

# GLC20 Unit 3: Preparations for Change

## Activity 2: Targeting Your Goals

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### Overview

Have you ever had a really important decision to make and didn't know where to begin? When you make your decisions, do you leave it up to chance and hope for the best? Making the right decision is not always easy. There are always things that you need to consider, alternatives that need to be weighed, a plan that must be developed, and action that must be taken.

### Lesson

#### *Targeting Goals*

There are different types of goals that we think of pursuing. There are time constraints that you want to give yourself when pursuing a goal. **Short-term** goals are more immediate and can be achieved next week or next month. **Medium-term goals** need some time to pass before they can be achieved. **Long-term goals** are in the more distant future, such as post-secondary opportunities and career goals. Read the following personal, community, and occupational goals, and consider the goals that you want to set for yourself.

#### *Personal Goals - deal with your religious faith, yourself, family, friends and others*

- make time for God
- become part of a sports team
- work out
- help out with family responsibilities
- save money
- organize your room

#### *Community Goals -deal with your actions involved in providing service to others and the spiritual benefits you gain.*

- 40 hours of community service to complete your graduation requirement
- get more involved at church (choir, youth group, children's liturgy)
- help out at Big Sisters or Big Brother organizations
- help out the St. Vincent De Paul Society or volunteer at the Downtown Mission
- become a reading buddy at the library

#### *Occupational - occupation and jobs you wish to pursue*

- get a part-time job (**short-term goal** - next week, next month)
- register for co-op next year (**medium-term goal** - within the next year)
- become a web designer (**long-term goal** - ten years)

## ***Learning Goals***

Learning Goals can occur both in or outside of school; they can also help you achieve other goals. Consider the fields of work that you may wish to pursue after high school and the learning goals that you need to achieve.

### ***Option 1 Work***

- learn whether I am suited for a job through a co-op placement in my field of interest
- learn about the skills that I need by doing research on the internet
- learn if I need extra training after high school and whether I should take workplace, open and/or college preparation courses in Grades 11 and 12

### ***Option 2 Apprenticeship***

- learn about being an apprentice through O.Y.A.P (Ontario Youth Apprenticeship Program)
- learn about the different types of apprenticeship opportunities that exist by doing research
- find an employer who will accept me as an apprentice
- find out the school requirements of an apprenticeship program

### ***Option 3 College***

- learn whether I am suited for a job through a co-op placement in my field of interest
- earn the required grades to get accepted into the college of my choice
- visit a college and sit in on a class
- take college preparation courses in Grades 11 and 12

### ***Option 4 University***

- learn whether I am suited for a job through a co-op placement in my field of interest
- earn the required grades to get accepted into the university of my choice
- visit a university and sit in on a class
- take university preparation courses in Grades 11 and 12

