

# UD 6.2

## ● FUTURE ORIENTATION FOR SETTING AND PURSUING GOALS

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# DEFINITIONS OF FUTURE TIME PERSPECTIVE

**1** Savickas (2002)  
Thinking about, planning for, and achieving goals. An integral part of career development theories.

**2** Atance & O'Neill (2001).  
The ability to think about and put forward multiple possible future scenarios

**3** Stoddard, Zimmerman, & Bauermeister (2011).  
Thoughts, ideas, and feelings individuals have on their future

**4** Schacter, Addis, & Buckner (2008).  
Future orientation and thinking of possible futures are related to behavioral flexibility and effective planning for achieving goals.

# ● COMPONENTS AND DETERMINANTS OF FUTURE GOALS



Intrinsic vs extrinsic goals



Short vs long term goals



Personal vs social domains



Supports and barriers to goals

# GOALS AND FUTURE TIME PERSPECTIVE

1 People with a rather short FTP set most of their goals in the near future, whereas people with a longer or deeper FTP formulate relatively more long-term goals.

2 People with a short FTP, only the very near chronological future is part of the temporal world in which they live. They do not take into account what will come later (Seginer, 2009).

3 The utility value of present actions toward future goals increases (Eccles & Wigfield, 2002; Lens, Paixao, & Herrera, 2009).

4 A task with a positive value leads to the achievement of important future goals, even when the individual is not interested in the activity for its own sake, when the person is not intrinsically motivated to do the task (Ryan & Deci, 2000)

# BARRIERS TO FUTURE GOALS

1

*Personal barriers,*  
where we find the characteristics of  
the person

3

*Barriers of the environment,*  
where we find the architectural  
barriers

2

*Social and environmental barriers,*  
where we find attitudes and  
prejudices

4

*Political barriers,*  
which have to do with the  
disinvestment by the political  
system

# An interview on future time perspective and future goals

*Let's focus on your future*

Please, tell me your thoughts about the following issues:

- ✓ What are the three things you want most for your future?
- ✓ What would you change?
- ✓ What could you do and what should happen to make the three wishes more easily achievable?

# **An interview on future time perspective and future goals**

**A personal commitment is important in order to reach future goals.**

**So in the very next future**

- ✓ What would you do, what are your plans to make your future goals more likely to realize?**
- ✓ Try to make a list of actions you can carry out**

# ● FUTURE GOALS: CATEGORIES FOR THE ANALYSIS



Life domains



Contents



Future time zones



Expected supports and challenges



Actions



# Analyzing future goals

- a. Domains** A description of the life domains in which future goals are set and specification of those related to work and career related goals, to goals relevant for personal and community future life.
- b. Contents** A description of contents in terms of work search or change, changes in the work activities or work context, personal or career development, personal family or community impact.
- c. Priorities** An analysis of the goals which are seen as priorities and the underlying commitment.

# Analyzing future goals

- d. Future Time Zone** Analysis of the expected time to reach the goal and length of future time projection, how far in the future the goal is set.
- e. Expected Supports** Number and types of called upon to reach these goals, either internal or external specifying in more details those which are intraindividual.
- f. Expected challenges** Number and types of expected barrier to reach these goals, either internal or external specifying those which are intraindividual.

# Analyzing future goals

## DOMAINS

Work	Health	Personal development	Family and friends	Free time	.....
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## CONTENTS OF WORK GOALS

Maintenance	Change activities	Change context	Education	Training	....
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## PRIORITIES

# Analyzing future goals

## PERSONAL COMMITMENT

## TIMING

## SUPPORTS

	Personal	Social	Environmental	Institutional
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## CHALLENGES AND BARRIERS

	Personal	Social	Environmental	Institutional
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# Future Map Development

An analysis and organization of the plan of actions and steps, future developments for reaching future goals. It refers to:

- ✓ **actions undertaken** *A description of the actions which the person interviewed has already undertaken in order to realize the goal*
- ✓ **actions planned** *A description of the actions which the person interviewed will undertake to realize the goal*
- ✓ **sequencing** *A detailed description of the order of actions execution with the possible role of time intervals on future map.*

# Future Map Development

Let us set one goal you would like to pursue

Identify the kind of outcome: are we searching a new work, to change the current one, to modify some work activities? .....

To reach a goal there it is particularly useful to develop a plan and to carry out several actions. What actions can you undertake to reach you goal?

- a \_\_\_\_\_
- b \_\_\_\_\_
- c \_\_\_\_\_
- d \_\_\_\_\_
- e \_\_\_\_\_

We can check now for the most effective order in which we can address them or to find out whether there are steps we need to further detail it. Number them in the square provided at the end of each line)

# Future Map Development

## ACTION 3

How long do you think it will take to carry it out in terms of weeks, months, or years?

What kind of barriers you might expect? Where are they coming from?

Are there supports you might expect?

Are there supports you can search from services, from your neighbours or from your family?

.....

We can now go back and verify if there are changes we would like to add in order to make the plan more effective, steps we might insert as sub goals in order to make the plan more effective.

We will check this plan again in the near future.

Thank you for  
the Attention.  
Questions?