



Following the Right Path by Targeting Goals

It is important to identify threats when achieving a goal because there are often barriers that you need to overcome. Have you ever had a really important decision to make and didn't know where to begin? When you make your decisions, do you leave it up to chance and hope for the best? Making the right decision is not always easy. There are always things that you need to consider, **alternatives** that need to be weighed, a **plan** that must be developed, and **action** that must be taken.



Types of Goals

There are different types of goals that we may pursue in our lives. There are time constraints that we may want to give ourselves when pursuing a goal.

Short-term goals are more immediate and can be achieved next week or next month.

Medium-term goals need some time to pass before they can be achieved.

Long-term goals are in the more distant future, such as post-secondary opportunities and career goals.

Read the following **personal, community, and occupational goals** and consider the goals that you may want to set for yourself.

Personal Goals deal with yourself, family, friends, and others, e.g.,

- become part of a sports team
- work out
- help out with family responsibilities
- save money
- organize your room

Community Goals deal with your actions in providing service to others and the spiritual benefits you gain from doing so, e.g.,

- get more involved in community events (choir, youth group, volunteering in your community)
- help out at "Big Sisters" or "Big Brother" organizations
- donate clothes to a charity organization
- become a reading buddy at the library

Occupational Goals deal with the occupation and jobs you wish to pursue, e.g.,

- get a part-time job (**short term goal** - next week, next month)
- register for co-op next year (**medium term goal** - within the next year)
- become a web designer (**long term goal** - ten years)

Setting Goals for Learning

Learning Goals can occur both inside or outside of school; they can also help you achieve other goals. Consider the fields of work that you may wish to pursue after high school and the learning goals that you need to achieve.

Identifying Potential Barriers and Opportunities

One method for making decisions is the **SWOT** method.

This method looks at **Strengths**, **Weaknesses**, **Opportunities**, as well as the **Threats** involved in making a particular decision.

It is important to identify threats when achieving a goal, because there are often barriers that you need to overcome. These barriers could be either your own **personal weaknesses** or **external forces** that threaten your chances for success.

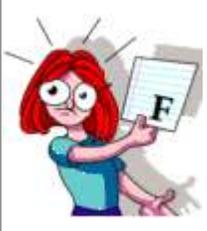


Strengths are the things you are good at, your skills, interests, talents, etc.

Weaknesses are the things you need to work on, e.g., time management skills, study skills, etc.

Opportunities are factors in your life that can help you achieve your goals, e.g., a part-time job, volunteer opportunities, potential scholarships, friends and relatives, etc.

