

Lesson 2: Prepping, Packing & Panhandling

3-5 Instructions for **Companions on Your Journey**

- **Read and discuss** the “**Companions of Philippine Duchesne on the Rebecca**” article (see Student Documents and Activities column). Every dream or journey is not accomplished alone or in isolation. One needs the guidance, instruction and encouragement of companions, mentors, and supporters. It takes a team to reach your dreams.
- Have students think about their personal dream. Using the **3-5 Student Document Companions on Your Journey** (see Student Documents and Activities column), have each student write in their dream and identify the companions they will need on their journey to accomplish their dream. For each companion, write why they chose that companion and what that companion can offer to support their dream.
- **Discuss as a class:** Who are the companions needed to accomplish their dreams? How important is networking to find their companions? Can their companions come from unexpected sources?