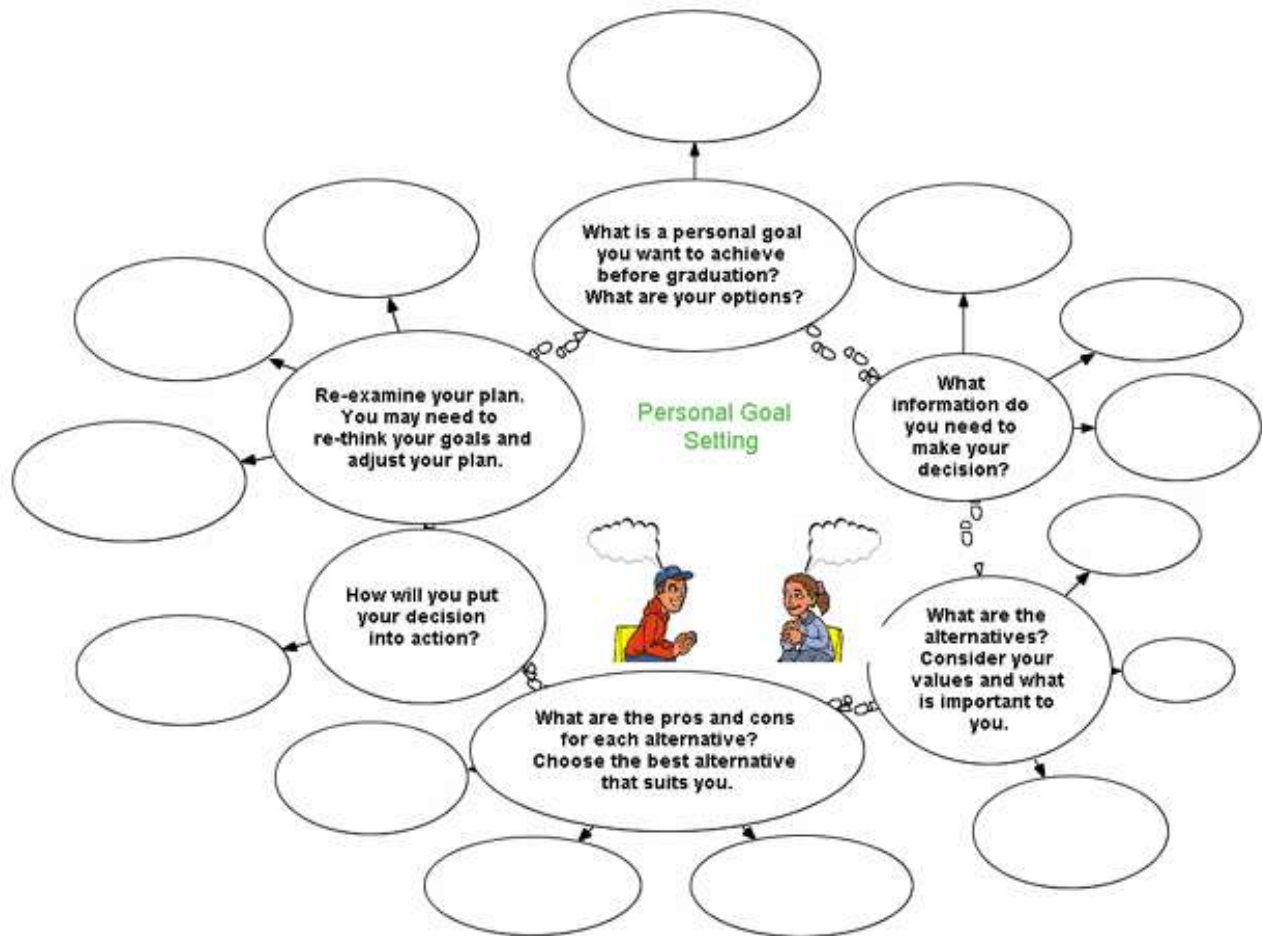
## ***Identifying Potential Barriers and Opportunities***

Another method for making decisions is the **SWOT** method: looking at **Strengths, Weaknesses, Opportunities, and Threats**. In achieving any goals there are barriers that you need to overcome. These barriers could be either your own personal weaknesses or external forces that threaten your chances for success.

