

Pathways Lesson:

Setting Goals

OBJECTIVE:

Upon successful completion, students will be able to identify career goals and develop action plans.

CAREER PREPARATION LEARNING RESULTS MET OR PARTIALLY MET:

- Demonstrate an understanding of the relationship between the changing nature of work and educational requirements.
- Use a career planning process that includes self-assessment, personal development, and planning as a way to gain initial entry into the workplace.

SKILLS Enhanced:

Self-evaluation, planning, and organization.

Materials:

Pathways website. www.csun.edu/pathways

1. **Plan your Future** Module: Make Decisions and Set Goals > Design Your Own Goals
2. **Explore Occupations** Module

TIME REQUIRED: 1- 2 class periods

LESSON PROCEDURE & INSTRUCTIONS:

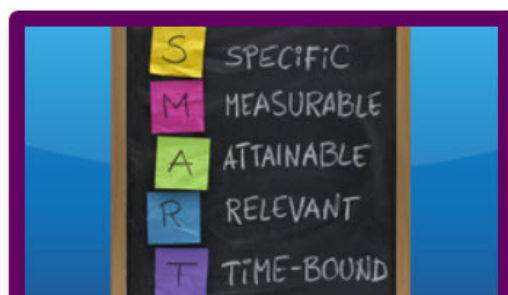
1. Using content in the **Plan your Future** Module: Make Decisions and Set Goals > Design Your Own Goals: Introduce topic and discuss importance of goal setting.
2. Review *SMART Goal Setting*. Go over the characteristics of an effective goal-setting strategy.
3. When students are clear on SMART principles, have them share some of their goals with one another or with the group.
4. Refer students to the *SMART Goals Worksheet*. Instruct students to choose **one** goal from their first list and write it at the top of this worksheet. Have them work individually to fill in the rest of the worksheet, describing the steps to achieve their goal, where they are now, and the potential obstacles and solutions. Share with one another or with the group.
5. Have students visit the Explore Occupations Module
6. *Optional: some students may want to go online to investigate job opportunities as a first action step for one of their career goals.*
7. Occupational research: Follow-up can be an online discussion, class discussion, or career essay.

ASSIGNMENT/s:

Complete the worksheets in class or as a homework assignment.

SUGGESTED FOLLOW-UP:

Set a time three to six months later to review goals and action plans and update as needed.



SMART Goals

Success is easier if you follow the SMART model of goal setting. When you plan your steps wisely and establish a timeframe that allows you to carry out those steps, you are more likely to achieve your academic, career, and personal goals.

For more information, contact:

Nyla Jolly Dalferes, CSUN Career Center, 818-677-3079, nyla.dalferes@csun.edu