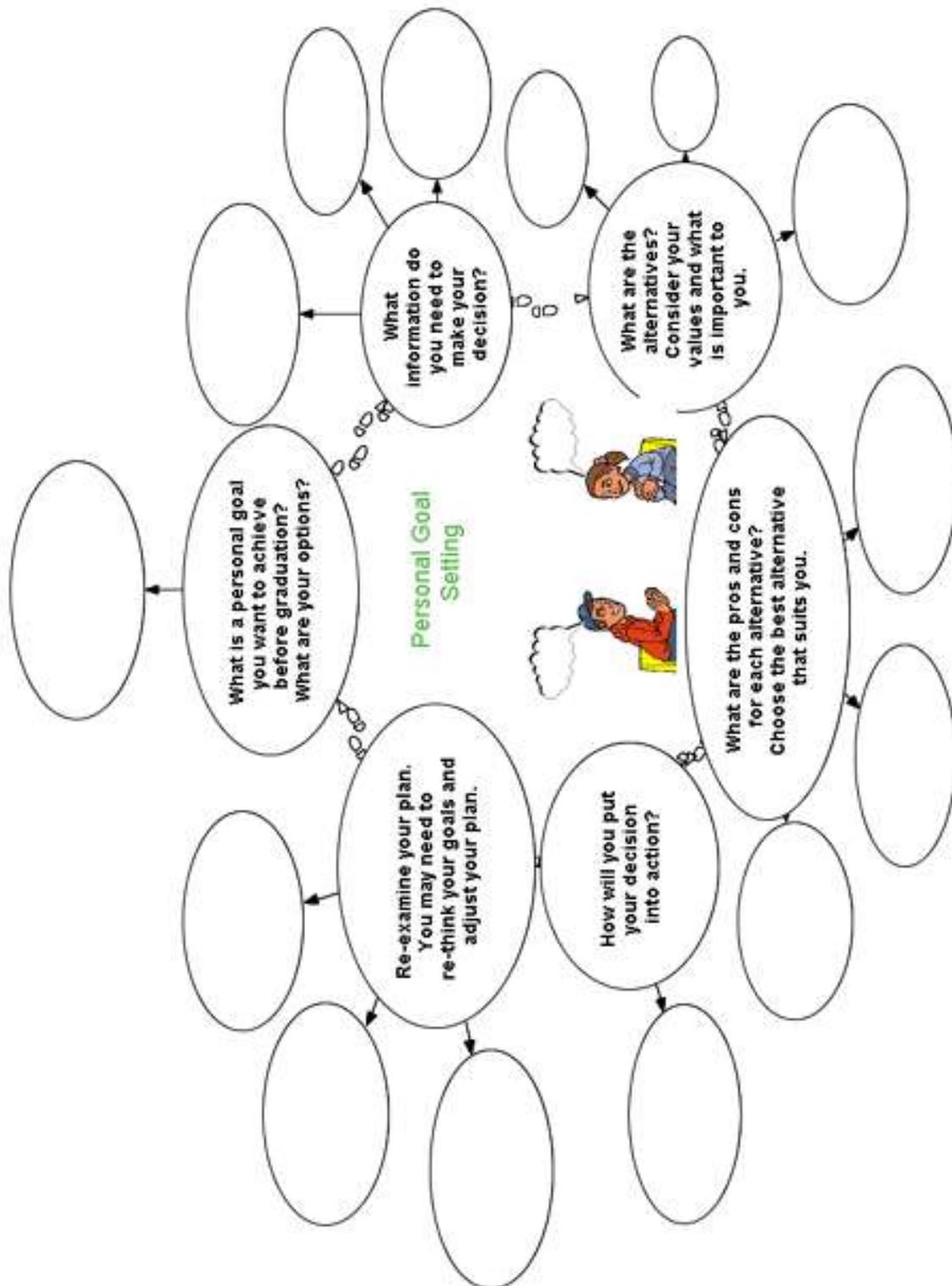
Threats are potential barriers that may slow you down (or even stop you) from achieving your goals, e.g., a lack of money for post-secondary education, a lack of training for the job you would like to enter right away, personal issues taking too much of your time, etc.

				
Lack of financial resources	Lack of effort, grades, diploma in high school	Family responsibilities	Lack of direction	Settling for less than you are capable of

