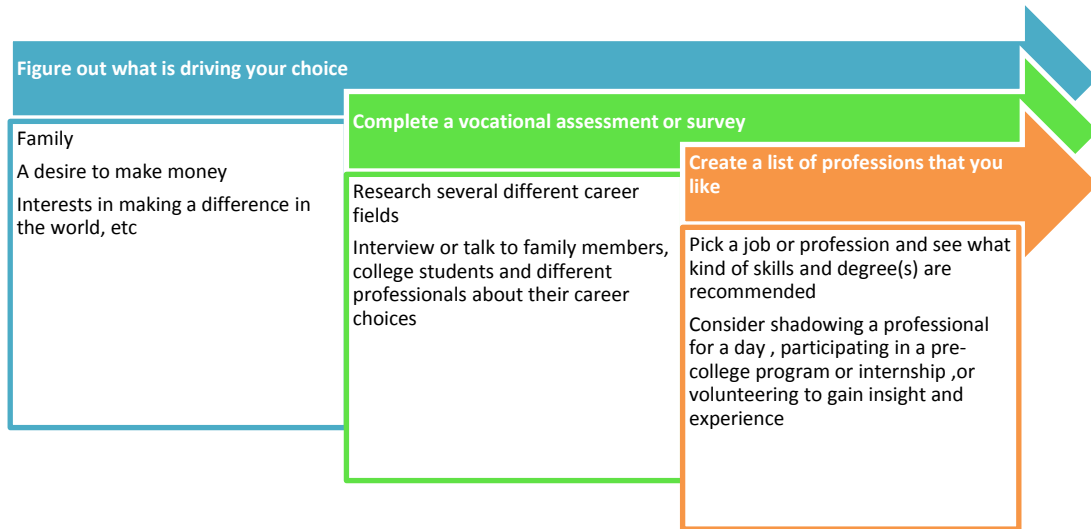


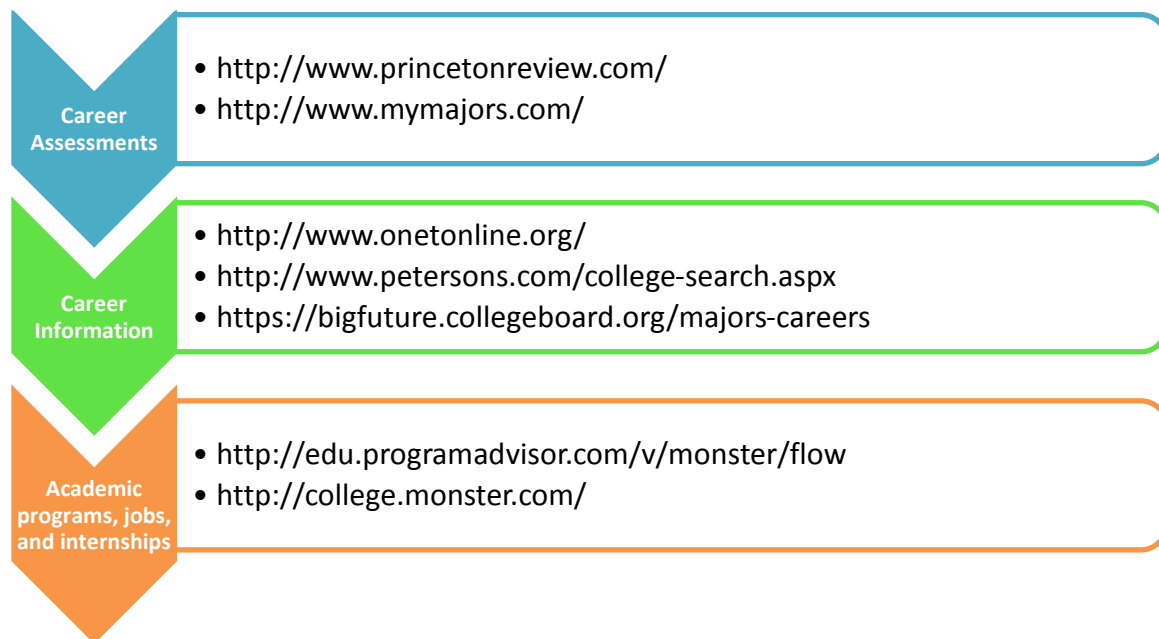
Finding Your Passion

When choosing a career, thinking about your life's passion, personal interests, and career aspirations is the first step! Your future is open. During the career exploration process you should try your best to....



Resources.....

Many websites offer valuable information and can allow you to explore different careers, jobs, college majors, skills and give you the opportunity to take career assessments and surveys.



S.M.A.R.T. Goals

Sometimes it is hard to focus on the details of everyday life and setting goals can make sure you don't lose sight of your larger, long-term goals. The process of setting goals allows you to take charge of your life as an individual and as a student. It also helps you to recognize your accomplishments and to appreciate your achievements!

What are S.M.A.R.T. Goals?

SMART stands for the characteristics of an effective goal: **S**pecific, **M**easurable, **A**ttainable, **R**ealistic, and **T**imely

S-Specific: What exactly do you want to accomplish? Asking yourself this question will help you measure if you have reached your goal. Ex: "I want to lose five pounds in one month" instead of "I want to lose weight"; or "I want to complete at least one career assessment by September" instead of "I want to know different career options".

M-Measurable: How will you know when you reached your goal? Establish ways that you can measure and see that you have completed your goals. Ex: I will research **3** acting programs by **September**. Identifying how many programs and an exact month for completion, makes this goal measurable.

