

Journey Checkpoints Self Direction Continuum

	DISCOVERY DEPENDENT	EXPLORATION INTERESTED	ESTABLISHING FOCUSED	EXPANDING DETERMINED
Individual Development as a Self Directed Learner	<p>Extrospective “The World Around Me”</p> <p>I'm randomly discovering new things. I'm trying to find out who I am and how I learn. I'm looking at everyone to see what they're doing. I'm examining and thinking about myself and the world inside of me.</p> <p>Introspective “The World Inside Me”</p> <p>I'm seeking to understand my current place in the world. I know that I am a part of a greater world outside of the things that are close to me. I know the impact people can have on me. I can sometimes see the impact I can have on others. I know that I don't know what I want, yet, and I'm OK with that .</p>	<p>Explorative “The World Where I Belong”</p> <p>I'm trying out select things that excite me in order to figure out what I really want to do.</p> <p>I no longer give up on things of the first sign of difficulty.</p> <p>I'm recognizing that I have personal strengths and challenges.</p> <p>I can identify some options I may like to consider for my future.</p> <p>I know that I don't know what I want, yet, but I want to find it.</p>	<p>Constructive “The World I Want For Me”</p> <p>I now know when, where, with whom & how I learn best.</p> <p>I know what I would like to do and I'm working on building the essential skills I need to do that freely and with confidence.</p> <p>When I revisit familiar things I often find new details.</p> <p>I feel that I am on the way to establish myself in the world as an individual.</p> <p>I'm building on my personal strengths and passions to build more skills and overcome some of my challenges.</p> <p>I'm aware of the kind of impact I can have on others and others can have on me.</p> <p>I know what I want to do, but I also know I need to learn how to do it better.</p>	<p>Emancipative “My World”</p> <p>I'm doing what I want and love to do freely.</p> <p>I know how to grow my skills.</p> <p>I'm ready to claim the piece of the world I have chosen to make my own.</p> <p>I confidently share with others my knowledge and skills.</p> <p>I make choices fully aware and consider the impact they will have on myself and others.</p> <p>I like to consider different perspectives or points of view.</p> <p>I'm excited about my future.</p> <p>I'm finding new things to discover.</p>
Skills Needed	<p>Cognitive</p> <p>I'm going through the mental action/process of acquiring knowledge and understanding through thought, experience, and my senses. I'm fine tuning my senses of perception, sensation, notion, and intuition.</p> <p>Exercising my abilities to read, write, speak, move, calculate and create will help me sharpen my cognitive skills.</p> <p>More importantly, working on my cognitive skills will help me solve problems without a guide, ask questions that challenge common assumptions, develop independence, learn to use and identify persuasion, gain confidence to express myself to others, re-organize or re-think things differently, find patterns, sort through information to find relevancy .</p>	<p>Associative</p> <p>I am working on associating ideas and things, particularly as they apply or may apply to me.</p> <p>I am setting goals, by assessing my own expectations, and using my personal experiences as a checkpoint for their practicality.</p> <p>I am becoming aware of how I can influence things and people, and how things and people can influence me.</p> <p>I'm honing my communication skills, particularly in listening to others more actively as I seek to respond accordingly within appropriate circumstances and within environments (i.e. negotiating, costumer service).</p>	<p>Essential</p> <p>As I become more confident in my abilities I am building skills specific to my craft. My goal is to master it, and eventually make it my own.</p> <p>I'm also working on building a network of people that can help me acquire more skills and guide me as I need to look into the future.</p> <p>As I think of the things I am specializing in, I'm considering my impact in the world.</p>	<p>Autonomous</p> <p>I am comfortably mastering my skills and I'm now focusing on innovation and originality, creating my own style for doing things.</p> <p>I am looking at expanding my skills to make money perhaps even start a business and make a living.</p> <p>I am working on becoming a professional. I am writing resumés and/or fine tuning my portfolio.</p> <p>I am learning about self promotion.</p>
Mentor Roles	<p>Coach</p> <p>I can benefit from a coach who provides me with immediate constructive feedback, who offers me direction when I'm lost, and information and resources about things I'm becoming aware of.</p> <p>My coach will help me set realistic short term goals and help me remain accountable to myself, by prompting me, reminding me and encouraging me when I begin to lose sight of where I want to going and what I need to do to get there.</p>	<p>Motivator/Guide</p> <p>As I become interested in things I may often get discouraged by their depth or scope. My mentor can help me by guiding through the scary and difficult moments, and motivating me when I encounter hurdles.</p> <p>My mentor can also help me by modeling and offering strategies, or by helping me find others who may have different experiences or expertise in the areas I'm exploring.</p> <p>My mentor can also help me set goals along the way, so that I may pace myself in line with my strengths and challenges.</p>	<p>Facilitator</p> <p>My mentor focuses on looking to find me opportunities to fine tune my skills, network and continue to grow.</p> <p>My mentor and I have discussions about my experiences, the new skills I'm mastering and the people I am meeting.</p> <p>My mentor helps me navigate through the various situations I encounter along the way.</p> <p>I like my mentor participating as an equal, and helping me practice world skills by facilitating group projects and running small seminars.</p>	<p>Consultant</p> <p>I meet with my mentor to share my experiences and bounce fresh ideas.</p> <p>I meet with many others to do the same.</p> <p>My mentor is there to give me tips and celebrate with me my new accomplishments.</p> <p>I am happily mentoring others.</p>