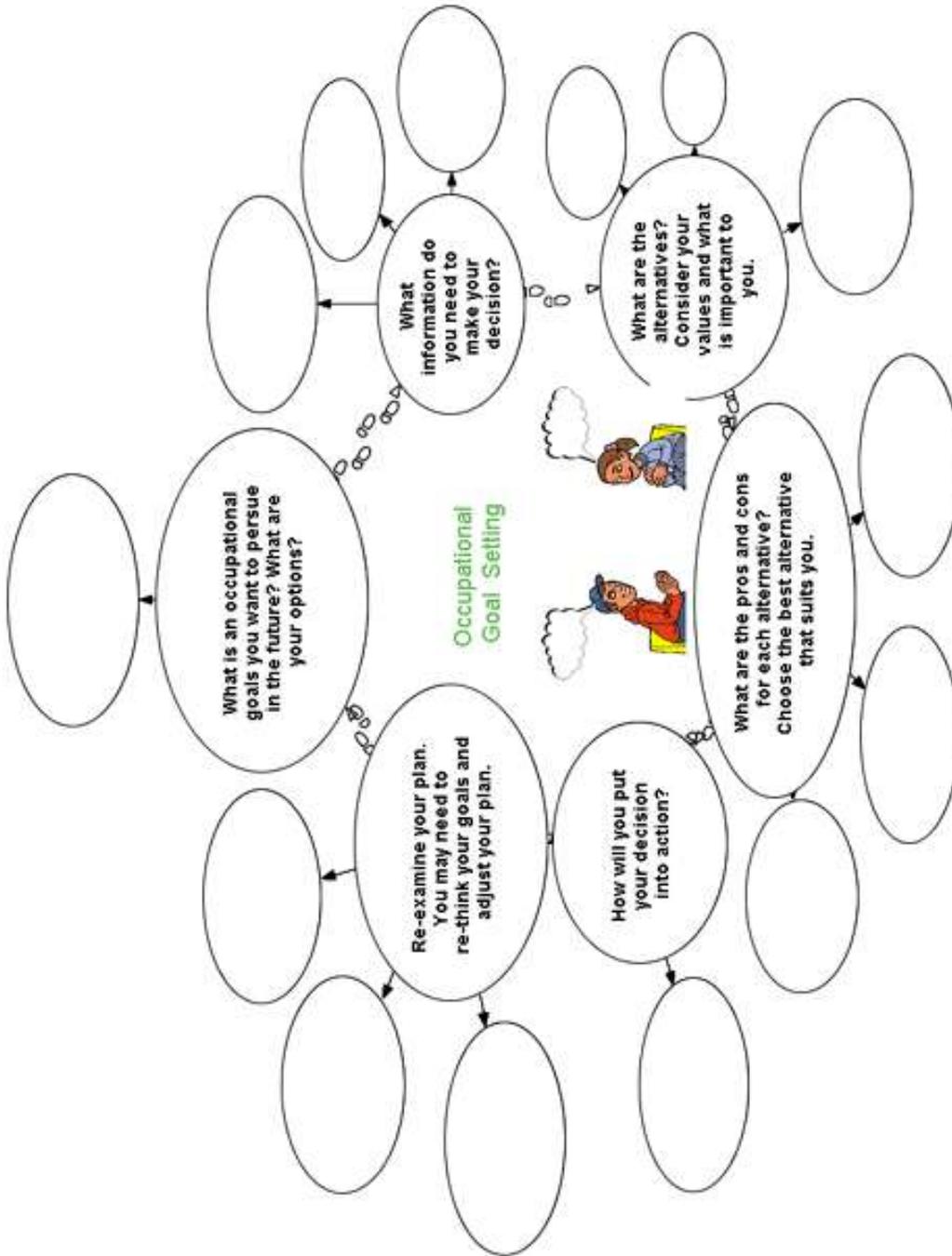
Activity – Complete all Steps of the Activity

