



**Do Now**

# Ambition, aspiration and setting realistic career goals



Archie wants to be a vet one day. He's researched what he'd have to do and knows this means many years of college and university. However, Archie is aspirational – as well as great at science. He is confident that with hard work, he'll meet his ambition.

**Discuss:** What would you like to do for a career when you're older?



What do we mean by the words; 'ambition' and 'aspirational'?

*I think an ambition is ...*

*I think aspirational means...*

# Ambition, aspiration and setting realistic career goals



## Learning outcomes:

Clarify your own early aspirations. Describe the benefits of setting ambitious goals and being open to opportunities in all aspects of life.

Begin to set ambitious yet realistic targets and goals and start to manage emotions surrounding future careers.

**Aspiration** – a hope of achieving something. Aspiration implies a striving to be better and make improvements to yourself.

**Ambition** – A strong desire to achieve something or be something, e.g. 'it's my ambition to travel the world.'

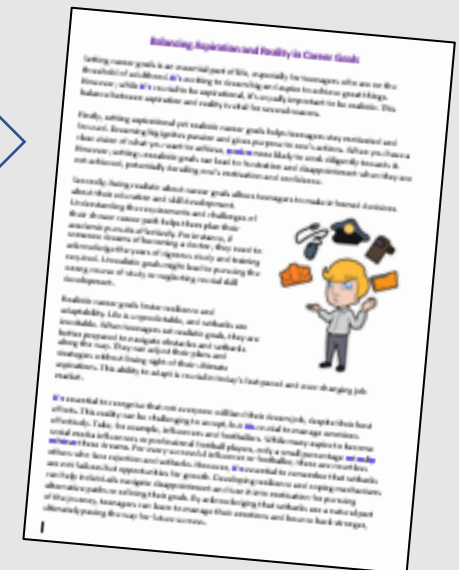
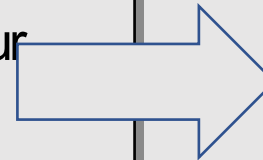
# Ambition, aspiration and setting realistic career goals



Let's have a read now about how it's important to be both ambitious and realistic at the same time when setting our future career goals.

## THORNDEN THREE READING!

Follow the text in your booklet that is being read to you closely



# Balancing Aspiration and Reality in Career Goals



It is good for teenagers to have dreams about their future, and to aim high. Big goals give you motivation and make you work hard. But it is also important to be realistic. This means understanding what is possible and what you need to do to reach your goal.

If your goals are too unrealistic, you might feel upset or lose confidence when you can't reach them. Realistic goals help you stay positive and keep going.

Being realistic helps you make good choices about school subjects, skills and future training. Every job needs certain things. For example, becoming a doctor needs many years of study and training. Knowing what a job requires helps you plan properly.

Realistic goals also make you more resilient. This means you can cope better when things go wrong. Not everything in life goes the way we want, and setbacks happen to everyone. If your goals are realistic, you can change your plan without giving up.



Not everyone gets their dream job. For example, lots of people want to be influencers or footballers, but only a small number succeed. Many people face rejection. But setbacks can help you learn, grow, and try again or try something slightly different.

Being realistic also means staying open-minded. Sometimes opportunities come along that you didn't expect, but they can still be useful. For example, if you want to be a journalist, any writing experience can help your CV.

Finally, realistic goals help you keep a healthy work-life balance. You can work hard but still take care of your mental and physical health. Unrealistic goals can cause stress and burnout.

The main idea is this:

**Dream big, but make sure your goals are realistic, flexible and healthy.**

Answer the questions using the information in your booklets.

1. Why is it important for teenagers to balance aspiration and reality when setting career goals?
2. How can setting unrealistic career goals impact a teenager's motivation and confidence?
3. Explain why understanding the requirements and challenges of a chosen career path is crucial for effective planning.
4. How does embracing flexibility and openness contribute to achieving career aspirations?
5. What role does resilience play in pursuing realistic career goals?
6. Why is maintaining a healthy work-life balance important?
7. Provide examples of careers, such as influencers and footballers, where not everyone achieves their dream job.
8. How can setbacks in career aspirations be reframed as growth opportunities?
9. What advice is given for managing emotions when facing disappointment in career pursuits?
10. Summarise the main message of the info pack regarding balancing aspiration and reality in setting career goals.



**Why is it important to set ourselves ambitious goals anyway?  
Watch the clips carefully and complete your table. We'll go through the answers together as a class afterwards.**



<https://www.youtube.com/watch?v=a8sP089tQaY>  
<https://www.youtube.com/watch?v=A8W7v4JpNr0>

Why is it important to be ambitious?	How can we become more ambitious?

**Let's go through our ideas together now. Don't forget to add in any new information you may have missed at the time.**



## **Why is it important to be ambitious?**

It's one of the most desired traits in a human being

We have a psychological need to be positive about our aims in life and self-image.

Everything we plan to do, big or small is an ambition.

It means have to grow our skillsets, patience and knowledge, which is beneficial to all humans.

## **How can we become more ambitious?**

Don't fear taking risks and face challenges head on. Don't be afraid of failure but see it as a learning experience.

Explore new ways of thinking, don't pick up negative opinions from those around you. Try to keep positive thoughts to move forward.

Visualise your goal and remember mind over matter.

Have confidence in yourself and invest your time wisely – you need to put in time and effort to reach any goal.

# Need Support? You're Not Alone



If anything in today's lesson has affected you, or you want to talk to someone, there is help available.

## **Mental Health & Low Mood**

YoungMinds – <https://www.youngminds.org.uk>

Kooth – <https://www.kooth.com>

Mind – <https://www.mind.org.uk>

## **Talk to Someone**

Your Tutor or Head of Year – We're here to help.

Wellbeing Team and School Nurse

Report a Concern on Satchel

Safeguarding Team with the Purple lanyards

## **Healthy Lifestyle**

NHS Every Mind Matters – <https://www.nhs.uk/every-mind-matters>

Change4Life – <https://www.nhs.uk/change4life>

## **Apps That Can Help**

Calm – For mindfulness and sleep.

Headspace – Meditation and stress relief.

Clear Fear – Manage anxiety (designed for young people).

MeeTwo – Anonymously talk to other teens, moderated by experts.

## **Eating Concerns**

Beat Eating Disorders –

<https://www.beateatingdisorders.org.uk>

NHS Live Well – Eating Disorders –

<https://www.nhs.uk/mental-health/conditions/eating-disorders/>