

G.A.P.S Presents

GOAL SETTING 101: COLLEGE EDITION



GARY ALUMNI PATHWAY TO STUDENTS





Attach Image Here



Welcome

~ Hometown:

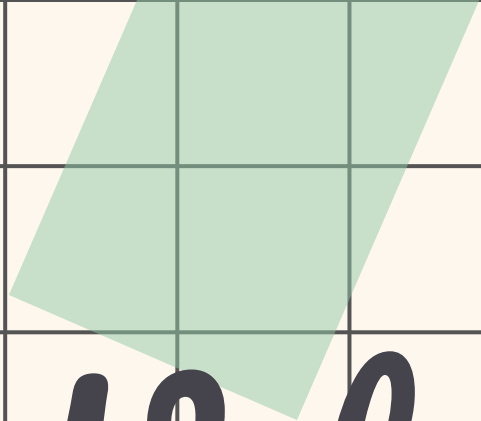
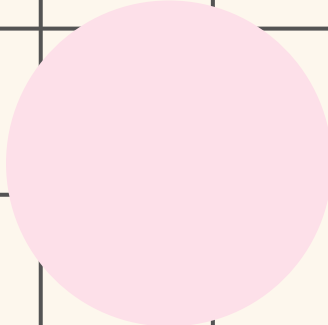
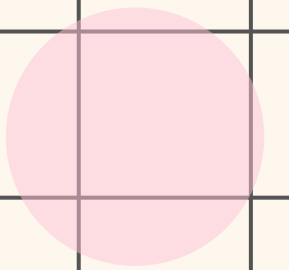
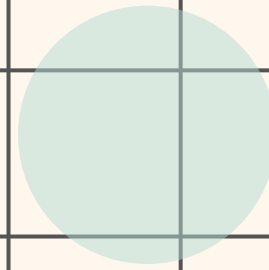
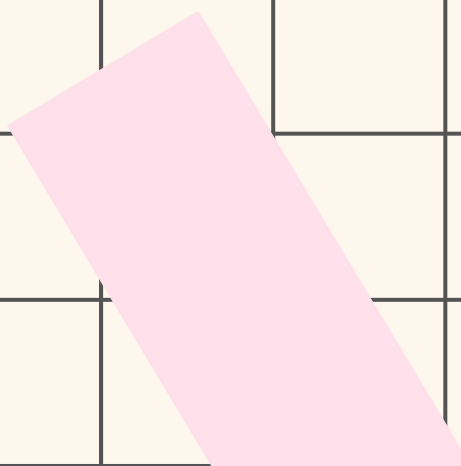
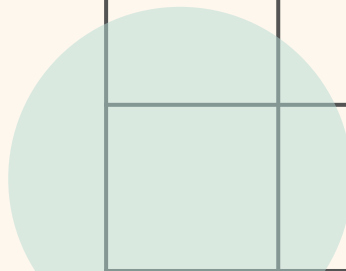
~ Highschool:

~ Institution:

~ Major:



Your Name





Goal Setting 101:

Goal Setting:

Definition:

Goal-setting is the process of taking active steps to achieve your desired outcome.

Remember!!

Everyone has dreams. Each one of these dreams involves setting and reaching small and big goals.

Why is it important?

- Enhances motivation
- Evaluate progress
- Offers challenges
- Improves time management

Writing down your goals can be a powerful tool on your journey to personal and professional development. Goals provide direction and motivation, and writing them down can help you identify what's important to you and which direction to focus on to achieve them.

YAY!

MAKE IT HAPPEN

A spiral-bound notebook with a brown cover and a light blue background. The notebook is open to a page with a large, hand-drawn star shape in the center. The star is filled with a light yellow color and has a pink outline. Inside the star, the text "Tips & My Goals" is written in a black, cursive font. The notebook has a green spiral binding on the left side. The background is decorated with various colorful shapes: a pink triangle in the top left, a green rectangle in the top right, a pink circle in the middle right, a teal star in the middle right, a pink star in the bottom left, a green rectangle in the bottom left, and a pink rectangle in the bottom right.

Tips
&
My Goals

TO DO list

It is very important to write down your goal, action steps and target date.

Use the positive, action-oriented words- **I can** and **I will** in your goal statement and with your action steps

Read your goals everyday !

