

GOALS

SEMINAR SERIES

PRESENTED BY:

WMHS COUNSELING DEPT.



○ Have you ever made a New's Year's Resolution?

- It's never too late to set a goal.
- Some people set goals at the start of a new year, but they are short lived.
- Ask someone in February how their resolution is going?



○ Want it? Or Need it?

Think about the *difference* between *wanting* something or *needing* something.

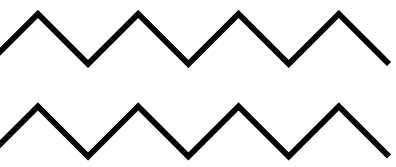
Examples:

I might want a pair of new shoes because the style is my favorite!

I might need a pair of new shoes because my feet grew, or my current shoes are worn out!

I need to pass my classes to graduate high school.





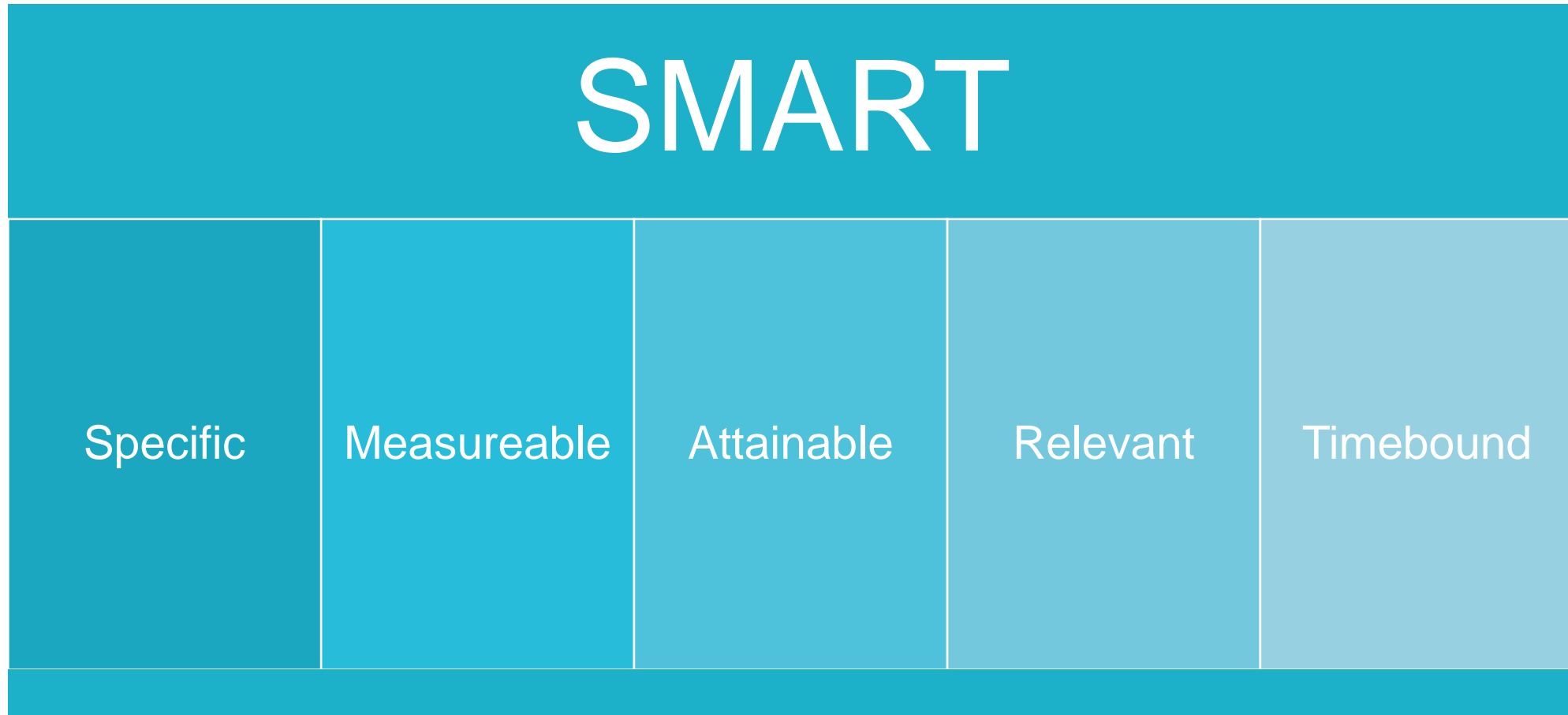
GOALS

CAN BE PERSONAL

CAN BE ACADEMIC



Getting Smart with your Goal



○ Specific

To get a bigger size shoe.

To take notes while reading American History chapter 5.

To walk 50 steps in between virtual classes.



○ Measurable

To get bigger size shoes before spring break.

To take notes while reading American History chapter 5 on Saturday morning.

To walk 50 steps between 3rd and 4th virtual classes.





Attainable

What are the action steps needed?

What resources or tools are needed?

Is it achievable?

Is it realistic?





Relevant

Is the goal important to you?

Is it something you are committed to achieving?

Are you willing to put time and energy toward this goal?





Timebound

When does your goal start and end?

What is your timeframe for achieving goal?

Is this considered short term, intermediate, or long-term goal?



Tips to keep on track with your goal

