SET GOALS

Community Outreach Resource Network

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It is important for people of all ages to set goals.

Set Short-Term & Long Term Goals

Short-term goals are goals that you can achieve within days or weeks.

Long-term goals are goals that will take weeks, months, or even years to achieve.

Examples of short –term goals:
1. Get a B on my next math test.
2. Get all my chores done by Friday.

Examples of long-term goals:
1. Get A's & B's on my report card this nine weeks
2. Go to college and become a marine biologist.

Set Goals that are Specific, Measurable & Realistic

Not specific- I will do better in reading.
Specific- I will get an A in science this nine weeks.

Not measurable- I won't be shy in class.
Measurable- I will raise my hand at least three times today.

Not realistic-Even though I usually get all C's on my report card this nine weeks I will get straight A's.

Realistic- I usually get all C's on my report card, this nine weeks I'm going to get B's in at least two classes.

Goals give you direction and focus. They help you figure out what you want to accomplish, and they help you decide where you want to go in life. If you're not in the habit of setting goals for yourself, now is the time to start.

Set Both Academic & Personal Goals

At the beginning of each grading period, look over the courses you're taking and figure out what grade you think you can get in each class. Think of these grades as your academic goals for the term.

At the end of the grading period, congratulate yourself if you were able to meet your goals. If you didn't achieve your goals, try to figure out why. Then set new goals for the next grading period.

Also set a few personal goals for yourself. Perhaps you want to get in better shape, improve your athletic skills, or earn some money. Come up with two or three things that you want to accomplish that don't involve grades, and make those your personal goal.

Write It Down

Once you've set a goal for yourself, write it down.

Then write down the specific things that you need to do to achieve your goals.

Successful people set goals and then work hard to achieve them. Having goals will help you become the person you want to be.