Stretch your abilities

Put in the work. It won't be easy but the challenges you face should be your motivation.

The FOUR key questions

Goal

What do I want?

Write down the goal you want to achieve.

1.

Challenge

Why do I want it?

Define the desire or challenge facing you.

2.

Action Steps

How will I get it?

Your specific action plan to reach your goal.

3.

Target Dates

When do I want it?

The completion date to reach your goal.

4.

My Goals

Goal 1

I will graduate top 5 of my graduating class with academic honors.

Goal 3

I can get my degree in political science. Then from there, **I will** go to law school to become a corporate lawyer.

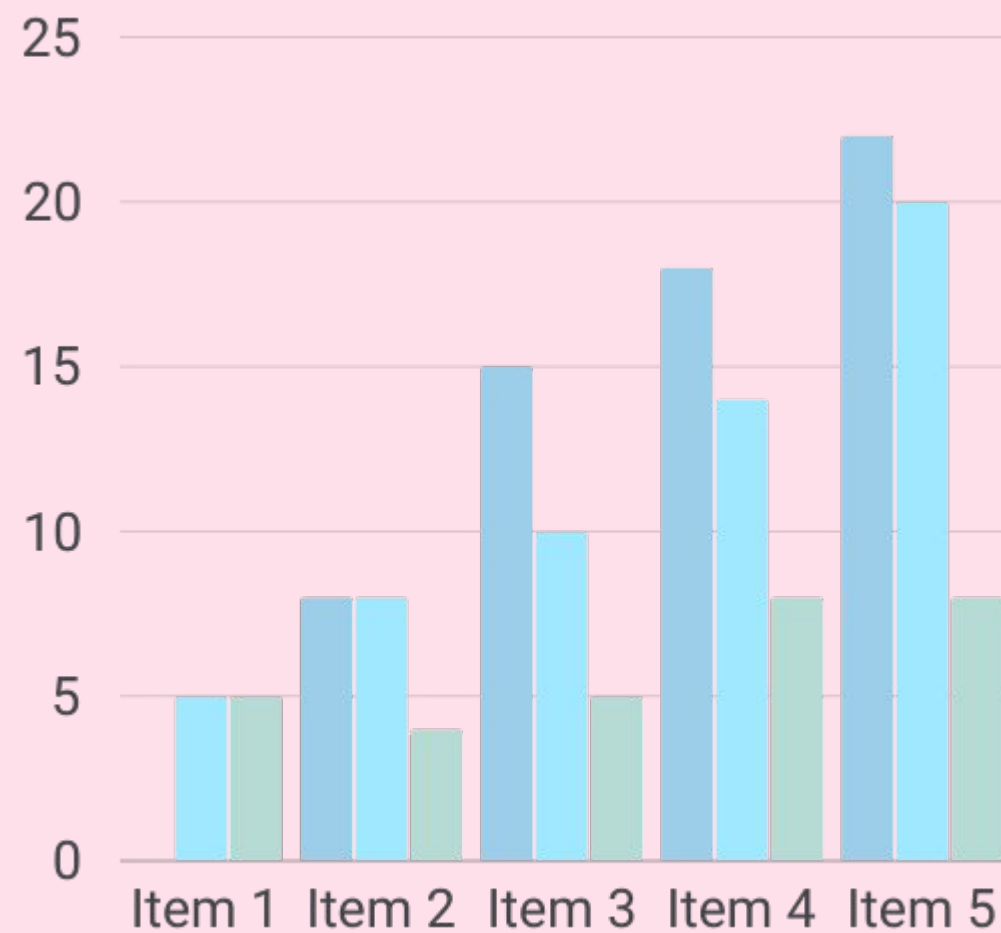
Goal 2

I can get accepted into 25+ colleges.

