

Academic Career Planning

Somerset High School

Goal Setting Worksheet

Goal setting is powerful and critical life skill. Goals allow us to turn our vision of the future into our reality. Goals provide us short-term direction and long-term vision.

To set big life goals, we must first dream big and create a list of all the things we would like to see, do, and accomplish throughout our lifetime. From there, we can set small goals that are measurable and achievable. Then, we get to work!

Goals can be integrated into all areas of our life. We can strive to be more successful in our classes, faster on the court, or active every day. Goal setting is about making ourselves better, happier, and healthier.

For the rest of the school year, we are going to set goals related to our academic success, personal well-being, and career preparation. When we set our goals, we want to be sure that we are working towards something we want to ACHIEVE and simply make ourselves better. Self goals are in fact goals to better ourselves NOT the people around us. Remain true to you!

Goal Setting Tips

- It is best to set your goals in a positive manner but remember to be precise and set your priorities.
- Goals should be performance driven but focused on small and attainable tasks.
- Goals should be also be done in a specific time frame.

SMART Goals

SMART goals are ones that are **S**pecific, **M**easurable, **A**ttainable, **R**elevant, and **T**ime-bound. When setting your goal make sure that it is SMART. At the end of your goal term, you must be able to say “YES” I DID or “NO” I DID NOT reach my goal. Goals must be specific and relevant to your current life and related to something you want to make better. A good goal must be **SMART**.

Remember, goal setting is one of the most important processes you can use to achieve success in your life. YOU have the power to decide what is important and relevant for you. Goals help us build self-confidence and map out your positive future!

Short Term vs. Long Term Goals

Short Term goals are goals that we work on over a SHORT period of time (i.e. six weeks, two months, one quarter. **Long Term** goals are goals that we work on over a LONG period of time (i.e. one school year, post-high school, five years from now, ten years from now, my lifetime). Both short term and long term goals are critical for our personal achievements and individual success. Goals help us plan our academic futures, organize our time, and remain focused on all the good that we want to accomplish in our lifetime.

