

Setting Goals for Teens

Do You Want to...



- Improve your independence and sense of personal control?
- Develop self-esteem?
- Gain a positive outlook on the future?
- Decrease unhealthy habits and behaviors?

- Improve your academic performance and organization?
- Develop time-management skills and battle procrastination?



**Then you could benefit
from goal setting!**

What Types of Goals Are There?

- **Long-Term** goals can be achieved over a long period of time. For example, “I want to make honor roll” is a long-term goal.
- **Short-Term** goals are smaller and can be fulfilled in the immediate future. For instance, “I want to take better notes” is a short-term goal.
- **Action-Oriented** are within your own power to be reached and do not depend on external factors or people. “I want to improve in math” is an example of an action-oriented goal.
- **Outcome-Based** goals are not in your power to be reached because they depend on another person or factor. For instance, “I want an A in math” is outcome-based because the teacher is the one who chooses grades.



Researchers say achievement improves most when goals are specific, action-oriented, short-term, and challenging.

How Do You Choose a Goal?

- Connect your goal with your talents, values, and aspirations.
- Your goal should represent an important accomplishment to you.
- Choose a goal that you have the power to reach but requires effort.
- **Tip:** If you cannot answer the question "How will you know when you achieve the goal?" then the goal is too vague.

Studies have found that at-risk students can be helped most by short-term, realistic goals that help confidence and avoid failure.

How Do You Accomplish Your Goal?

1. Define the goal.
2. If your goal is long term, set shorter "sub-goals" that will help you accomplish it.
3. Identify small steps to achieve each sub-goal.
4. Consider the possible obstacles to your goals and brainstorm solutions to each.
5. Take the time to reassess your goal periodically. Be resilient! Modify your goal if necessary.



Example

Long-Term Goal:

- Make Honor Roll

Short-Term Goals:

- Take Better Notes
 - Write neatly
 - Compare notes with classmates
- Stay Organized
 - Write down assignments on calendar
- Improve Study Skills
 - Use notecards
 - Study in a group

Helpful Links:

http://youthdevelopment.suite101.com/article.cfm/goal_setting_for_tens illustrates a step-by-step outline of how to effectively accomplish an objective.

<http://www.homeschool-by-design.com/how-to-set-goals.html> describes the types of goals and how to go about achieving one.

Try the book **The 7 Habits of Highly Effective Teens**, which includes multiple guides exclusively for adolescents, including how to achieve goals.

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