GOALS GALORE!
WHAT IS A GOAL?

Goal - something a person intends to accomplish
Why Set Goals?

Would you set out on a cross-country adventure without a road map?

Setting goals are like a road map
- Provide direction
- Focus on the important things
- Keep the end result in mind
**Types of Goals**

- **Short-Term** – can be accomplished within one year
  - Improving grades at school
  - Making the basketball team
  - Saving money to buy a new iPhone

- **Long-Term** – can be accomplished in more than one year
  - Attending college
  - Getting a great job
  - Buying a new car
Short-Term or Long-Term?

- Read your goal card
- Decide whether the goal is a short-term or long-term goal
- Read it to our class
- Explain your decision
Let’s Write a Goal:

- Grab a whiteboard and whiteboard marker or a pencil and paper/pen.
- What would be a good goal for a high school student?
- Write it down in your own words (leave enough space to edit later if needed).
SMART Goals

In order to set goals effectively, they need to be well written.

Edit the goal we wrote using these guidelines:

- Specific – State exactly what is to be done
- Measurable – Include how the goal can be measured (how will I know if I accomplished it?)
- Attainable – Determine steps to reach the goal
- Realistic – Do not set goals for something unrealistic
- Time Bound – State when the goal will be met

A SMART GOAL to help the homeless video
ENGINEERING A {TOOTHPICK} TOWER
SMART GOAL

○ Specific – State exactly what is to be done
  ● I plan to create a tower with marshmallows & toothpicks.

○ Measurable – Include how the goal can be measured
  ● I plan to create a tower with marshmallows & toothpicks, it will be freestanding & at least 6 inches tall.

○ Attainable – Determine steps to reach the goal
  ● I plan to create a tower with marshmallows & toothpicks, it will be freestanding & at least 6 inches tall. In order to create it freestanding I will make a strong base.

○ Realistic – Do not set goals for something unrealistic
  ● I plan to create a tower with marshmallows & toothpicks, it will be at least 6 inches tall & freestanding with a strong base.

○ Time Bound – State when the goal will be met
  ● I plan to create a tower with marshmallows & toothpicks, it will be at least 6 inches tall & freestanding with a strong base. It will take me 10 minutes to create and stand by itself for at least 3 minutes.
Let’s Rewrite Our Goal:

- **Specific** – State exactly what is to be done
- **Measurable** – Include how the goal can be measured
- **Attainable** – Determine steps to reach the goal
- **Realistic** – Do not set goals for something unrealistic
- **Time Bound** – State when the goal will be met
Education Goals

Help individuals prepare for success in the workplace

- Examples include:
  - Earning an A on an upcoming quiz
  - Attending college
  - Participating in extra-curricular activities

- Include both short-term and long-term goals
- Provide guidance and direction
- Enable individuals to reach financial goals
SMART Education Goal

- Goal – “I want to attend college.”

SMART goal –

- **Specific** – I want to attend a four year college.
- **Measurable** – Because I want to attend a four year college, I will earn a B in algebra.
- **Attainable** – Because I want to attend a four year college, I will earn a B in algebra this semester.
- **Realistic** – Because I want to attend a four year college, I will earn a B in algebra this semester to prepare me for the college entrance exam.
- **Time Bound** – Because I want to attend a four year college, I will earn a B in algebra this semester to prepare me for the college entrance exam when I am a junior in high school.
What is a Financial Goal?

- A goal that guides financial planning
  - Do you have enough money to buy a new pair of shoes?
  - How are you going to pay the membership dues for an extra-curricular activity you want to join?

- Financial goals help achieve both short-term and long-term goals

- Making decisions is easier when financial goals have been set
SMART Financial Goals

Goal – “I want to buy a new iPod.”

SMART Goal –

- Specific – I plan to save money for a new iPod.
- Measurable – I plan to save $100 for a new iPod.
- Attainable – I plan to save $100 for a new iPod by saving $20 from each babysitting job.
- Realistic – I plan to save $100 for a new iPod by saving $20 from each babysitting job and putting it into a savings account.
- Time Bound ??????
SMART Goals

How can setting SMART education and financial goals help a person reach future success?

- It is like following a road map
  - SMART goals provide direction
  - SMART goals allow a person to focus on important things
  - SMART goals help people keep the end result in mind