

The Dream It, Be It curriculum gives girls skills they need to live their dreams. Not all girls will know what they want to do for the rest of their lives, so the skills girls develop can be applied to any goals girls identify in the future. The sessions build on one another and should be presented in order.

Session 1: Discovering Your Dreams

This session establishes a welcoming space for participants and encourages participants to consider future aspirations. Participants will have the opportunity to reflect on their values, aspirations, and interests.

Session 2: Exploring Careers

The second session will focus on career exploration. It will lead participants through a self-assessment of interests and values because what participants care about now can predict fulfilling careers in the future. Participants will develop greater self-confidence and a practical approach to career decision-making.

Session 3: Creating Achievable Goals

This session addresses the important skill of goal setting. This session serves as practice with goal-setting. Participants will develop a clear, reasonable goal and map out small action steps to achieve the goal.

Session 4: Rising Above Obstacles

This session addresses the adversity that women of all ages face in their career advancement, often just because of their gender. It introduces participants to specific challenges many women face, provokes critical thinking about gender norms, and provides strategies to combat this adversity.

Session 5: Turning Failure into Success

Many girls learn to fear failure from an early age. This session directly addresses the fear of failure by explaining that failure is a key step in learning and growing. Participants will learn about resilience and how to reframe failure to understand the usefulness of mistakes in order to move forward.

Session 6: Balancing Your Stress

Adolescents report higher levels of stress than ever before, which can have serious effects on physical and mental health for girls. In this session, participants identify stress in their own lives and acquire new techniques for managing stress and taking care of themselves.

Session 7: Putting Dreams into Action

This final session addresses the gap between dreams and action by weaving together participants' vision with practical skills developed in previous sessions. Participants will create a concrete action plan for achieving their goals and identify members of their community who can support them in implementing their plan.