

Reflection and Goal Setting: Student Worksheet

Goal: You will reflect on their college and career insights, as well as your expectations for high school, in order to create a SMART goal focused on academic achievement during your first year of high school.

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. Set a goal involving your academic achievement during your first year of high school.
2. Using the space below, first, set a broad goal:

3. 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.

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

4. Once your goal has been created, share goals with a partner and edit for clarity.
5. Go to **My Plan** and then **My Goals**. In the **Academic Goals** section, find **prompt #01**:
“Set a goal involving your academic achievement during your first year of high school.”
6. What are the first steps you can take towards your goal? Discuss your plans with an elbow partner.

Part III: Reflect

- Go to **My Plan** and then **My Journal**. In the **Academic Journal** section, find **prompt #05**:
“What excites you about high school? What worries you? How will you keep yourself on track during your freshman year?”
- Respond to the above prompt. Follow your teacher’s instructions if they assign a different prompt.