

GOAL SETTING

It's important to have future goals. Your goals could be to narrow your career focus, to find a school that will prepare you for the future, or to apply for financial aid. Whatever your goals, the following activity may help you transform your goals into reality by clarifying and ranking them. .

First, it is important to know what a goal should be.

A GOAL MUST BE:

- STATED IN CLEAR TERMS
For example, *I want to attend Penn State University in University Park, PA.*
- BELIEVABLE
You must believe you can reach the desired goal.
For example, *I will earn my high school diploma and then continue on to higher education.*
- ACHIEVABLE
You must have the interest, skills, abilities, strengths and resources (time, money, etc.) to make this goal happen.
For example, *I have a good academic record, participate in extracurricular activities and, with my parents' assistance, will work out a way to pay for college.*
- MEASURABLE
There must be a way to measure your goal. This can be accomplished by being observed, by being completed in a certain time frame, or by being calculated (if your goal involves a quantity).
For example, *I will secure letters of recommendation and complete college applications before the deadline.*
- DESIRABLE
The goal must be something that you truly want to achieve.
For example, *a degree from Penn State will allow me to work as an engineer and earn a good living.*

List three goals in each area. Then rank them in order of importance.

MY SCHOOL GOALS: _____ rank:_____
_____ rank:_____
_____ rank:_____

MY FUTURE EDUCATIONAL GOALS:
_____ rank:_____
_____ rank:_____
_____ rank:_____

MY CAREER GOALS: _____ rank:_____
_____ rank:_____
_____ rank:_____

MY PERSONAL GROWTH GOALS:

_____	rank:___
_____	rank:___
_____	rank:___

MY LONG RANGE LIFE GOALS:

_____	rank:___
_____	rank:___
_____	rank:___

Now choose one of the #1 ranked goals you identified. Consider whether it is believable, achievable, measurable and desirable. Then, identify three actions you can take that will help you reach that goal:

ACTION 1. _____

ACTION 2: _____

ACTION 3: _____

