

*“There is no such thing as other people’s children”—Hillary Clinton*

*“Every kid is one caring adult away from being a success story”—Josh Shipp*

## GOAL SETTING WORKSHEET

*This packet contains a weekly goal setting worksheet as well as a post-graduation action plan. Please use these worksheets as you see fit. You may keep a copy of these worksheets in your student’s academic folder at the school where you mentor.*

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## WEEKLY GOAL SETTING WORKSHEET

Use this model as a sample to regularly evaluate whether your student is staying on track.

### GOALS I HAVE ACHIEVED THIS WEEK:

- 1.
- 2.
- 3.
- 4.

### GOALS FOR NEXT WEEK:

- 1.
- 2.
- 3.
- 4.

### THINGS I NEED TO WORK ON THIS WEEK:

- 1.
- 2.
- 3.
- 4.

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## POST-GRADUATION GOAL SETTING/ACTION PLAN

### WORKSHEET

Student Name: \_\_\_\_\_ Mentor Name: \_\_\_\_\_

Age: \_\_\_\_\_ Grade: \_\_\_\_\_ School: \_\_\_\_\_

### Life is a Skills People Opportunities Resources Tasks

Two keys to success in life are:

1. Awareness of opportunities, and
2. Understanding of how to access those opportunities

### AWARENESS OF OPPORTUNITY

If money was not a concern and you could spend your time doing what you truly enjoy, what are 3 things you would do (*besides sleeping*)?

**#1:**

**#2:**

**#3:**

What are **5 potential career options/opportunities** that can be found within each of the things you enjoy doing?

	#1	#2	#3
1.			
2.			
3.			
4.			
5.			

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## UNDERSTANDING OF ACCESS

For each of the things you enjoy doing, select a career opportunity you would like to explore gaining access to. Your challenge is to research and discover what it takes to “play” that **S.P.O.R.T.** (Skills/People/Opportunities/Resources/Tasks)

	#1	#2	#3
<b>CAREER OPPORTUNITIES</b>			
What <b>Skills</b> are required?			
What <b>People</b> should I connect with, be aware of, or do research on?			
What <b>Opportunities</b> should I take advantage of at my school or in my community? <i>(Internships, scholarships, fellowships, conferences, workshops, etc.)</i>			
What <b>Resources</b> or tools should I have at my disposal? <i>(Equipment, supplies, etc.)</i>			
What <b>Tasks</b> should I begin doing?			

\*Worksheet generously provided by R.E.A.C.H. Communications, Inc.