**Student Pack - Session 6: Goals Check-in**

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” - Geoffrey 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 – Goals**

Last time we talked about goals you set yourself some goals for the year.

With your mentors help, fill in the table below to check in on your progress.

|  |  |
| --- | --- |
| **Goal for the year** |  |
| **Motivation** |  |
| **Steps you have taken to****Achieve it** |  |
| **Things you have found** **Challenging** |  |

Remember that all your goals are steps towards your really long term “dream goal”. Fill in the table below with your dream goal in mind.

|  |  |
| --- | --- |
| **Dream Goal** |  |
| **Motivation** |  |
| **Steps to** **Achieve it** |  |
| **Challenges** |  |