

Here are some guidelines for interviewing and research:

- Plan your questions with your goals in mind. Know what you want to learn. What facts are you looking for? Do you want to learn your interviewee's opinions about certain ideas, information, or events?
- Plan the order of the questions to help you follow the conversation and cue your notes.
- Sometimes your "questions" could be statements: for example, "That sounds like it was a big change for you."
- Use language that your interviewee understands. Sometimes you will have to rephrase a question to clarify.
- Focus your questions so that they ask one thing at a time. Make them short.
- Be friendly and open so that trust will develop.
- Don't interrupt. Listen carefully and mindfully.

Use strategies that demonstrate you really are listening and you care about the information you are gathering. How can you apply what you already know about being an active listener?

Name:

My name is: _____

My dream is: _____

To help me reach this dream, the people I want on my Dream Team are: (Please also explain why each person on the team is important)

Team member:

Reason selected:

What will you need to research and learn about your dream?

Name:

Interview your partner using the following questions as guidelines. Be sure to take notes as you will have to summarize the interview later.

What is your dream that you hope to accomplish?

Why have you selected this dream?

Has anyone inspired you to follow this dream? Who and how?

What obstacles do you think might challenge you on your way to accomplishing your dream?

Name:

What do you think you will do when these obstacles threaten to stop you from achieving your dream?

What qualities do you think you will need in order to achieve your dream?

Name: _____

You have identified at least one dream that you would like to become reality. Now you need to set up a simple plan to see that happen. As a starting point, complete the table below.

Something I have always wanted to do or be is:	
What strengths do I already have in this area?	
What steps can I take to improve my skills in this area?	
Who can I count on to support my dream and help me along the way?	
How will I know when I am getting more proficient in my skill?	
What will I do if I become discouraged?	
What do I do if my dream changes along the way?	

Name: _____

Pick one of the situations below. Imagine you are the person described and use a form of art to express what you are feeling but can't seem to say. You can choose any format, medium, or method to convey your message in your own way.

Consider how you might use any of the following (depending on your chosen format) to get your message across:

- different colours, shapes, fonts
- music
- facial and physical expressions
- creative movement

Situations:

Tara's closest friend, Martine, had just moved away. They had been friends since kindergarten and Tara felt terribly lonely, but nobody seemed to understand.

Ali's friends loved playing Brain Bender and were all close to level 20. He tried and tried, but he just couldn't get past level 5. He felt so frustrated because they just laughed at him and called him "lame brain."

Manuela was shorter than all of her classmates. They would tease her all the time and call her names like "short-stuff" and "peewee." She would try to act as though it didn't hurt, but inside, she felt so sad.

Cheng hated being the last pick for every game the guys played during lunch break. He tried to control his anger, but he just didn't know how. Couldn't they see how angry he was?