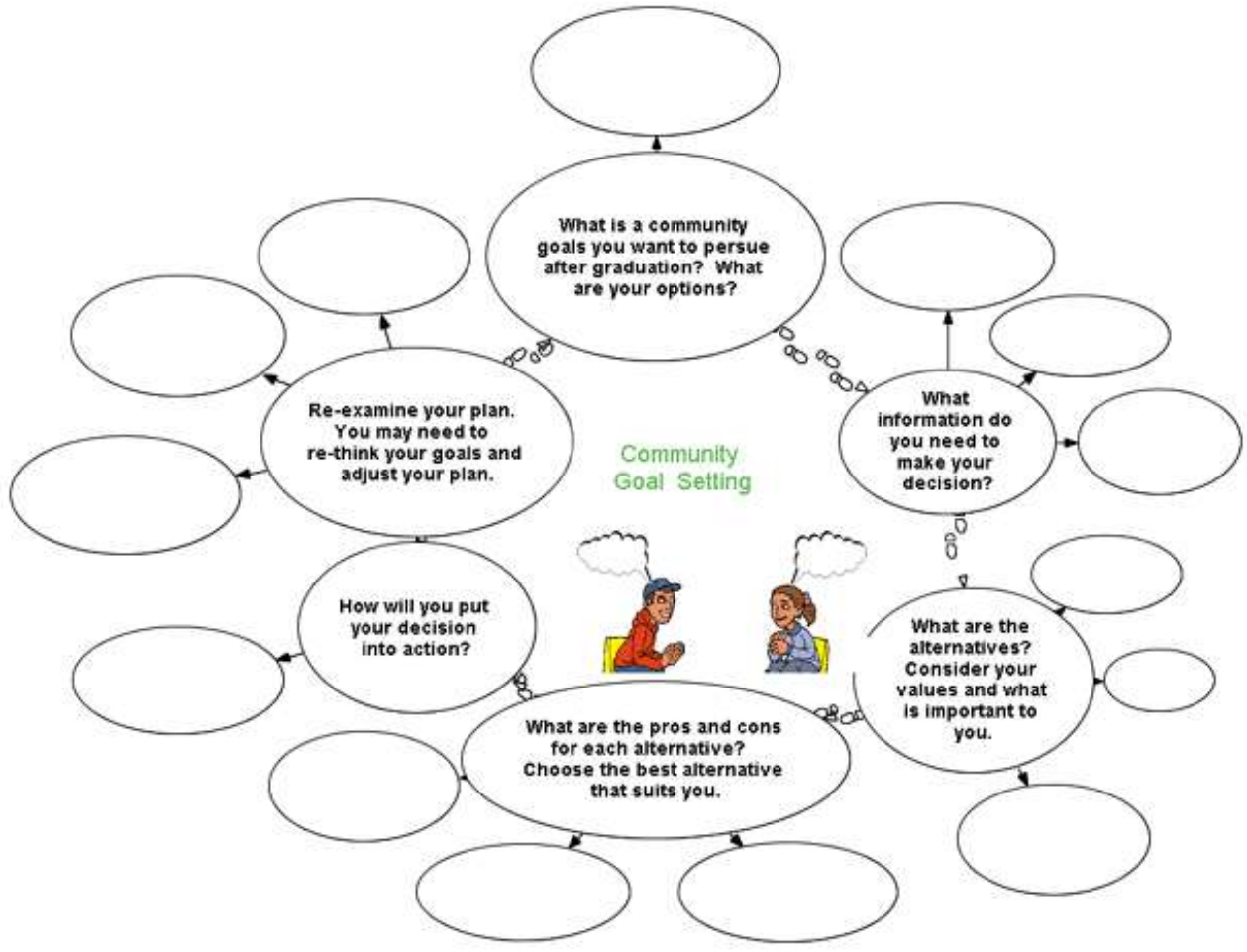
- **Strengths** are the things you are good at - your skills, interests, talents, etc.
- **Weaknesses** are the things you need to work on - time management skills, study skills, etc.
- **Opportunities** are factors in your life that can help you achieve your goals - things such as a part-time job, volunteer opportunities, potential scholarships, friends and relatives, etc.
- **Threats** are potential barriers that may stop you (or slow you down) from achieving your goals - barriers such as a lack of money for post-secondary education, a lack of training for the job you would like to enter right away, personal issues taking too much of your time, family responsibilities, lack of direction, etc.

