



Future Focus Program Application 2022-2023

Program Description

The Future Focus Program at ph Apartments provides residents with an opportunity to bring their core values into dialogue with their future planning. Participants will have an opportunity to explore their personality, values, strengths and gifts as well as how to best use them in the world. The group will meet for 4-6 sessions **one weeknight evening (historically Mondays)** in the fall and 4-6 sessions (**same weeknight evening**) in the winter/spring; each participant is required to attend all group meetings. Participants will complete tools for self-reflection and talk with peers in small group about program topics. Future Focus program participants will spend time talking about how their gifts, background, values and personality can affect them in the workplace or in pursuing future goals. They may hear from guest speakers discuss how they draw on their values in their professional lives. Participants will also be challenged to consider what value they put on paid work compared to work they “donate” or volunteer to do in their community. We will also discuss personal finances and how the choices we make about earning and spending money can reveal what we value. Finally, participants will be asked to consider how to craft a life worth living, that includes but is not limited to their career/work. Participants are eligible for a rent scholarship available through Pres House Apartments.

Application Questions (use as much space to answer these questions as necessary)

1. What makes you interested in the Future Focus program? What do you hope to gain from this experience?
2. How would you describe your core personal values? How do your values play a role in guiding your life?
3. What are your current career or job aspirations? What (if you are a student) are you studying?
4. What volunteer or community work have you done? What motivates your service/involvement in your community?



5. What commitments will you have next year during this program? (School, work, organizations, etc.) Are there any weeknights you are aware you will have a regular conflict next year?

6. How would you describe your personality?

7. What book or experience has had the biggest impact on you and how you live your life?

Signed: _____

Date: _____

Name (printed): _____

Apartment: _____

email: _____

cell phone: _____

Submit completed applications to the Director of Candid & Community Initiatives at ph Apartments (ginger@preshouse.org). Future Focus participants will be selected based on the best fit for the program goals. Any resident can apply.