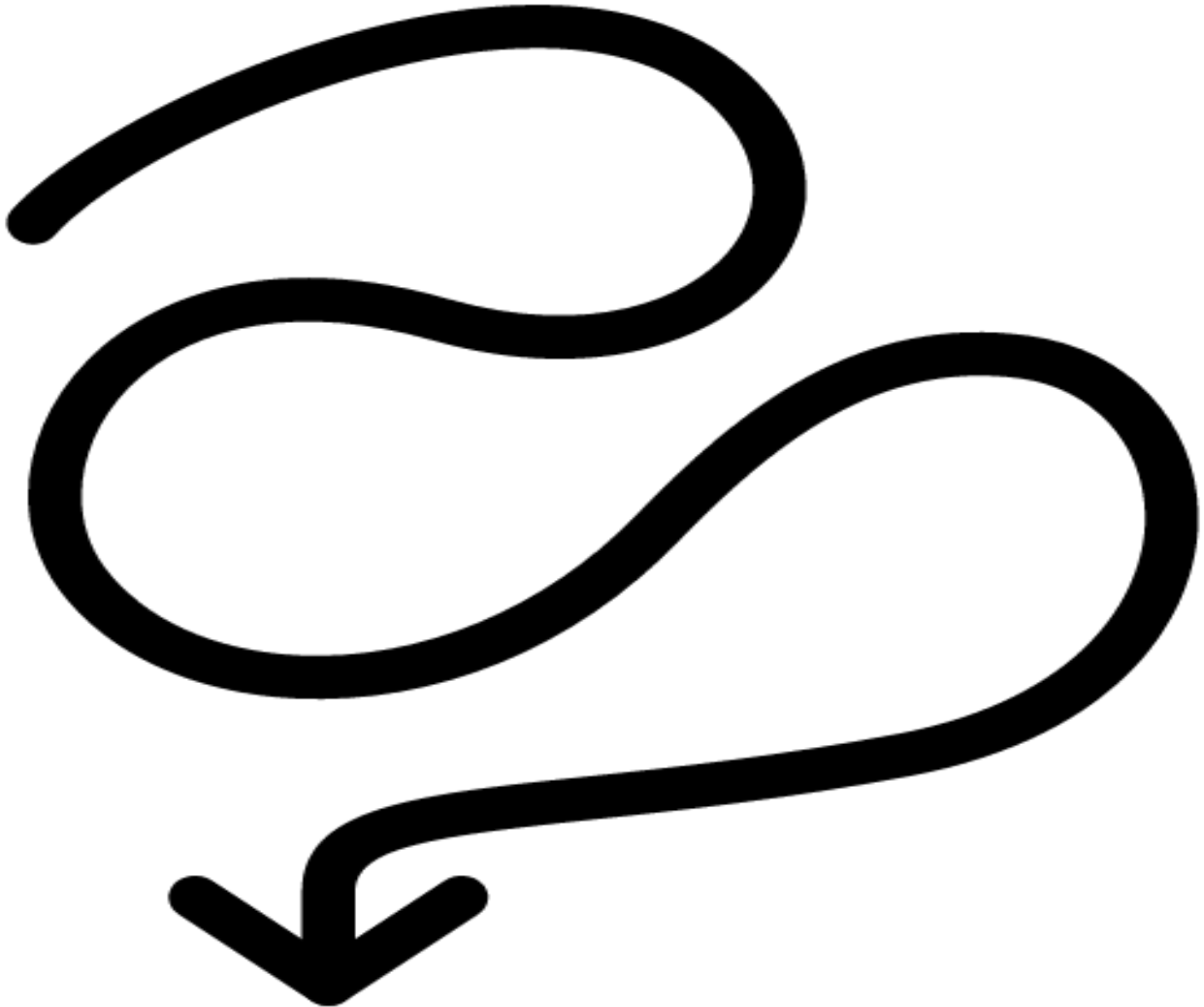
Goals Introduction Activity

Directions: Close your eyes, sit in quiet space, and think about your future. What do you want the rest of your life to look like? What do you see yourself doing? Where will you live? What will your job be? Will you have a family? Will you live in Wisconsin? What will make you happy and fulfilled? Open your eyes.

Now that you have pictured your future life, take a moment and create a “Life Map” that will list and organize all of your major life accomplishments. This life map will START with your current age and END at the age that you would like to live to. Your Life Map will then include all of your major life goals and life accomplishments that you would like to see happen in your real life. LISTING your short term and long term life goals is the FIRST step in your ACP journey and post-secondary planning.

Directions: Fill out the map below with at least TEN major life events that you would like to see happen in your life STARTING with your CURRENT AGE and ENDING with the AGE YOU WOULD LIKE to live to.

Start: My Current Age _____



End: Age I would like to live to. _____

2016-2017 Goal Setting Form

Academic Goal (1 short term and 1 long term)

Steps to achieve my goal

Personal/Social Goal (1 short term and 1 long term)

Steps to achieve my goal

Career/College Goal (1 short term and 1 long term)

Steps to achieve my goal

*****Once your goal sheet is complete you will meet with your homeroom teacher to get their feedback. These goals should be put into Career Cruising when your homeroom is assigned to the computer lab.**

HIGH SCHOOL SAMPLE GOALS

Academic Goals

- Use my time wisely in school
- Use my planner to stay organized
- Ask for help when I need it and be willing to give up my free time to get help
- Raise my grade in a specific subject
- Set aside a time during the day to study everyday
- Follow school rules
- Ask for help to get organized
- Make an appointment with a school counselor to talk about my grades

Personal/Social Goals

- Spend more time outdoors
- Find a hobby and I like and try it
- Get along better with a certain individual
- Join a new club or sport
- Get more exercise
- Make it a point to eat family dinner a few times each week
- Stand up for myself in a healthy way
- Learn about stress management
- Find some strategies to make better use of my time

College/Career Goals

- Explore a specific career I am interested in
- Job shadow a career you are interested in
- Present on a potential career pathway
- Interview people in the career area that you are interested in
- Visit a college of interest
- Research a college you are interested in
- Do a virtual tour of a college online
- Interview a student who attends a college you are interested in
- Research pay for a specific career
- Look up the difference between a major and a minor in college

