

Bucket List Activity

Objective: Students will be creating and analyzing bucket lists through the lens of Erikson's stage of Ego Integrity versus Despair.

Student Learning Outcomes addressed in this lesson:

- Students will demonstrate a familiarity with the generally recognized stages of human development from conception to death.
- Students will be able to demonstrate understanding of the normal and exceptional patterns of human development.
- Students will be able to demonstrate understanding of recent research development regarding the identified stages of human development as they relate to gender and multicultural issues.

Instructions:

1. A bucket list is a list of tasks or experiences that one would like to have prior to their death. Create your bulleted bucket list of *at least* 10 items. You may choose to have more items than 10 for this list. You may want to think of the following questions as you create your list: Who do I want to meet? Where do I want to go visit? What experiences would I like to have? What dreams do I have? What would I want to do before I die? Is there something I want to learn about?

What is on your bucket list? (As you begin to fill in the grid, it will expand to fit the contents). (10 points)

My Bucket List:
1.
2.
3.
4.
5.
6.
7.
8.
9.
10.

2. Watch the following video on YouTube: Ben Nemtin's 6 Steps to Crossing Anything Off Your Bucket List. <https://www.youtube.com/watch?v=H6Y7mfxEaco> . In this video, Ben Nemtin talks about his journey that he began when he was in adolescence in learning how to live. Take notes on the 6 steps he identifies as important steps to take to complete your Bucket List. Answer the following questions below the bolded questions:

What is the difference between a project and a dream according to Nemtin? (5 points)
Why is it a good idea to write down and talk about your goals? (5 points)

Select one goal on your bucket list to focus on. How would following Nemtin's six steps help you achieve that goal on your bucket list? Describe how you could apply the steps in relation to your goal.

Identify the goal that you are focusing on (3 points):
Apply the six steps to achieve the goal listed above
Step 1: What's important? (Think about the importance this goal has in your life plan.) (2 points)
Step 2: Write it down (Where could you write it down? Will it be on display?) (2 points)
Step 3: Talk about your list (Who will you talk about your list with? Why should you talk about it?) (2 points)
Step 4: Be persistent (What will keep you focused on your goal?) (2 points)
Step 5: Be audacious (How will you have to be bold as you achieve your goal?) (2 points)
Step 6: Help other people (How can you help others with your goal or how can you help others achieve their goals?) (2 points)

- In 2007 a movie called The Bucket List was released. Watch the following clip from The Bucket List where Morgan Freeman (Carter) Explains Bucket List to Jack Nicolson (Edward). Both of the characters have been given only a few months to live and they are discussing what they want to accomplish prior to their upcoming deaths.

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

Watch this video from YouTube on the topic of Ego Integrity vs. Despair.

https://www.youtube.com/watch?v=yLYFF9V_dv0

Watch the following video on YouTube: Rethinking the Bucket List: Kathleen Taylor at TEDxTampaBay. <https://www.youtube.com/watch?v=O8U8Pkod2n4>

4. After watching these clips, imagine yourself visiting with someone who has been told that there is only a mere two years (24 months) left in the lifespan. This person has asked you to help them come to grips with their life story (all the accomplishments, all of the despairs, all of the events, etc.). Instead of telling the person how to feel, you are going to create a question to ask the person that leads them to understand their journey in a new way.

This question should focus on some of the following ideas:

- a. Helps this person reach a sense of ego integrity.***
- b. Helps this person reflect upon life experiences (think of your virtual adult experiences, Chapters 11-19)***
- c. Helps this person understand that accomplishments and regrets are part of the normal life journey.***

Create a question or question set that you would ask this person using the above criteria (5 points):
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5. Identify a minimum of two resources that you could use to help this person reach an acceptance of their end of their life journey. These references/resources must be different (1 research article + 1 reputable source). Both references must be in APA format. Do NOT use your textbook as one of the references.

Reference 1 (5 points):

Reference 2 (5 points):

6. Explain why you chose each resource and how the resource would likely help the person reach an acceptance of the end of life.

Reference 1 – Why I chose this resource to help with the end of life journey (5 points):

Reference 2 – Why I chose this resource to help with the end of life journey (5 points):

7. How did going through this exercise change your thinking? Rewrite your 10 (or more) item bucket list thinking of what you really would like to accomplish before your death.

You may want to think about the following questions as you rethink your bucket list. *What projects would you like to have completed before you die? What projects would make you feel as if you were 'accomplished?' What projects would make you feel that you didn't miss anything or regret anything?*

My Revised Bucket List (10 points):
1.
2.
3.
4.
5.
6.
7.
8.
9.
10.

8. Compare your two lists.

How did your list change as you thought more in depth about what you truly want to accomplish in your life? How did it stay the same? Why did you change your list or Why did you not change your list? (10 points)
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