Long-Term Goal Planning

Objective
Develop an understanding of why planning is necessary to achieve personal, social, educational, and career goals.

Procedure
• Have students complete the “Long-Term Goal Planning” worksheet.
• Have individual students volunteer to discuss their goals and the importance of being able to identify them.

Performance Measure
Student completed worksheets: “Goal A: Short,” “Goal B: Mid,” “Goal C: Long.”

Grade Level: 9–12
Career Education Competencies
• Self-Understanding
• Significance of Work
• Interpersonal Skills
• Decision Making
• Leisure/Life Enrichment Skills

Related Academic Standards of Learning
English
9.2, 9.4, 9.6
10.7, 10.9
11.4, 11.7
12.4, 12.7

History and Social Science
11.8
12.15, 12.16, 12.17, 12.18

Applicable Tasks
Phase 1
8
Phase 2
2, 11
Phase 3
2, 8, 9

Activity taken from Career Education Activities: Grades 9–12, 1996. Fairfax County Public Schools; updated 2004

Notes/Resources
Teaching Guide: Setting and Achieving Goals
http://www.goodcharacter.com/BCBC/Goals.html

myGoals.com
http://www.mygoals.com
Select two or more goals in each group that are important to you. Write them below.

**Goal A: Short**  Goals that could be reached within the next year:

1. 
2. 
3. 
4. 

**Goal B: Mid**  Goals that could be reached in the next three years:

1. 
2. 
3. 
4. 

**Goal C: Long**  Goals that could be reached in the next five years:

1. 
2. 
3. 
4. 

**A PLAN OF ACTION**

From each category select one goal that is particularly important to you.

1. GOAL A: Short
2. GOAL B: Mid
3. GOAL C: Long

To reach any goal, you must have a plan of action. Even a hard-to-reach goal can be reached if you begin working toward it in increments. To help you understand this concept, complete a worksheet for each of the goals identified above under “A Plan of Action.”
Goal A: Short

**GOAL A: Short**  A goal that could be reached in the next year:

**GOAL A: Short**

Things I could do within the next month to begin working toward this goal:

____________________________________________________________________

____________________________________________________________________

____________________________________________________________________

Things I could do within the next three months to begin working toward this goal:

____________________________________________________________________

____________________________________________________________________

____________________________________________________________________

Things I could do within the next six months to begin working toward this goal:

____________________________________________________________________

____________________________________________________________________

____________________________________________________________________

Things I could do within the next year to begin working toward this goal:

____________________________________________________________________

____________________________________________________________________

____________________________________________________________________
Goal B: Mid

GOAL B: Mid  A goal that could be reached within the next three years

Things I could do within the next month to begin working toward this goal: _____________________________

_____________________________________________________________________

_____________________________________________________________________

_____________________________________________________________________

_____________________________________________________________________

Things I could do within the next six months: _____________________________

_____________________________________________________________________

_____________________________________________________________________

_____________________________________________________________________

_____________________________________________________________________

Things I could do within the next year: _____________________________

_____________________________________________________________________

_____________________________________________________________________

_____________________________________________________________________

_____________________________________________________________________

Things I could do within the next two years: _____________________________

_____________________________________________________________________

_____________________________________________________________________

_____________________________________________________________________

_____________________________________________________________________

Things I could do beyond three years: _____________________________

_____________________________________________________________________

_____________________________________________________________________

_____________________________________________________________________

_____________________________________________________________________
Goal C: Long

GOAL C: Long  A goal that could be reached within the next five years

Things I could do within the next month to begin working toward this goal: ______________________________

____________________________________________________________________________________________

____________________________________________________________________________________________

____________________________________________________________________________________________

Things I could do within the next six months: ______________________________

____________________________________________________________________________________________

____________________________________________________________________________________________

____________________________________________________________________________________________

Things I could do within the next year: ______________________________

____________________________________________________________________________________________

____________________________________________________________________________________________

____________________________________________________________________________________________

Things I could do within the next two years: ______________________________

____________________________________________________________________________________________

____________________________________________________________________________________________

____________________________________________________________________________________________

Things I could do beyond three years: ______________________________

____________________________________________________________________________________________

____________________________________________________________________________________________

____________________________________________________________________________________________