The Dream Share Project Curriculum

The world needs dreamers and the world needs doers. But most of all, the world needs dreamers who do.
Overview

The goal of The Dream Share Project Curriculum is to help students discover their passion and create a path to their dream job.

This curriculum was designed as an in-class companion to The Dream Share Project documentary film and the book Build Your Dreams: How to Make a Living Doing What You Love. The entire curriculum can be used throughout a semester or for single events, classes, or training sessions.

We’ve created five lesson plans to help students identify and pursue their career goals:

- Lesson Plan 1: Discover
- Lesson Plan 2: Explore
- Lesson Plan 3: Launch
- Lesson Plan 4: Fund
- Lesson Plan 5: Adapt and Thrive

About The Film and Book

The Dream Share Project is a documentary film about two recent college graduates who embark on a road trip across the U.S. to interview successful people who chased their dreams and built careers they love. The film explores topics like discovering one’s passion, committing to a dream, dealing with setbacks, and redefining success for the Millennial generation.

Build Your Dreams: How to Make a Living Doing What You Love is a detailed guide to help readers transform their passion into their profession. Through exercises and anecdotes, the book empowers readers to identify their dreams, dismantle mental roadblocks, seize control of their schedule, find financing for their passion project, and earn a living doing what they love.
The Dream Share Project Curriculum includes:

- DVD of *The Dream Share Project* for in-class or campus screenings
- Copy of *Build Your Dreams: How to Make a Living Doing What You Love*
- 5 Lesson Plans, each containing:
  - 5 key topics
  - 5 learning outcomes
  - 4-8 in-class activities
  - 6-8 discussion questions
  - 6-12 homework assignments (students will need a copy of *Build Your Dreams: How to Make a Living Doing What You Love*)
  - 8-12 suggestions for further reading
  - Instructor’s Notes
  - 6-8 Worksheets to copy and distribute
- “Chase Your Dream!” workshop and instructions to help you lead our popular 30-minute “Chase Your Dream!” workshop for one-time events, trainings, or classes.

Who This Curriculum Is For:

- Career exploration classes
- Entrepreneurship classes
- Leadership classes
- University 101, Freshman Transition, or similar introductory classes
- Senior seminar or graduation prep classes
- Honors seminars or capstone classes
- Career and counseling centers
- First Year Experience programs
- Student Leadership programs and training
- Orientation programs
- Orientation staff training – advisors, peer mentors
- Residence Life programming
- Resident Advisor training
- Student organization programming and training (SGA, Student Activities, Student Union, etc.)
- Campus film series
- Service Learning programs and training
- Student admission and ambassador training
- Greek Life programs
LESSON PLAN 1: DISCOVER

“A great goal in life is the only fortune worth finding.”

- Jacqueline Kennedy Onassis

KEY TOPICS

- Increase self-understanding
- Envision a legacy
- Study your heroes
- Find your catalyst
- Hobby or passion?

LEARNING OUTCOMES IN THIS LESSON

- Connect your interests, values, and personality traits to potential career paths.
- Discover how the past can influence today’s dream.
- Learn from your heroes and their achievements.
- Transform problems into a catalyst for positive change.
- Choose one potential dream career to explore further.

IN-CLASS ACTIVITIES

1. View The Dream Share Project film (60 minutes).

2. Part A: Complete the “Bucket List” worksheet (p. 8 of this curriculum) to identify the adventures, achievements, and accolades you crave.

   Part B: Choose one goal from your bucket list. Make a public commitment to this goal and write it on the chalkboard. Or, share your goal aloud with the group.

3. Find a partner and work together to complete the “Childhood Dream Job” worksheet (p. 9) to learn more about your past and personality.

4. Complete the “Hobby vs. Passion” worksheet (p. 10) to evaluate the career potential of an interest.

5. Complete the “Study Your Hero” worksheet (p. 11) to discover how you
can emulate someone you admire.

6. Complete the “Catalyst for a Dream” writing prompt (p.12) to find out which social, global, or personal issues could lead you to your calling.

7. **Part A:** Many of us have multiple passions. Complete the “Passion Playoff” worksheet (p. 13) to choose a career path to focus on.
   
   **Part B:** Get into small groups and discuss which passion you chose to focus on and why. Ask the group for advice if you are still undecided or conflicted.

8. Follow Up Activity to Homework Assignment #3: Read your obituary aloud to a partner, or the entire class.

**DISCUSSION QUESTIONS**

1. What do you think “The American Dream” is? Where did you learn this?

2. How do you know when you’ve discovered your dream?

3. How did someone you know (personally or a famous example) discover his or her dream?

4. What do your loved ones expect from you in terms of your career choices? How do you feel about these expectations? How have these expectations affected your career choices so far? (i.e. major choice, internships etc.)

