



Ideal Work Environment

The Goal: This exercise helps students understand the need to find and create best-fit environments for their personality.

Materials:

Room, circle of chairs, [Indigo Report](#), pencil and paper.



Step 1: Have students read the [Your Ideal Environment](#) section of the [Indigo Report](#). Have each student star the most important items.

Step 2: Ask students to describe the “perfect class” or “perfect job” in words or pictures. When finished, ask students to share with the group. Here are a few questions you can use to guide the conversation:

- Would the teacher call on you often or not at all?
- What would the room look like?
- Would you work in teams or on your own?
- Are you graded on projects, tests, book reports or something else?

Example: *Jane sees her report says she likes “Work tasks that change frequently.” She writes about a classroom where activities are different every single day.*

TIP: It’s important to communicate to the group that students will have different desires for their school and work environment - and that is okay. It’s not about conforming but about better understanding your needs.

RAMP (ASCA) Mindset & Behaviors addressed and developed:

Academic: Creativity; Results Orientation; Positive Attitude.

Career: Self Advocacy; Self Motivation / Self Direction; Critical Thinking.

Social/Emotional: Sense of Belonging; Self Confidence; Communication; Whole Self.