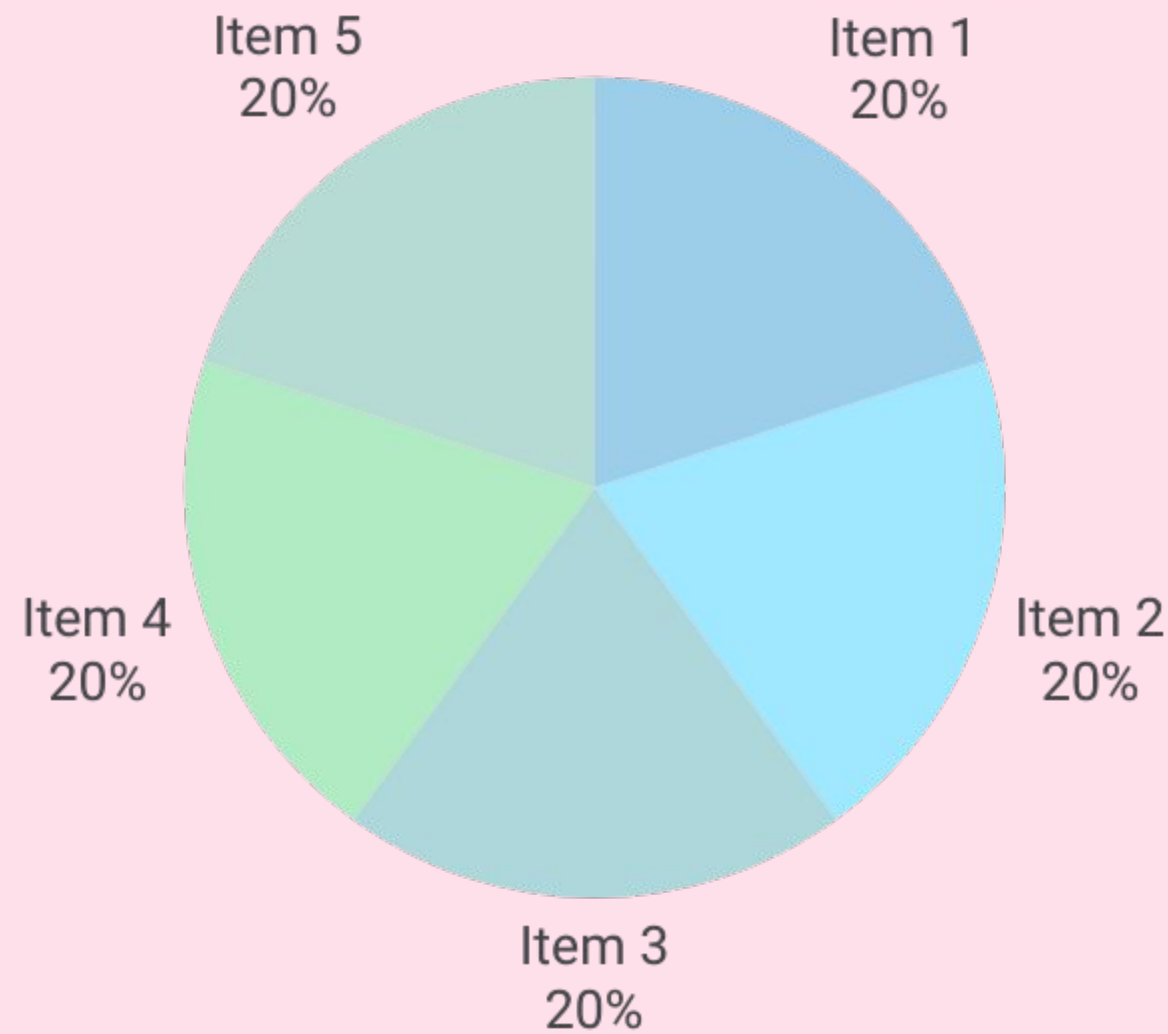
Goal 4

I will become successful in my career and be financially stable.

Yearly, Monthly and Day by Day Progress



Graphs



Pie Charts

Check your progress

Track all of the things your doing to reach and achieve your goals. From completing assignments on time, procrastinating, your mental health and etc. This can make achieving your goals more fun for you and makes the challenge worth it in the end.

Tools you can use:

- Vision boards
- Daily Planners
- To do list
- Graphs
- Pie charts

Dreams

vs.

Goals

Goal setting is like an arrow.

You may want to hit the target, but if you don't take action - *shooting the arrow* - you only have a dream.

The difference between a dream and a goal is *action*.

SELF CARE

REMEMBER!

YAY!

Questions?

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