# Assignment

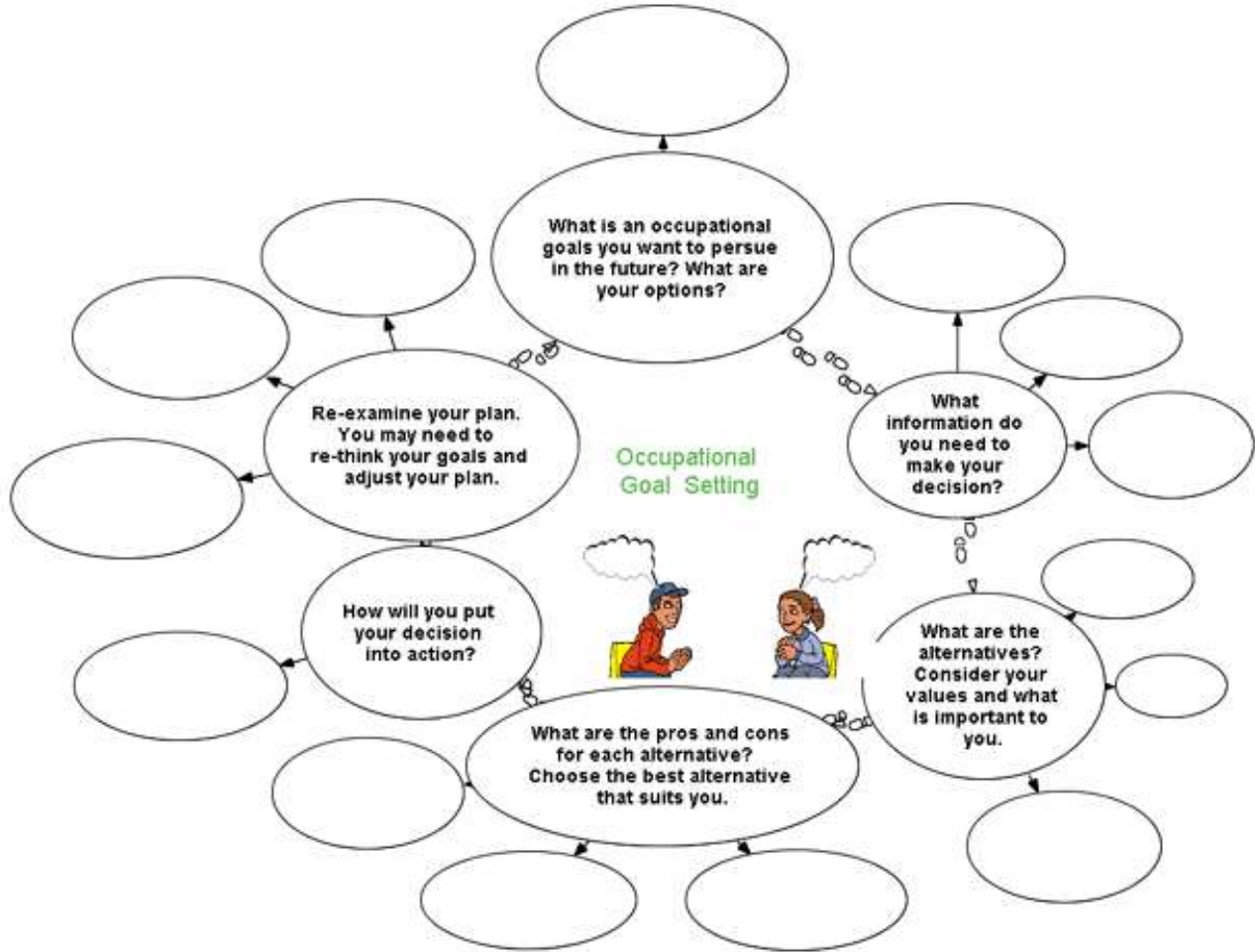
1. Complete the following Personal Goals Organizer.



2. Complete the following Community Goals Organizer.



3. Complete the following Occupational Goals Organizer.



4. Perform a **SWOT** analysis on a career choice/occupation that interests you.

Career Choice/ Occupation:
Strengths:
Weaknesses:
Opportunities:
Threats: