

## Reflection and Goal Setting: Student Worksheet

### Goal

You will develop a SMART goal focused on career development in order to connect your current efforts with your professional aspirations.

### Part I: Introduction – Bell Work

What is next? How are you feeling? Write your initial thoughts and then discuss with an elbow partner.

### Part II: Activity

1. Create a goal to reach your desired profession within five years. This may include college programs, entry level jobs or internships, certifications, and/or networking.

First, 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 goal for **prompt #02** (save as above):

*“Create a goal to reach your desired profession within five years. This may include college programs, entry level jobs or internships, certifications, and networking”*

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 **Career Journal** section, find **prompt #01**:  
*“How can you mark this transition in your life in a meaningful way? Who can you thank? How can you make the next phase of your life impactful? What wisdom would you pass on to those just entering high school?”*
- Respond to the above prompt. Follow your teacher’s instructions if they assign a different prompt.