



UNITED TRIBES  
TECHNICAL COLLEGE  
LAND GRANT EXTENSION

# UTTC LAND GRANT EXTENSION

## UTTC Lifeskills Lessons – Relationships & Family

### Lesson 18: Dream to Succeed

LS0018

#### Dreamers

The Columbia Plateau, cut by the Columbia River, is an area that stretches from the Rocky Mountains to the east and the Cascade Mountains to the west. For thousands of years, many different indigenous people lived in this area. Many used the Columbia River to provide them with fish. While there are diverse spiritual traditions among the tribes in this area, many of them share a focus on dreams and prophecy.

One of the prophets to emerge in this region during the nineteenth century was Smohalla, a Wanapan medicine man whose teachings led to a religious movement known as the Dreamers.

Dreamers and dreams, in today's world, often get a bad rap and sometimes portrayed as having their heads in the clouds. But, the true power of dreams is their ability to give us guided passion. No matter your educational or financial background, guided passion is the motivation to work toward achieving your dreams.

#### RESOURCES

- Pattengale, J. A. *The Purpose-Guided Student Dream to Succeed*, Chapter 1
- Fralick, M. *Native American College and Career Success*, Chapter 6
- <https://vimeo.com/19758850> (10 minutes) "Believe, Believe, Believe: The Story of Billy Mills" - focus on dreams, visions and success

#### Understanding Dreams

Maybe you have never written down your dream to read for the future. Maybe you have never dreamed about your life one year from now, five years from now, or even further down the road. What is your dream for where you will be or how you want to be remembered at the end of your life? Think about it! Speak your dreams out loud. How did that feel?

This lesson is not about unconscious dreams that happen when we are sleeping. This lesson is about dreams that are in our heart. Dreams we can achieve if we work at it and keep the guided passion – nothing can get in our way to achieving the dream.

Maybe your dreams are mostly fleeting daydreams, or maybe they are detailed and involved. Maybe you have a dream about a specific job. Or your dream is about a happy home or a new car. Everything begins with a plan. Everything begins with a vision or a goal. The plan often begins with our willingness to learn. Our willingness to be ready when opportunity presents itself, our willingness to take a risk, and our willingness to ask for help. Learning may mean listening to elders, or being present where people meet, or attending training or college. Achieving our dreams definitely means organization, discipline, showing up, and even following rules.

Examining dreams you've already had can help you develop new dreams. In the grid below, write down three dreams, that come to mind today.

#### Dream Grid

Past Dream	Came True?	Why or Why Not?



**Star light. Star bright.  
I wish I may, I wish I might  
have the wish I wish tonight!**



## Mature Dreams vs. Immature Dreams

Read aloud, the dreams you wrote into the Dream Grid. Listen to each written dream. Is it a mature dream or an immature dream? The maturity of a dream is based on how serious you are about pursuing the dream, how willing you are to act on it. Have you started to act on it, even if in a small way, already.

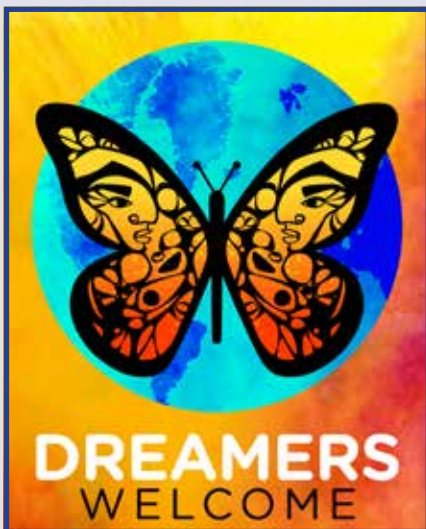
In other words, an immature dream is just wishful thinking or a fairy tale. But, a mature dream is one that puts **PASSION** into the action mode. **YOU** can achieve anything you want to dream, but you have to be passionate and do the work.

### Pursuing Mature Dreams

You can work toward mature dreams or you can help an immature dream “grow up” if we really want that dream badly enough. Now, consider where you want to be in 5 years. Draw how that dream looks in your mind.

Where do you want to be in 10 years? Draw how that looks.

Draw how you would like to have life look before you die. Funny how the details get sharper the farther away the dreams are. It is easier to vision details that we have time to plan, isn't it?



## Stronger Dream

What makes a dream strong enough to overcome the obstacles that happen in everyone's life? Believe it or not, you've already taken the first step. You've written the dream down. Seeing the dream in writing is very important. That means you have not only thought about the dream, you can tell your dream to yourself and others. Once you're clear on what you want, you have to think about what it will take to get there. That means making a plan. Here are some questions to guide yourself and others (children, friends, teammates) into success.

