



Setting Goals for Middle School and Beyond!



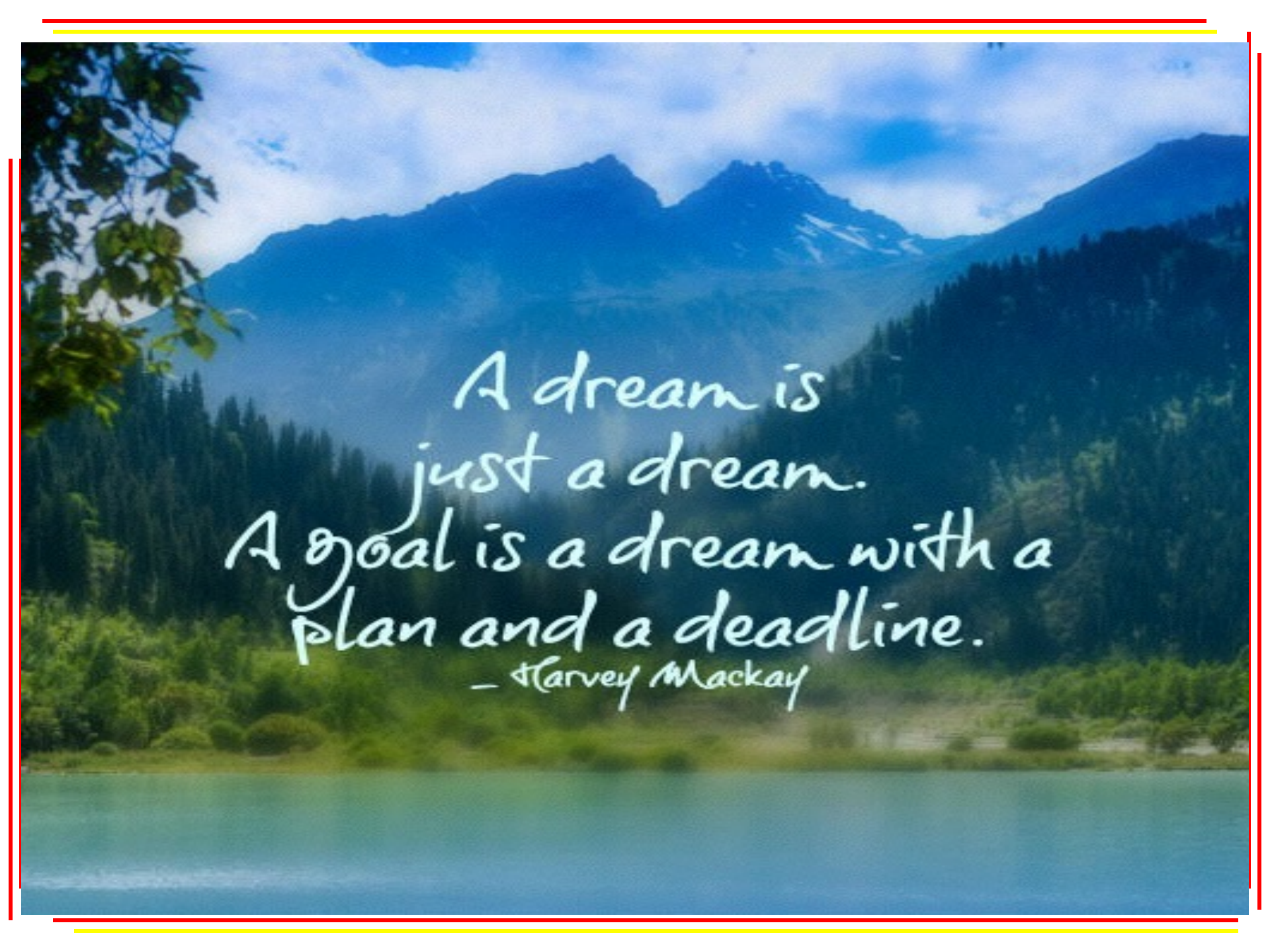
What Is The Difference Between:

- **Dreams (wishful thinking), and**
- **Goals?**



Dreams are visions of what we want.

Goals are our road map to making it happen – they take us from one point to the next.



A dream is
just a dream.
A goal is a dream with a
plan and a deadline.
— Harvey Mackay

In Order For Something To Be A Goal:



- It has to be important to you, personally
- Has to be within your power and actions to make it happen
- Must have reasonable chance of achieving
- Must be clear to you and have specific plan of action.

**Goals are dreams
with deadlines.**



Types of Goals

Set short-term goals

- Get tutoring in Math this quarter
- Attend peer tutoring to get help with homework
- Spend a minimum of one hour every night on homework and studying

Set long-term goals:

- Explore careers I am interested in
- Graduate from high school with good grades
- Go to college or get a job



S.M.A.R.T. GOALS



How to Set S.M.A.R.T Goals:

S -SPECIFIC

What, Why, How

- What are you going to do?
- Why – is this important to do at this time? What do you want to accomplish?
- How are you going to do it? (By doing....)



Poor Example: I will exercise more.

Good Example: I will walk for 30 minutes every day.

How to Set S.M.A.R.T Goals:



M- MEASUREABLE

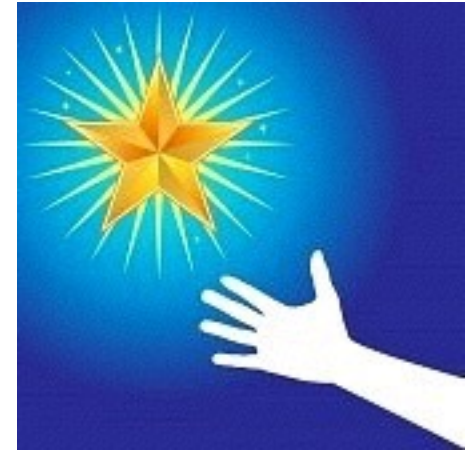
(How much, How many?)

- If you can't measure it, you can't manage it.
- You have to be able to see the change occur.

Ask Yourself:

- How much do I have to do?
- How many times do I have to do it?

A – ATTAINABLE
(within your reach)



Setting yourself up for success!

- A goal needs to make you slightly uncomfortable, so that you know it needs a real commitment from you.
- Facing and overcoming challenges will motivate you to move on to bigger challenges and more satisfying accomplishments.



R – REALISTIC
(Do-able, Not Easy or Ridiculous)

- Poor Example: I will not watch television
- Realistic Example: I will not watch television until my homework is done.

T – TIMELY

Set a timeline



Must have a set deadline:

- When do I want to have the goal accomplished?
- What steps to achieve my goal and keep me on track?

Extra Ideas:



- Write your goals on paper
- Tell your goals to others, they may be able to help, or keep you to the task
- Have a positive attitude
- Celebrate your successes!
- If you don't reach a goal, don't think of it as failure
- Don't be afraid to make mistakes
- Identify areas that need improvement
- Use your imagination... visualize!



dream

B I G

DREAM BIG....SET GOALS!