NAME: _____

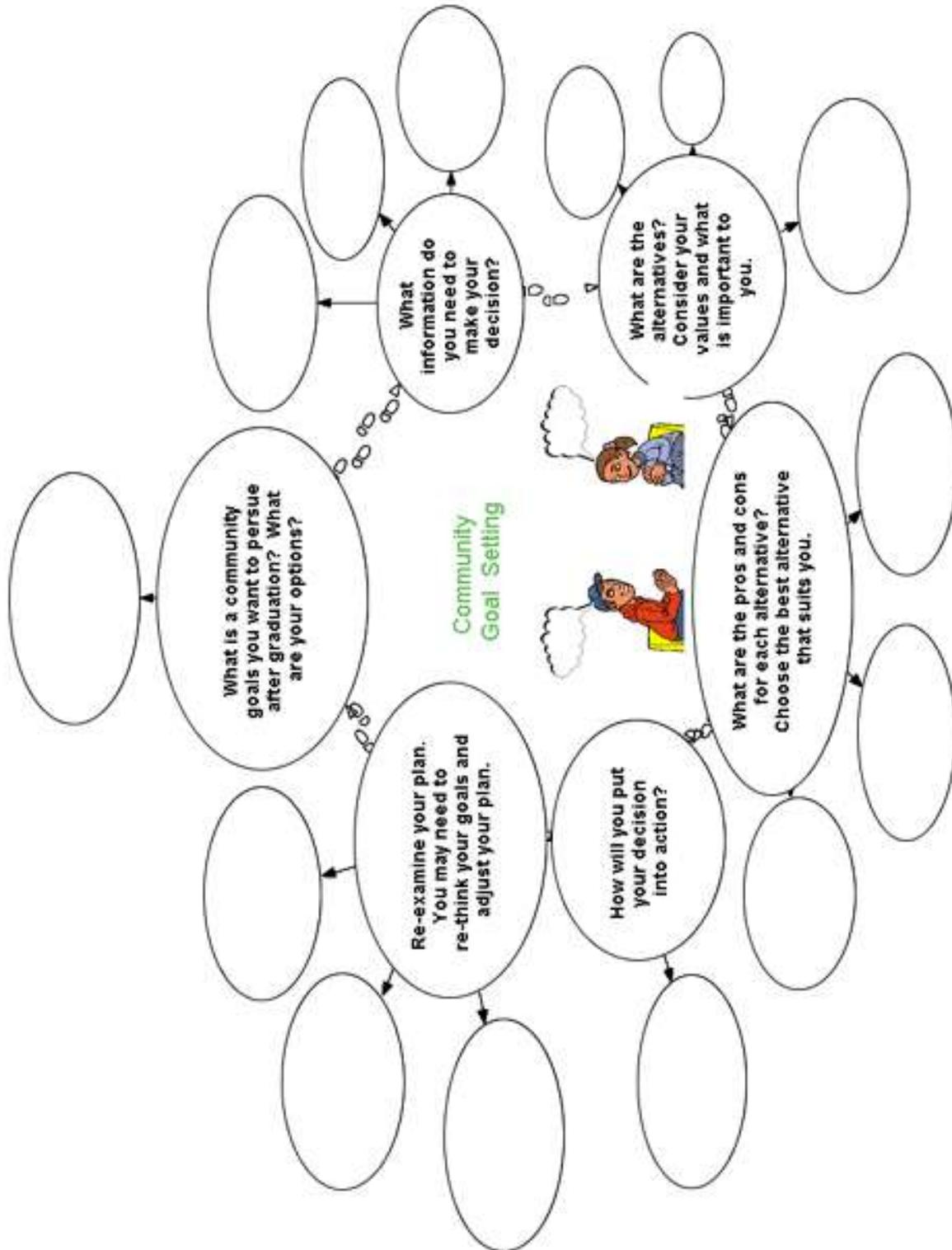
Step 1: Use the decision-making web to establish a personal goal that you want to achieve before the end of high school.