5. What was your favorite story in *The Dream Share Project* film? Why?

6. What should you do if you have multiple passions or interests?

7. Can you choose “the wrong dream” to focus on?

8. Steve Jobs said, “The only way to do great work is to love what you do.” Do you agree or disagree with this statement? Have you ever been talented at something, but not passionate about it?
HOMEWORK

1. Read the Chapters 1 and 2 of *Build Your Dreams* (p. 15-40)

2. Complete the following exercises in *Build Your Dreams*:
   • “Detail Your Childhood Dream” (p.16-18 of BYD)
   • “Dream Thieves” (both exercises on p. 20)
   • “Past Joys and Journeys” (p. 22)
   • “Media Inspiration” (p. 23)
   • “Connecting Interests to Career” (p. 28)
   • “Values” (both exercises on p. 30)
   • “Connecting Values to Career” (p. 31)
   • “Talents” (p. 32)
   • “Work Environment” (p. 34)
   • “Rewards” (all on p. 36)

3. Imagine the end of your life and write your own obituary, including:
   • What you will have accomplished
   • How you will be remembered
   • Great charitable acts or contributions to society
   • If you traveled or moved somewhere interesting
   • Your impact on others
FURTHER RESOURCES


Professor Randy Pausch, who was dying from pancreatic cancer, gave this moving talk about achieving his own childhood dreams.


This article helps students narrow their field of options and choose one passion to focus on.


This study of 190 college students found that, “commitment to difficult goals was higher when goals were made public rather than private.”


A student writer assuages the fears associated with changing majors.


As a counterpoint to the article above, this article addresses the practical challenges and difficulties associated with changing your major.


Girad recommends quick exercises to help entrepreneurially minded students delve deeper into their interests and potential dreams.

Laura Dodd, “Dig This Gig: Find Your Dream Job – Or Invent It,” Citadel Press, 2011.

This book features profiles of 20-somethings navigating various careers.
Bucket List

Instructions: List ten goals you want to accomplish in this lifetime.

1. __________________________________________
2. __________________________________________
3. __________________________________________
4. __________________________________________
5. __________________________________________
6. __________________________________________
7. __________________________________________
8. __________________________________________
9. __________________________________________
10. __________________________________________

Answer the following:

1. What are three common themes of your bucket list items?
2. If a stranger saw this list, what type of person would they think you are?
   List three adjectives.
3. Write down three items on your bucket list that could generate income. Get creative!
4. What small action can you take to start pursuing one bucket list item?
Childhood Dream Job

Instructions: Use the following questions to interview a partner about their childhood dream job. Then, switch roles so each person gets a chance to share.

1. When you were little, what did you want to be when you grew up? (If you had multiple dream jobs, just pick one.)
2. Why was this dream job so appealing? Give three reasons.
3. What skills would this job require?
4. What kind of personality traits would be an asset in this job?
5. Do you still want to have this dream job? Why or why not?

Personal Reflection: What can you learn about yourself and your personality by reflecting on your childhood dream job?

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_____________________________________________________________________
**Hobby or Passion?**

**Instructions:** Answer the following to determine if your interest is a hobby (something done for leisure and relaxation) or a passion (strong enthusiasm and excitement for something, even when it is challenging).

Choose one of your interests:

___________________________

1. Do you pursue this interest primarily for relaxation?

2. Do you think, talk, or read about this interest frequently or occasionally?

3. If this interest got difficult or tedious, would you keep doing it anyway?

4. Does this interest have the potential to provide you income?

5. Would monetizing this interest compromise what you love about it?

6. Are you willing to work hard to improve?

7. Do you have expectations or goals for this interest?

8. Would you care if you failed to achieve a goal related to this interest?

9. Does this interest ever cause worry or anxiety?

10. Does this interest challenge you in a meaningful way?

Now that you’ve answered these questions, ask yourself: Is this interest a hobby or a passion?
Instructions: Answer the following questions to discover how you can emulate someone you admire.

Who is one of your heroes? (alive or deceased, non-family member)

__________________________________________________________________

Which of their accomplishments do you admire most? Why?

__________________________________________________________________

__________________________________________________________________

__________________________________________________________________

__________________________________________________________________

__________________________________________________________________

Which of their personality traits do you admire most? Why?

__________________________________________________________________

__________________________________________________________________

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How do you want to emulate your hero in your own life?

__________________________________________________________________

__________________________________________________________________

__________________________________________________________________

__________________________________________________________________

__________________________________________________________________
Hector Manley lost both of his legs in a fire at age eleven. At twenty-two, Hector became the first double amputee to kayak the entire Mississippi River. In addition to rowing 2,500 miles in three months, Hector raised nearly $50,000 dollars for the Wheelchair Foundation and Wounded Warrior Project.

Social, global, or personal problems can lead you to your calling. What issues touch you and move you to action?

Answer the following:

- What is a social, global, or personal issue you feel passionate about?
- Why is this issue important to you?
- What actions do you want to take to make a difference?
- Are there any careers related to this issue?
- Do any of these career paths excite you? Why or why not?
**Passion Playoff**

**Instructions:** What should you do if you have multiple passions? Write down two passions you have. Then, list the pros and cons of pursuing each as a career. Use the questions below as a guide. Choose a winner based on your pros and cons list.

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Guiding Questions:
1. How would you rate your interest level for each passion on a scale of 1-10?
2. How do you feel about the training and education needed?
3. How do you feel about the potential long-term rewards?
4. Which is likely to generate more income? How important is that?
5. How much time do you currently spend pursuing this passion?
6. How much progress have you already made pursuing this?
7. Which one seems more fun?
8. Which one seems more meaningful to you?