working towards your dreams now!
5. Think about what goals you can work towards in each of the following stages of life that will help you reach your dream career. As you come up with goals, write them on the back of your bookmark (or, draw a picture that represents them) using the color indicated next to each stage.

Next Six Months (yellow), Middle School (orange), High School (pink), College or Trade School (purple), Family & Friends (green)

6. Try and answer some of the following questions if you need help thinking about goals for each stage of your life:
 - What do you need to do now to accomplish your future goals? Do you need good grades? Do you need to take extracurricular classes?
 - Do you need to go to college? What steps do you need to take to help you get into your dream college?
 - What about graduate school? Does your dream career require any additional professional degrees?
 - What personal characteristics do you need throughout your journey? Do you need to be dedicated, resilient, or have a positive attitude? Do you need to be a clear communicator or a good team player?
 - How will your family and friends help you along the way? How will you help your loved ones reach their dreams, too? Remember: we rely on family and friends for support as we reach for our goals, so it is important to think about the types of people that we want to surround ourselves with.
7. Once you’ve written your goals on the back of your bookmark, turn it over and decorate the front!
8. Tie each piece of colorful ribbon through the hole at the top of the bookmark as an extra reminder of all the goals you set to help you achieve your dream career. Keep your bookmark nearby to stay inspired and motivated!