

Name: _____

Date: _____

Class: _____

EXERCISE *Information Integration and Goal Setting*

As a step in confirming your career and academic goals, complete the form below.

Long-range career goal: _____

Present short-range career goal (one- to five-year goal):

I look forward to *majoring* in _____

so that I can become _____

because I *value* _____

and my *interests* include _____

and this career would allow me to _____

Summary of strengths and areas to improve related to goal:

Personal strengths:

Personal areas need to improve:

Favorable external conditions related to career choice:

Unfavorable external conditions related to career choice:

Strategies to reach goal:

Resources available to help reach goal:

Alternative short-range career goals that would be equally satisfying: _____

Training needed to enter this career alternative: _____
