



for youth information

SMART Goals and Teaching Strategies for Teaching Foresight to Youth

Specific, Measurable, Achievable, Relevant, and Time-Bound

Teaching strategy

TREND EXPLORATION / TREND MAPPING

SMART breakdown

**S: Identify trends
and impacts**

**M: 3 trends, 1
impact each**

**A: Suitable for
group work**

**R: Builds awareness
of change**

**T: By the end of 60
minutes**

SMART goal

**Participants will identify 3
current trends affecting young
people and explain 1 possible
impact of each trend by the end
of a 60-minute session.**



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FUTURE TELLING / STORY TELLING

SMART breakdown

S: Create a future story

M: 1 story, 2 challenges, 2 opportunities

A: Creative and youth-friendly

R: Develops imagination & futures thinking

T: By the end of a workshop

SMART goal

Participants will create 1 short future story set 10 years ahead, including 2 challenges and 2 opportunities, by the end of one workshop.



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SCENARIO BUILDING

SMART breakdown

**S: Develop and
compare scenarios**

M: 2 scenarios

**A: Achievable in small
groups**

**R: Supports critical
thinking and decision-
making**

T: Within 90 minutes

SMART goal

**Groups will develop 2 possible
future scenarios for one youth-
related issue and compare their
effects on young people within a
90-minute session.**



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FUTURES WHEEL

SMART breakdown

**S: Map consequences
of change**

**M: At least 5
consequences**

**A: Simple visual
method**

**R: Shows direct and
indirect effects**

T: During one activity

SMART goal

**Participants will map at least 5
consequences of one selected
trend, change or decision during
one activity.**



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BACKCASTING

SMART breakdown

S: Define future and action steps

M: 1 desired future, 3 steps

A: Steps are realistic and practical

R: Connects future vision with action today

T: By the end of the workshop, with action possible within one month

SMART goal

Participants will define 1 desired future and list 3 realistic steps that could begin within the next month by the end of the workshop.



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**HORIZON SCANNING / DETECTIVES
OF THE FUTURE**

SMART breakdown

**S: Collect signals of
change**

M: 3 signals

**A: Uses accessible
sources**

**R: Strengthens
observation and media
awareness**

T: Within 45 minutes

SMART goal

**Participants will collect 3 signals
of change from media, school,
community or online sources and
explain why they matter within 45
minutes.**



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2x2 MATRIX

SMART breakdown

S: Use uncertainties to create scenarios

M: 2 uncertainties, 4 scenarios, 1 presentation

A: Structured group task

R: Helps understand uncertainty and complexity

T: By the end of the session

SMART goal

Participants will choose 2 key uncertainties, create 4 possible future scenarios and present one scenario to the group by the end of the session.



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**REFLECTION AND GROUP
DISCUSSION**

SMART breakdown

**S: Reflect on learning
and action**

**M: 1 learning point, 1
skill, 1 action**

**A: Easy individual
reflection**

**R: Supports personal
learning transfer**

**T: Final 15 minutes,
with action within two
weeks**

SMART goal

**Each participant will name 1 thing
learned, 1 skill used and 1 personal
action they can take within two
weeks during the final 15 minutes.**



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