



# YOU PART

Engage. Connect. Empower

## **A LETTER TO YOURSELF**

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# **A LETTER TO YOURSELF**

## **FACTS**

**Age** of participants: 15+

**Number** of participants: 5-15

**Duration:** about 70 minutes

## **GOALS**

The goal of this activity is to have participants reflect on their own learning and progress throughout the program and to have an opportunity for self-reflection and setting of future goals.

## **TOPICS**

Reflection, follow-up activities

## **MATERIALS**

A4 papers, pens

## **PREPARATIONS**

- Plan enough time for the evaluation method before (approximately 20 minutes) and after your main activity (approximately 45 minutes)
- Prepare the materials you will need

# INSTRUCTIONS

## Step 1

Introduce the method: Explain to participants that they will write a letter to themselves reflecting on their current knowledge, skills, and attitudes related to the program learning outcomes.

## Step 2

Write the pre-evaluation letter: Ask participants to write a letter to themselves at the beginning of the program. In this letter, they should reflect on their current level of knowledge, their skills and attitudes related to the program learning outcomes and their goals for the program. Some sample questions include:

- What are your expectations and hopes for what you'll gain from it?
- Reflect on your current level of knowledge and skills in relation to the focus of the programme. What do you already know and what do you think you still need to learn or improve?
- What strengths do you bring to the table, and what areas do you think need development?
- Consider your attitudes and mindset. How open are you to new ideas and experiences?
- Are there any preconceptions or biases that you would like to acknowledge and possibly challenge during the programme?
- What specific learning outcomes do you hope to achieve by the end of the programme? Are there any particular skills, knowledge, or personal growth goals you'd like to set for yourself?
- How do you envision this programme contributing to your personal and professional growth in the long term?

## Step 3

Carry out the programme activities: Conduct the programme activities as planned and ensure that they are designed to meet the specific learning outcomes and goals of the programme.

## Step 4

Write the post-evaluation letter: Ask youth participants to write a second letter to themselves at the end of the programme. In this letter, they should reflect on their learning and progress throughout the programme, including any changes in their knowledge, skills, and attitudes related to the programme learning outcomes.

# INSTRUCTIONS

## Step 4

Some questions that you can ask:

- Reflect on your journey throughout the programme. How have your initial expectations and goals evolved or been met?
- Consider your knowledge and skills in relation to the programme learning outcomes now compared to when you started the programme. What specific improvements or new insights have you gained?
- Describe any significant changes in your attitudes or mindset as a result of the programme. Are there any particular moments or experiences that stand out in this regard?
- Did you encounter any challenges or obstacles during the programme? How did you address them, and what did you learn from those experiences?
- What were the most valuable lessons or takeaways you gained from the programme, and how do you plan to apply them in your future endeavours?
- Reflect on your personal and professional development. In what ways do you feel more prepared or empowered as a result of this programme?

## Step 5

Compare the letters: After youth participants complete the programme, give them their pre-evaluation letter and ask them to compare it to their post-assessment letter. Encourage them to reflect on the differences between the two letters and how the programme has impacted their learning and development and share their findings with other participants.

## Step 6

Reflect on the results: Reflect on pre- and post-assessment letters to evaluate the impact of the programme on participant learning outcomes. Consider whether the programme has achieved its objectives and whether modifications or changes need to be made to improve the programme in the future.



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## PROJECT PARTNERS



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