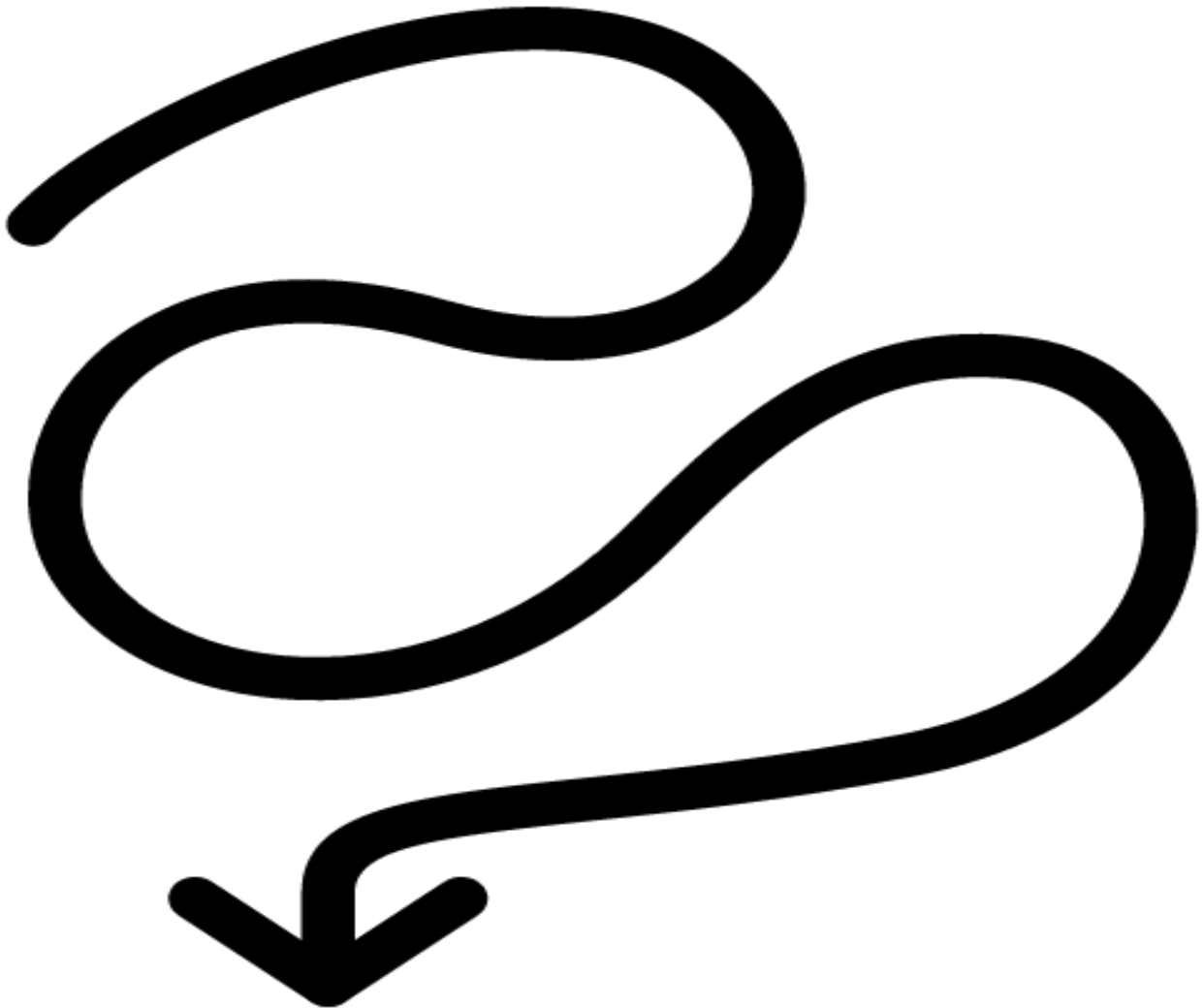
Goals Introduction Activity

Directions: Close your eyes, sit in quiet space, and think about your future. What do you want the rest of your life to look like? What do you see yourself doing? Where will you live? What will your job be? Will you have a family? Will you live in Wisconsin? What will make you happy and fulfilled? Open your eyes.

Now that you have pictured your future life, take a moment and create a “Life Map” that will list and organize all of your major life accomplishments. This life map will START with your current age and END at the age that you would like to live to. Your Life Map will then include all of your major life goals and life accomplishments that you would like to see happen in your real life. LISTING your short term and long term life goals is the FIRST step in your ACP journey and post-secondary planning.

Directions: Fill out the map below with at least TEN major life events that you would like to see happen in your life STARTING with your CURRENT AGE and ENDING with the AGE YOU WOULD LIKE to live to.

Start: My Current Age _____



End: Age I would like to live to. _____