

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:** \_\_\_\_\_

\_\_\_\_\_