1. What steps do I need to take to achieve this dream?
2. When do I need to take these steps?
3. What resources do I need (money, time, people support)?
4. What skills do I need to achieve the dream?
5. How many of the skills do I already have?
6. Where can I get training to learn the new skills?
7. Who do I ask for help to learn and practice?
8. Have I told others what my dream is, so they can support me?
9. What obstacles can I expect to get in the way of me achieving my dream?
10. How do I plan to overcome those obstacles?

Of course, a plan is not a guarantee for success. Starting a new business is an example of this. Sometimes the obstacles are so great that even good planning did not identify all the problems and failure happens. A plan is a good start. Sometimes dreams need adjustment or a journey on a new trail. Then we create a plan B to get us going onto the second version of our dream.

Life changes as you age and so do your dreams. If someone asked you when you were 5 years old, “What do you want to be when you grow up?” You might have had an achievable dream, but most of the time dreams change. When we go to college, we are generally of an age when the dream is **Mature**. Age, education and wisdom helps us with our plan. College education offers a degree plan to follow, a financial advisor to help with the plan, and an advisor to support our dream; but the work is **OURS**.

We have to be present, we have to do the work, we have to feel the passion – we have to keep the fire going and the motivation high. **DREAMS** can be achieved and **SUCCESS** can happen!





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# DREAM TO SUCCEED

#### **OBJECTIVES:**

1. To be introduced to the concept of “Dreamers” being important to indigenous life.
2. To document three personal life dreams.
3. To recognize the difference between a mature dream and an immature dream.
4. To discuss the steps needed to build strong dreams which lead to success.

#### **PROCEDURE:**

1. Write the Objectives on the board.
2. Distribute Lesson 18 Talking Sheet - Dream to Succeed.
3. Ask for a volunteer to open session with a prayer, offer a prayer asking the creator to guide us in being open to our dreams, or open the session with a moment of silence.
4. Introduce the Dreamers as an indigenous spiritual practice
5. Allow participants to share their thoughts on conscious and unconscious dreams
6. Ask participants to consider three dreams and write them in the Dream Grid and assess if each dream came true and why or why not.
7. Briefly discuss the difference between mature and immature dreams
8. Ask participants to draw visuals of dreams or goals for 1 year, 5 years and a life time. (provide blank sheets of paper).
9. Have participants read aloud the 10 steps necessary to build stronger dreams
10. Close with statement about necessity of using dreams to guide plans leading to success or show “Believe, Believe, Believe- The Story Of Billy Mills”
11. Distribute and collect Lesson 18 Evaluation

#### **RESOURCES FOR INSTRUCTION SUPPORT:**

1. Book: Native American College and Career Success, Farlick, M; Chapter 6
2. Book: The Purpose-Guided Student-Dream to Succeed, Pattengale, J.A.; Chapter 1
3. <https://vimeo.com/19758850> (10 minutes) - Native Voices - Believe, Believe, Believe: The Story of Billy Mills - Dream and visions
4. [www.youtube.com/watch?v=NQOkWuwfFrM](http://www.youtube.com/watch?v=NQOkWuwfFrM) (5.5 minutes) – Chase Your Dream Until You Win
5. [www.youtube.com/watch?v=DfLLNksZmoY](http://www.youtube.com/watch?v=DfLLNksZmoY) (3.5 minutes) Billy Mills, mind cannot tell difference between reality and unconscious & “This is your Life”
6. [www.youtube.com/watch?v=jHYl8c7f5zU](http://www.youtube.com/watch?v=jHYl8c7f5zU) (9.3 minutes) – Billy Mills, spirituality and dreams

#### **TIME:**

50 minutes



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**EVALUATION**

*On a scale of 1 to 5, with 1 being least confident and 5 being most confident, please circle one per question.*

*Not Confident*

*Very Confident*

Please rate how confident you are in sharing with others the concept of dreams and visions in traditional indigenous cultures.

1                      2                      3                      4                      5

Please rate how confident you are in identifying personal dreams and why you see these dreams as possible or impossible to achieve.

1                      2                      3                      4                      5

Please rate how confident you are in recognizing the difference between mature and immature dreams and what is necessary help dreams “grow up”.

1                      2                      3                      4                      5

Please rate how confident you are in recognizing the steps necessary to build strong dreams which lead to success.

1                      2                      3                      4                      5

*New things I learned or understand better because of the lesson*

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*Comments*

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