

Reflection and Goal Setting: Student Worksheet

Goal: You will develop a SMART goal focused on gaining experience in a career of interest in order to connect your current efforts with future career aspirations.

Part I: Introduction – Bell Work

What have you learned about colleges and careers this year?

Now,

- Turn to an elbow partner and discuss what you have learned this year. What is the most important thing you learned?

Part II: Activity

1. Think about a goal that gives you experience with a career of interest before you leave high school. This could be a job, internship, or project.

Set a broad goal:

2. Now go through the chart below and add specificity, measurable results, instructions for achievement, the relevance this has to your college and career path, and the time table you will use to guide your actions.

| S.M.A.R.T. | Description |
|------------------------|-------------|
| S Specific | |
| M Measurable | |
| A Achievable | |
| R Relevant | |
| T Time-Based | |

3. Once your goal has been created, switch your SMART Goal with a partner and edit for clarity.
4. Log in to **CaliforniaColleges.edu** and go to **My Plan** and then **My Goals**. In the **Career Goals** section, enter your SMART goal for **prompt #1** (same as above):

“Create a goal that gives you experience with a career of interest before you leave high school. This could be a job, internship, or project.”

5. What are the first steps you can take towards your goal? If time allows, add those items to **My Tasks** and to any other personal planning tools you use.
6. Finally, take a few minutes to review your eligibility to apply to the California State University (CSU) or University of California (UC). Though the idea of college may seem far away right now, or you may not know what you want to do after high school, one of the most important things you can do is make sure you have options. Use the search bar and the keyword “a-g” in order to read **California Colleges Learn about “a-g”** and compare your classes so far to these subject requirements.

Part III: Reflect

- Go to **My Journal**, and in the **Career Journal** section, find **prompt #04**:
“What career or careers are you drawn to? What can you do during high school to prepare yourself for those careers? What college programs will help you reach your goal profession? Are you on track to go to the colleges that offer these programs?”
- Respond to the above prompt. Follow your teacher’s instructions if they assign a different prompt.