

# Joshua

**My name is Joshua, and I am 22. I am in my third year and studying Sociology. In my spare time, I enjoy running and attending a theatre social at the Union called 2Be Theatre & Drama Society.**



## Map

I'm not sure exactly what I'd like to do after I finish university yet, however I have an interest in working in higher education in some capacity. Over the last six months, I have created a system that blends my personal, well-being, and career goals and reflections. I have used Future me plan to help me structure my goals.

Here is an example of some of my goals:

1. To improve my physical well-being. My aim is to exercise on a regular basis to improve my physical fitness and to increase my own general well-being.
2. To reduce my anxiety about work and how I perform when on I'm on shift at work.
3. Content creation, to create media content about the topic of mental health on a regular basis.

Breaking down my goals to make them more manageable was an aspect that I struggled with. As a Dyslexic, one of my strengths is seeing the bigger picture of a project I am working on as well as embracing creativity. However, I also struggle to break things down into smaller manageable pieces. I found a quote from a neuroscientist called Sally Shaywitz (2017) who focuses on helping children and their families with the difficulties that arise with Dyslexia when she says the following: 'Dyslexics think differently, they are intuitive and excel at problem solving, seeing the bigger picture and simplifying. They are poor reciters but inspired visionaries.'

Therefore, knowing this about myself, I realised I need to put in more structure for myself and this is where Future me plan comes in...



## Experience

To support me with my goals, I have been very fortunate to have had help from some professionals and resources:

1. I had some meetings with the Rise and Future me team who encouraged me to incorporate Future me plan into the Moules Multiverse system to have more targeted goals.
2. I also completed a Future me template (available on the [Future me plan area](#) of Rise) to help me plan my completion of a Rise assignment. This helped me see the steps between now and my submission deadline.
3. I met a video producer at an event through Rise, 'Be it till they see it' and I reached out afterwards. HE kindly had a meeting with me and taught me the importance of time management and key themes in creative work.
4. I consulted with my mentor from the [One Million Mentors](#) for guidance, and he taught me the importance of homing in a topic to dissect it in detail. For example, dissecting the emotional insights behind a scene I have written.



## Reflect

I try to structure my reflections using a series of questions about my goal and the process (experience):

1. What was my aim?
2. Did any challenges occur during my experience?
3. What would I do differently if I could go back through that experience again?
4. What did I enjoy about the experience?
5. What have I learnt that would inform my future thinking?

When reflecting on my experiences, my longer-term goals often remain the same, however, my methods of reaching these goals can change. This helps me to set different and more meaningful shorter-term goals which helps to keep me going. There's no point sticking to the same short-term goal if it doesn't help me reach what I want to do long-term.

It is also important to celebrate achievements along the way and this helps keep me motivated too. For example, I am extremely proud of my content creation journey. My creation of mental health videos and my play is the best way to encapsulate and describe emotions, thoughts, and feelings in a way that words and conversations alone can't capture in quite the same way.



## Share

I think watching the final product of what you have created is the biggest reward for a content creator. With my play, it has also been nice to see some of the actors I have been working with enjoy my creative piece which is very gratifying when I worked on the project for a long time.

I think the main thing I would advise for anyone else going through this, is to focus on something you are passionate about achieving. For example, do you want job security post-graduation? do you want to make a difference by doing more voluntary work? You may also want to consider small steps as well as a larger project to work on like I did with my content creation journey.

One of the ways I have also communicated my experiences, is by sharing this journey with you all! I hope you have found my reflections useful, and it will inspire you to use Future me plan to support your ideas and plans for the future.



## Want to share your story?

If you think you have a story to tell, please have a go and write, film or audio record your journey under the same structure: map, experience, reflect and share.

Get in touch, we'd love to hear from you! Contact Máir Bull at [futuremeplan@mmu.ac.uk](mailto:futuremeplan@mmu.ac.uk)