A-Attainable: Do you have the resources to achieve this goal? When you find goals that are important to you, you begin to find out ways you can make them come true. Know your strengths and weaknesses. You can develop the attitudes, abilities, skills, and financial capabilities to reach your goals. Ex: You can decide that you want to improve your next math quiz grade by 5 points, and realize that you are poor in math. Thus, a decision to seek tutoring may make this goal attainable.

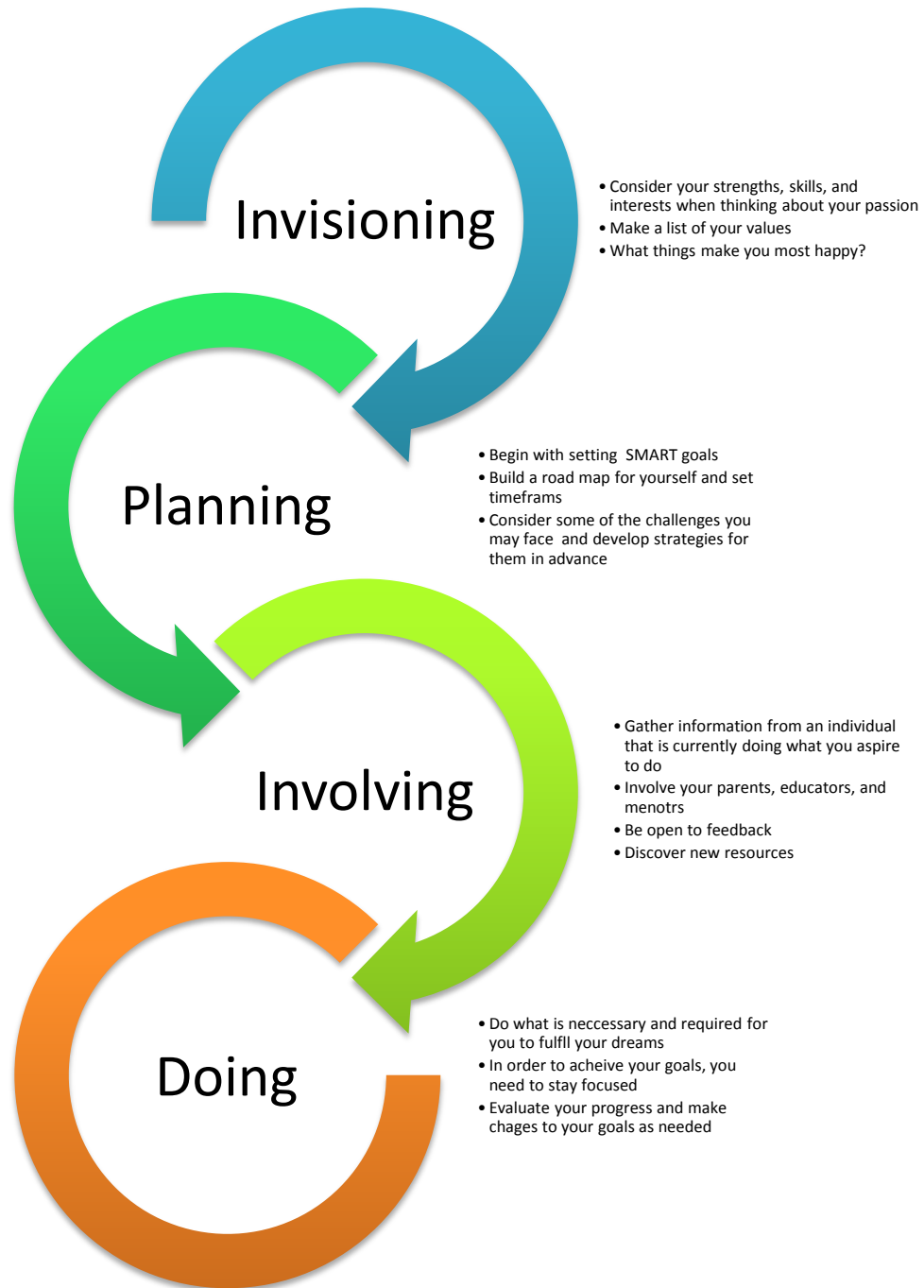
R-Realistic: Can you do this in the time given? Give yourself the opportunity to succeed by setting goals you'll be able to accomplish. Strive to reach a good middle-ground: goals set too high could discourage you, but goals set too low will fail to challenge and motivate you.

T-Timely: When will this goal be achieved? Decide exactly when you'll start and finish your goal. Goals are easier to measure, and your progress can be evaluate, if there is a set completion date.

Studies have shown that people who set goals for themselves are more likely to:

- Be happier and more satisfied
- Concentrate and remember more effectively
- Experience less stress and anxiety
- Demonstrate greater self-confidence
- Perform better and achieve more

The Path to Success



Personal SMART Goal Action Plan

Name _____

What is your long term career goal?

What is your educational goal (research what is needed to reach your career goal)?

You may have already discovered that doing well in life takes some work. List two things you can do immediately to help obtain your career and educational goals (for example, completing all your assignments, bringing up your grades in certain subjects, and/or sending college applications in on time).

1. _____ 2. _____

Skills

Every job requires a minimum set of skills. Write three specific skills that you will need in the future (for example, a musician will require the ability to read music)

1. _____ 2. _____ 3. _____

Keeping Your Commitment

In the world of work, when goals are set, employees are accountable for meeting them. Make yourself accountable for getting the education and skills you need to be successful. Remember to do your research, and to look for resources that can help you improve any weaknesses you may have. Keep this Personal SMART Goal Action Plan and evaluate your progress in six months. Ask yourself, "How am I really doing?" and then adjust your goals or set new ones to meet your plans for the future.