**Student Pack - Session 2: Goal Setting**

A goal is an objective. Something you wish to achieve. It is something that gives you purpose to work towards.

*“The most important thing about goals is having one” - Geoffry F. Abert*

**What’s the point?**

Goal setting is a way for you to actively plan your future. They give you something to aim for in life:

*“Dreaming and doing go hand in hand”*

There are 4 main types of goals.

**Very long term goal (dream goal):** your ultimate hoped for achievement. It is what you think about when you imagine the best job you could possibly have or the best person you could possibly be. It could be to be a professional sports person or a teacher or even to graduate college.

**Long-term goal:** where you want to be in many months or years from now. These goals are steps towards your dream goal. They could include making it onto a sports team, getting a part in the school play or passing your exams before college.

**Mid-term goal:** things you want to achieve in the next few weeks. These can be very specific such as getting a B on your maths test or having 100% attendance in school that month.

**Short-term goal:** these are very specific and should be easy to measure such as finishing all your homework before a certain time in the evening or paying more attention in today’s classes.

**Activity 1 – Strengths/Challenges/Values**

In order to set goals you must first identify both your strengths and weaknesses as well as what is most important to you. With your mentors help, fill out the following worksheet.

What are some of your strengths:

As a person:

As a student:

What are some of your challenges/What do you need to improve:

As a person:

As a student:

What is important to you? What do you value most?

Review the list below. Check off the values that are most important to you. Add in any others in the blank space below.

□ Doing well in school

□ Making money

□ Being healthy

□ Spending time with family

□ Spending time with friends

□ Learning new things

□ Having fun/Playing Games/Having hobbies

□ Being creative (Playing music/drawing/experimenting)

□ Exercising/Playing sports

□ Entertainment (Films/Books)

□ Being Happy

□ Having time to yourself

□ Socialising

□ Being successful

□ Working Hard

□ Other

**Activity 2 – Goals**

Now that you know what is most important to you, it’s time to set your goals. Knowing your strengths and weaknesses will help you understand what steps you need to take and what challenges you might face in reaching your goals.

With your mentors help, fill in the table below. If you do not get it finished make sure you do it at home before your next mentor session.

**Tips:** Remember all your goals are steps towards your ultimate dream goal. Keep that in mind when setting your other goals.

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| **Goal for** **today** |  |
| **Motivation** |  |
| **Steps to** **Achieve it** |  |
| **Challenges** |  |

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| **Goal for** **this week** |  |
| **Motivation** |  |
| **Steps to** **Achieve it** |  |
| **Challenges** |  |

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| **Goal for** **This year** |  |
| **Motivation** |  |
| **Steps to** **Achieve it** |  |
| **Challenges** |  |