



UNIT 6: CAREER GOALS

Lesson 6.1: Setting Goals

Objectives

Students will:

- Explain the difference between short-term goals and long-term goals.
- Identify career goals that match personal interests.
- Discuss the ability to set, monitor, and achieve clearly defined goals.
- Develop a career goal plan that can be monitored and adjusted as needed.

Vocabulary

short-term goal, long-term goal, career goal, personal goal

Engage (5 minutes)

BABY STEPS OR AIM FOR THE STARS?

Ask students to spend two minutes and individually answer the following question:

- When you take on large tasks in your life, do you prefer to set baby-step goals or aim for the stars and set lofty objectives?

Explain to students that the choice they made was essentially a choice between the setting of **short-term goals** (baby steps) or **long-term goals** (aim for the stars).

short-term goal: an objective to be achieved over or involving a relatively short period of time

long-term goal: an objective to be achieved over or involving a relatively long period of time

Show students how the main difference between short- and long-term goals is time span. Then explain the difference between a **career goal** and a **personal goal**, acknowledging that both could have short- or long-term goals.

career goal: an objective to be achieved in a profession or permanent occupation

personal goal: an objective to be achieved in your life, typically involving lifestyle, family, or friends

Explore (5 minutes)

GOAL SETTING



Arrange students in a wide circle. Explain to students that the goal of this activity is to answer quickly, moving around the circle clockwise, with the aim of moving around the entire circle as many times as possible in the time allotted. Ask students:

- Can you identify a personal interest of yours that would coincide with a career goal?
 - *I like storytelling; one of my career goals would be to attend the local university's film school.*
 - *I am interested in political causes; one of my career goals is to volunteer with a local political club or organization.*

Point out that personal interests *should* coincide with your career goals.

Elaborate (15 minutes)

PLANNING FOR YOUR CAREER

Explain to students that a useful skill in careers (and life in general) is to set and achieve goals, one after the other. Point out that achieving goals depends greatly on how and what goals are set. It also depends on how well you monitor your goals to ensure achievement.

Each goal needs to be: 1) set, 2) monitored, and 3) achieved or adjusted.

Conduct a 2-minute quick write where students, in pairs, answer the following question:

- How can goals be successfully monitored?
 - *Establish a set schedule for reviewing progress*
 - *Document progress in some concrete way (a whiteboard, a notebook, etc.)*
 - *Divide goals into subgoals, or milestones.*

Ask for a few pairs to share their answers. Debrief the discussion by highlighting one way to monitor goals: setting a schedule to review progress.

Assign the 6.1 Setting Goals Formative Worksheet where students will review the lesson concepts until this point.

Evaluate (25 minutes)

Assign Project 6.1 Career Goal Planning to be completed by students individually.

Resources

INSTRUCTOR

Project 6.1 Career Goal Planning Instructor Guide
6.1 Setting Goals Formative Worksheet KEY

STUDENT

Project 6.1 Career Goal Planning



6.1 Setting Goals Formative Worksheet

Lesson 6.1 References

INVESTOPEDIA, 5 LIFESTYLE GOALS—AND THE CAREERS THAT COMPLEMENT THEM
<https://www.investopedia.com/financial-edge/0111/5-careers-that-fit-your-lifestyle-goals.aspx>

INVESTOPEDIA, GOAL SEEKING
<https://www.investopedia.com/terms/g/goal-seeking.asp>



UNIT 6: CAREER GOALS

Assignment 6.1: Setting Goals Formative **KEY**

Objectives

Students will:

- Explain the difference between short-term goals and long-term goals.
- Identify career goals that match personal interests.
- Discuss the ability to set, monitor, and achieve clearly defined goals.

Directions: Answer the following questions about the concepts discussed in this lesson.

1. What is the main difference between short-term and long-term goals?
 - a. Short-term goals involve lifestyle choices
 - b. Long-term goals are achieved over a short period
 - c. Short-term goals involve a relatively long period
 - d. Long-term goals involve a relatively long period
2. What is a career goal?
 - a. An objective achieved over a short period related to family and friends
 - b. An objective achieved over a long period related to lifestyle choices
 - c. An objective achieved in a profession or permanent occupation
 - d. An objective achieved in a temporary job position
3. True or False: Both short-term and long-term goals can be career goals or personal goals. **TRUE**
4. Why is it important to set and achieve goals one after the other?

Setting and achieving goals one after the other is important because it allows individuals to maintain focus, prioritize tasks, and build momentum. This sequential approach helps in creating a clear path towards overall success and prevents feeling overwhelmed by trying to achieve multiple goals simultaneously.

5. Name one way to successfully monitor your goals.

One way to successfully monitor goals is by documenting progress in some concrete way, such as maintaining a goal journal, using a goal-tracking app, or creating a visual representation like a whiteboard to keep track of accomplishments.



6. Which of the following is NOT a method to successfully monitor goals?
 - a. Establishing a set schedule for reviewing progress
 - b. Documenting progress in some concrete way
 - c. Dividing goals into subgoals or milestones
 - d. **Setting goals without a plan**

7. True or False: Documenting progress is an essential part of monitoring goals. **TRUE**

8. Why is it beneficial to divide goals into subgoals or milestones?

Dividing goals into subgoals or milestones makes them more manageable and achievable. It allows individuals to track progress more effectively, provides a sense of accomplishment as each subgoal is met, and provides an opportunity to make adjustments if necessary.

9. In order, what are the three key steps to achieving each goal?
 - a. Monitoring, setting, adjusting
 - b. Achieving, adjusting, setting
 - c. **Setting, monitoring, achieving**
 - d. Adjusting, achieving, monitoring

10. What is the significance of establishing a set schedule for reviewing progress?

Establishing a set schedule for reviewing progress helps individuals stay on track and accountable. Regularly assessing one's advancement toward the goal allows for timely adjustments, reinforces motivation, and provides an opportunity to celebrate successes along the way.