Activity (Methodology)
Expectations and Goals (Brainstorming, small group work, group discussion)

When to do the exercise
5th

<table>
<thead>
<tr>
<th>Time Needed: 30-45 Min</th>
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<td>Materials: Flipchart paper, markers, index cards, PowerPoint Slides #5-6 (optional)</td>
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Objectives
- Creating a positive and interactive environment to share expectations and consider whether they are realistic
- Being comfortable and eager to pursue new learning situations.
- Reflect on their motivation for becoming an AFSer and their expectations for the experience
- Developing personal goals in terms of academic knowledge and skills, character building, family interaction, etc.

Introduction: Expectations
1. Now, let's think about our expectations.
2. You all have expectations. Some are worries and others are hopes or wishes.
3. Recognizing your expectations helps you to adapt.
4. Since you first decided to come to the U.S. as an AFS Participant, you have probably thought a lot about what it will be like.
5. You may be looking forward to some things, hoping for some things, and there are other things that you don't want to happen.
6. Recognizing these wishes and concerns may help you in adjusting to the U.S.
7. Every exchange experience is different—it is impossible to predict exactly what will or will not happen, but that is all part of the experience.
8. It is important to discuss expectations, hopes and concerns with your host family because they are the ones who can best help you work toward your goals.
9. Your host family will have expectations too and you may find that you and your host family have similar hopes and concerns.
10. Sharing your hopes and concerns with each other may help you process your own expectations and make everyone feel more comfortable, more quickly.

Activity: Expectations [SLIDE #5]
1. Give each student a pen/pencil and 3 index cards.
2. Give directions:
   - Write number “1” on one index card.
   - Write “2” on another index card.
   - Write “3” on the last index card.
   - DO NOT write your name on your index cards.
   - On index card #1, write your answers to 2 questions about your expectations:
     - What do you hope for your experience in the US?
     - What do you hope for your experience with your host family?
   - On index card #2, write your answer to the question about your host family’s expectations:
     - What do you think are your host family’s expectations of you?
   - On index card #3, write the answer to 2 questions about your worries:
     - What are your worries about your host community, host family, or school?
     - What do you think your host family might be worrying about?

3. Once students are done writing, collect all cards and sort them into three piles (#1, 2, 3).
4. Turn cards over (so text isn’t visible) and shuffle each pile.
5. Have each participant pick one card from each pile, so they each have 3 random cards. This way each person’s responses can be shared anonymously.
6. Form a circle with the students.
7. Re-read the questions for index card #1 and have each student read their random index card #1 aloud.
8. Repeat with cards #2 and #3.

Discussion: Expectations
1. What similarities and differences did you notice about people’s hopes?
2. What similarities and differences did you notice about people’s possible host family expectations?
3. What similarities and differences did you notice about people’s worries?
4. What similarities and differences did you notice about people’s possible host family worries?

Introduction: Goals [SLIDE #6]
1. So, expectations are normal but setting goals for yourself is a better way to make the most of your AFS experience.
2. Setting and working on goals can also help you to stay focused while you are on program.
3. AFS Learning Goals are organized into four categories that focus on different skills and areas of personal development.
   - Personal
   - Interpersonal
   - (Inter)Cultural
   - Global
4. When setting and working on goals, it’s important to first start from the bottom (i.e. goals that directly impact you as an individual).
5. After that, then move upwards to outward goals that impact others, your culture/community, and the world.
6. The AFS experience offers you an opportunity to grow by discovering more about yourself in a different culture, country and family environment.

**Activity: Goals**

In addition to a discussion, this activity can also be done as an artistic project (i.e. students draw a picture or poster illustrating their personal goals).

1. Create 2 goals that you can accomplish in your first week.
2. Create 2 goals that you can accomplish in your first month.

**Discussion: Goals**

1. What are some strategies you can use to accomplish your goals?
2. Who can help support you as your work on your goals?

**Pyramid of AFS Learning Goals**

- **Global:** Commitment to contributing to the world
- **Cultural:** Intercultural effectiveness
- **Interpersonal:** Commitment to others and the group
- **Personal:** Defining self