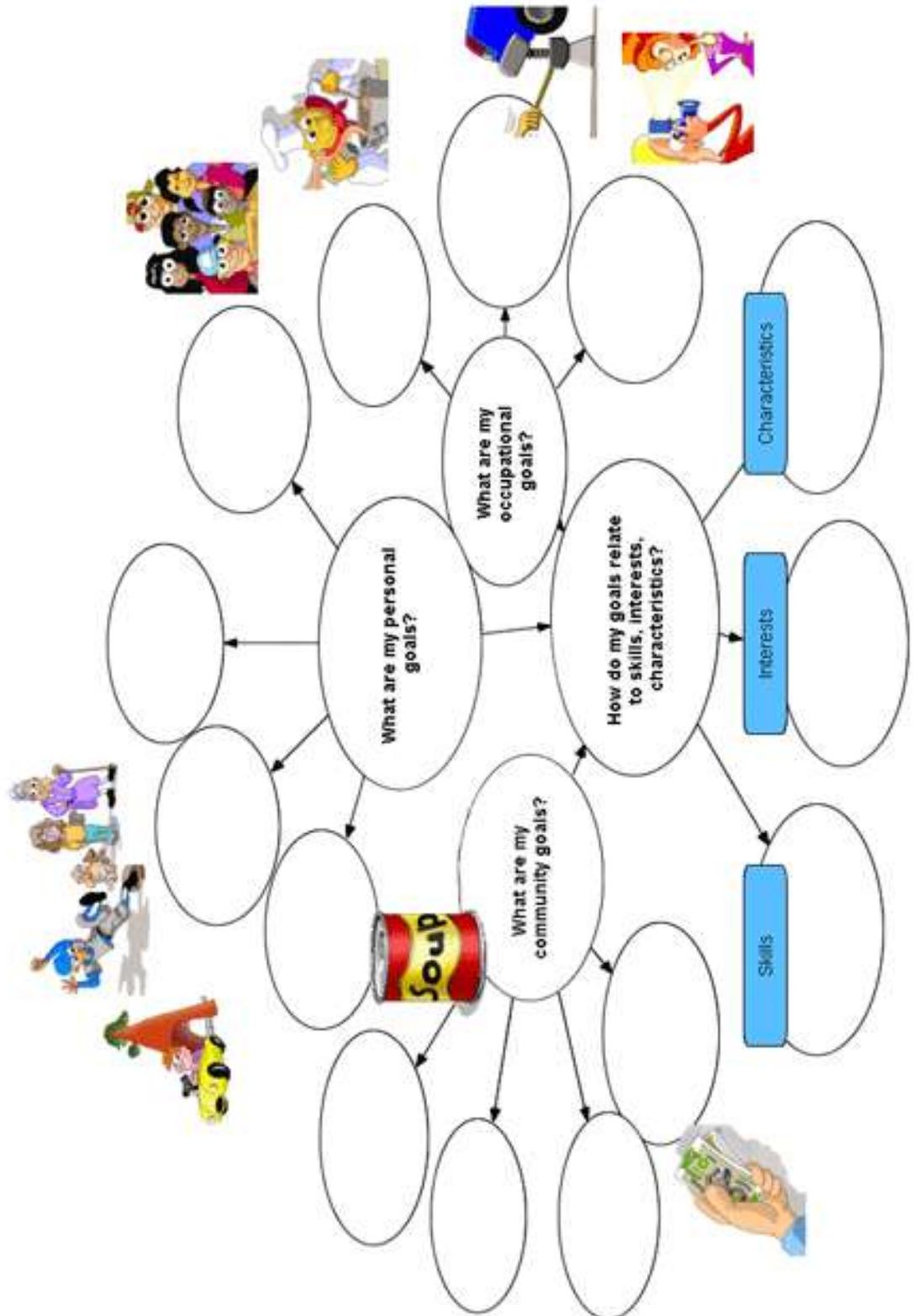
Step 2: Use the decision-making web to establish an occupational goal that you want to pursue.



Step 3: Use the decision-making web to establish a community goal that you want to achieve before the end of high school. You might want to consider the 40 hours of community service that you need to complete by the end of high school.



Step 4: Use the three completed webs to help you summarize how your personal, community, and occupational goals relate to your values, skills, and intelligences. Use this web summary to help you organize your ideas.



Rubric

Categories	Level 1 (50 - 59%)	Level 2 (60 - 69%)	Level 3 (70 - 79%)	Level 4 (80 - 100%)
Knowledge and Understanding Understands relationships between concepts related to the portfolio items and reflection ___/10	Demonstrates limited understanding of relationships between concepts	Demonstrates some understanding of relationships between concepts	Demonstrates considerable understanding relationships between concepts	Demonstrates thorough understanding of relationships between concepts
Thinking Use of critical and creative thinking skills to reflect. ___/10	Uses critical and creative thinking skills to reflect with limited effectiveness	Uses critical and creative thinking skills to reflect with some effectiveness	Uses critical and creative thinking skills to reflect with considerable effectiveness	Uses critical and creative thinking skills to reflect with a high degree of effectiveness
Application Transfer ideas to new contexts ___/10	Transfers ideas and skills to a new context with limited effectiveness	Transfers ideas and skills to a new context with some effectiveness	Transfers ideas and skills to a new context with considerable effectiveness	Transfers ideas and skills to a new context with a high degree of effectiveness
Communication Communication of information, ideas and experiences ___/10	Communicates information, ideas, and experiences with limited effectiveness	Communicates information, ideas, and experiences with some effectiveness	Communicates information, ideas, and experiences with considerable effectiveness	Communicates information, ideas, and experiences with a high degree of effectiveness

_____/40

COMMENTS