

Reflection and Goal Setting: Student Worksheet

Goal: You will develop a SMART goal focused on college applications in order to connect your current efforts with your college 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 discovered this year. What was the most important thing you learned?

Part II: Activity

1. Create a goal for your college applications – this may include when to finish them, how many to complete, or a reach school application.

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 **College Goals** section, enter your goal for **prompt #01** (same as above):

“Create a goal for your college applications – this may include when to finish them, how many to complete, or a reach school application.”

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.

Part III: Reflect

- Go to **My Plan** and then **My Journal**. In the **College Journal** section, find **prompt #01**:
“Are you ready to apply to college or other postsecondary opportunities? What else do you need to do to be ready? How will your senior year prepare you for life after high school?”
- Respond to the above prompt. Follow your teacher’s instructions if they assign a different prompt.