

## Past and Future Me: Reflection and Annual SMART Goal: Student Worksheet

**Goal:** You will reflect on your career and college exploration this year in order to set a SMART goal that will contribute to the enhancement of your college applications.

### Part I: Introduction – Bell Work

What have you learned about colleges and careers this year? What do you think you should study in college?

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. Sign in to **CaliforniaColleges.edu**. Hover on **My Plan** and click on **My College Plan**. Look at your **College List**. Select one by clicking on the institution name (title). Review the factsheet and click on the **Degrees & Majors** tab. Review the list. Then, use the **Major Search Tool** to find the programs and majors you think match your interests.
2. To find the **Major Search Tool** hover on **College** at the top of the page and then click on **Major Search Tool**. Make sure to ♥ (favorite) at least five programs and/or majors.
3. Think of a goal that will make you a more desirable college applicant by the end of your sophomore year of high school. This may include new activities, new classes, or new community projects. Write your goal below.
4. Again, hover on **My Plan** at the top of the page and then click on **My Goals**. Select **College Goals** and find goal **prompt #1**. When you enter your goal, make sure it follows the SMART format.
5. What are the first steps you can take towards your goal? Add these specific steps to **My Tasks** on **CaliforniaColleges.edu**. Make sure to set realistic due dates.

### Part III: Reflect

- Go to **My Plan** and then **My Journal**. In the **Academic Journal** section, find **prompt #06**:  
*“What have you achieved in your first year of high school? Where have you tumbled or failed? How do you intend to do better next year?”*
- Respond to the above prompt. Follow your teacher’s instructions if they assign a different prompt.