

CREATE YOUR FUTURE WITH COLLEGE BOUND



GOAL SETTING EDUCATOR NOTES

Goal

Students will set a goal for the year and break down the goal into smaller steps

Instructions

1. Use discussion questions to have students think about why goal setting is important. Share what you have learned from setting goals.
2. Have students brainstorm what is a goal they have for this year. Encourage them to share with you or their peers that are in the classroom.
3. Pass out the goal-setting worksheet. If students are College Bound students, encourage them to consider incorporating the College Bound Pledge (shared in the worksheet) in their goals.
4. Have students fill out the goal-setting worksheet, reminding them to use the SMART goals framework to write their goals.

Discussion Questions

Utilize these discussion questions when talking to students about goal setting.

- When was the last time you set a goal? What did you learn from that experience?
- What is something you want to accomplish this year?
- What are ways to hold yourself accountable to the goals that you set?

Complimentary Materials

Pair this worksheet with the College and Career Knowledge chapter 2: Getting ready. This chapter focuses on graduation requirements, choosing classes, what activities to pursue, and more!

- [Chapter 2: Getting Ready](#)
- [Entire College and Career Knowledge Materials](#)

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EDUCATOR NOTES

Complimentary Materials

Pair this worksheet with the College and Career Knowledge chapter 2 on getting ready for postsecondary pathways after high school

- [Chapter 2: Getting Ready](#)
- [Complete College and Career Knowledge Materials](#)

Other College Bound Resources:

·Student College Bound FAQs

- [FAQs in English](#)
- [FAQs in Spanish](#)

[Order Free College Bound Materials](#)

[College Bound FAQs for Counselors and Staff](#)

[College Bound Portal Bulk Update tool FAQs for Staff](#)

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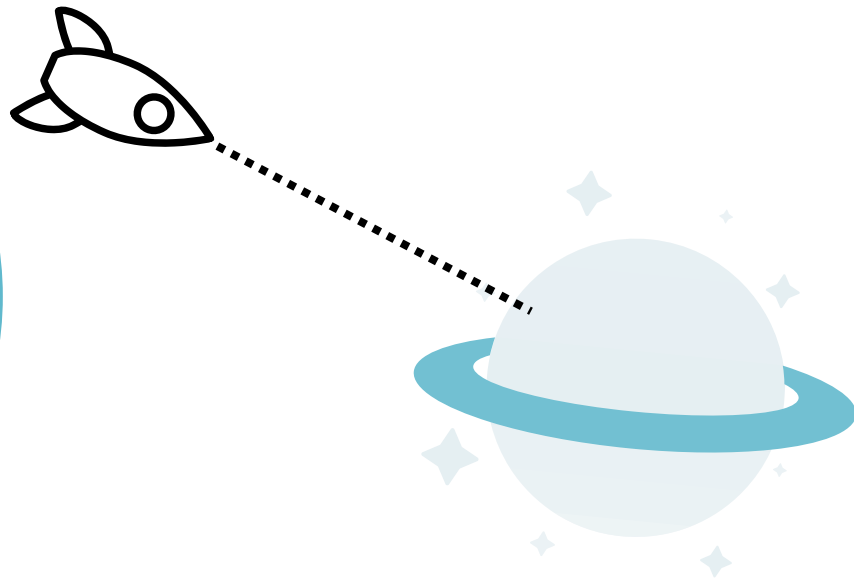


GOAL SETTING

High school is an exciting time to explore and learn more about yourself! You may find yourself wanting to set goals for a successful year, or to prepare for steps after high school! Setting big goals may seem daunting, but breaking down your ultimate goal into smaller steps may help you feel more prepared for the journey ahead.

Set Goals

Begin with writing a one-year goal. Ask yourself, what is something you want to accomplish by the end of this year? Then, think about your one week, one-month, and six-month goals as stepping stones for that one-year goal. When writing your goal, keep the SMART goal questions in mind.



SMART goal checklist:

Using the SMART framework is useful when goal setting to ensure that you are setting an effective goal. Use this checklist below to evaluate your goal.

Make revisions to your goals as needed.

- S** Is the goal specific? (detailed, not general or vague)
- M** Is the goal measurable? (includes some quantity or element that can be measured)
- A** Is the goal attainable? (ambitious, but reasonable)
- R** Is the goal realistic? (a person is willing and able to do the work involved with this goal)
- T** Is the goal time-phased? (establishes a time-frame for accomplishing this goal)

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Not sure where to start? Here are some ideas:



By your senior year,
have a specific grade
point average

Fill out the
FAFSA/WASFA by a
specific date during
your senior year

Apply to a specific
number of schools
during your senior
year of high school



TIP

College Bound Students – Keep the College Bound pledge in mind as you are making your goals to ensure you maintain eligibility for this opportunity!

What is the College Bound Pledge?

As a part of the College Bound sign-up process, students pledge to do the following:

- Graduate from a Washington state high school or homeschool program. Students must graduate with a cumulative 2.0 GPA if they plan to attend a four-year public or private college directly after high school. Beginning fall of 2023, there are no GPA requirements for students who plan to attend a community college or technical school (CTC). **Confirm with your school if your district requires a certain GPA to graduate.**
- Get accepted to and go to one of the over 65 participating colleges, universities, or programs within one year of graduating high school.
- Have no felony convictions.
- Complete a financial aid application form, the FAFSA (Free Application for Federal Student Aid) or the WASFA (Washington Application for State Financial Aid) beginning their senior year and meet income requirements.

Visit wsac.wa.gov/college-bound for more info!

SET YOUR GOALS

Instructions:

Using the worksheet below, write down a goal that you have for this year. Once you have your goal, break it down into smaller goals! This will help your annual goal feel more realistic. Where do you want to be with your goal in one week? In one month? In 6 months? Talk to someone about your goals!

My goal for this year is to...

Consider writing down your High School And Beyond Plan goal!

Ask your counselor if you do not know your High School and Beyond Plan goal.

- S Specific**
- M Measureable**
- A Attainable**
- R Realistic**
- T Timebound**

Now, let's break down your overarching goal into smaller steps!



In one week, my goal is to...

In one month, my goal is to...

In 6 months, my goal is to...

Think of your future education goals.



Brainstorm: How can College Bound and other state and federal financial aid support your goals?

QR CODES

wsac.wa.gov/college-bound



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