

Online Course for Week #3

Name: _____

Read Chapter 3 in *Teens Can Make It Happen* to the end of the chapter on page 64.

Part I. Goals

1. Read the 8 guidelines for goal setting on pages 54-57. Then, give an example of a goal that 'excites you' as in guideline #4.

2. Give an example of a goal that you have that 'follows a logical progression' as in guideline #5.

3. My weakness in goal setting has always been breaking guideline #1 (being realistic) as I want to change things dramatically right away. These are some common goals that are not very realistic; rewrite these goals to be more realistic:

Example of an unrealistic goal: I want to be a doctor and know I need good grades, but I failed two classes last term, so I will make straight A's next year.

More realistic version: I will get a tutor so that I make at least a B+ average next term.

Example of an unrealistic goal: I will be a professional basketball player (but I'm kind of out of shape and really hate having coach yell at me).

More realistic version: _____

An unrealistic goal: I want to be a millionaire business owner (but I don't know what type of business I want to run and am not doing so well in school).

More realistic version: _____

What is one of your more unrealistic goals (or fantasies)? _____

What is a more realistic version of this goal? _____



Part II. Role Models and Mentors

From page 62, list at least 3 people who could provide wisdom, guidance, etc....

1. _____
2. _____
3. _____

Challenge: Contact someone who can serve as a model or mentor. Ask your Counselor for suggestions on how you could do this.