

Name: _____

Section: _____

Establishing Goals - Writing Assignment

Goal - an aim or purpose; desired outcome → an end

Objective - specific measures used to achieve a goal → a means to an end

As you begin to transition from adolescence to adulthood, it is important that you begin to clearly identify/determine your plan for the future. It has long been known that achieving a specific goal in life necessitates an individual to clearly articulate one's desires. Clearly identifying one's goals can allow an individual to determine and coordinate the behaviors or objectives necessary to achieve those goals. Additionally, it may also be helpful to establish how you will measure whether or not your goals and/or objectives have been achieved.

For this assignment you will take the time to write down your goals, objectives, and the means by which you will determine your success in attaining those goals. All of these aspects should be listed per the categories identified below and should consist of an elaboration for each, not just a quick listing. Understand that it is acceptable to have more than one goal for the categories (middle school, high school, post-high school) that you will be writing about. However, if you do have more than one goal for one of the categories, you should provide separate objectives and the means with which you will measure your success. The final product for this assignment should be typed and single-spaced.

The format for this assignment is as follows:

Middle School

- Goal
- Objective(s)
- How it will be measured

High School

- Goal
- Objective(s)
- How it will be measured

Post-High School

- Goal
- Objective(s)
- How it will be measured

An example for middle school has been provided for you on the reverse side of this paper. This is solely an example and you should reflect on what your goals are and not necessarily just take these. This assignment really requires you to identify what you desire in the future.

Middle School - Goal One

My first goal for middle school is to earn at least a "B" in science class. Science has been a class that I have struggled with in the past, but it has also been a class that I have enjoyed. Particularly, topics associated with Chemistry have really caught my interest, and I know we will be doing Chemistry this year.

Middle School - Objectives for Goal One

- Be sure to ask questions and seek help when I am having a difficult time understanding the topic.
- Try not to procrastinate on long-term assignments.
- Put effort into studying far in advance for quizzes and tests.
- Form study groups when preparing for quizzes and tests.

Middle School - How Goal One will be measured

- The grade I earn at the end of each quarter and at the end of the year will help determine if I successfully attained my goal.

Middle School - Goal Two

My second goal for middle school is to make the basketball team. Since there is no longer a sixth/seven and eighth grade team it has become much more challenging to make the team since there is a lot of competition and the number of available spots is few. I made it to "last cuts" in seventh grade and I am hoping that I can make it one step further this year.

Middle School - Objectives for Goal Two

- Continue to play on my travel basketball team and as often as possible with my friends to help my skills improve.
- Try to increase my athleticism by being active daily.
- Read a book about the technical aspects (drills, plays, etc.) of basketball and try them out.

Middle School - How Goal Two will be measured

- Whether I make the basketball team this year will determine if I successfully attained my goal.