



Goal Setting- Personalized!

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Purpose

- To develop some of your own goals for your preferred future.
- To recognize barriers to goals in your life.
- To begin steps to break down these barriers.

How do you set goals?

- A person has to think about major life areas and develop meaningful goals
 - Education
 - Career
 - Financial
 - Health
 - Family
 - Social
 - Spiritual



Activity #1

- Needed: handout and pen/pencil
- Thinking about the major life areas listed in the previous slide, please identify 5-10 goals that you would like to accomplish.



Barriers to Goals

- Barriers are things that can prevent someone from achieving their goal.
- Almost anything can be a barrier if it stops you from reaching your goal.



Examples of Barriers

- Money
- Transportation
- Childcare
- Family / Friends / Relationships
- Culture
- Language
- + many, many others!



Activity #2

- Choose 1 or 2 goals from Activity #1 and begin to identify specific barriers that you need to work on in order to achieve these goals.



Breaking Goals and Barriers Apart

- Goals and barriers can often feel overwhelming!
 - It is normal to feel this way.
 - To overcome this feeling, we need to take action.
 - HOW?
 - By breaking down a goal into smaller, more manageable parts.

Breaking Goals and Barriers Apart

What happens when a goal is broken down into smaller parts?

- Easier to focus
- Easier to take action on some aspect of the goal
- By taking action, we feel good and develop confidence in ourselves!

Let's look at an example of breaking down a goal.

BUYING A CAR





Buying a Car

- Evaluate needs
 - Style
 - Body: Coupe, sedan, wagon, SUV, truck, convertible
 - Drivetrain: 4wd, AWD
 - Fuel: Gas, diesel, hybrid, electric
 - Options
 - Basic model
 - Extras > automatic , leather, sunroof, etc.

Buying a Car

- Review financials
 - Check credit report
 - Review loan options
 - Bank, credit union, online
 - Down payment
 - Own vs. Lease
 - Insurance cost
 - Club discount exploration
 - Costco, AAA



Buying a Car

- Research
 - Internet
 - Auto manufacturer websites
 - Kelly Blue Book
 - Edmunds.com
 - Consumer Reports
 - Go to Auto dealers
 - Pick up brochures
 - Test drive cars
 - Talk to others



Buying a Car

- Making the decision
 - Explore private sales
 - Auto trader, newspapers, craigslist
 - Talking points
 - What to say and what not to say when negotiating price.
 - Obtain internet pricing for dealerships
 - Check background of vehicles
 - Carfax



Activity #3

- Select 1 goal from Activity #2 and begin breaking it down into smaller parts.



How do you set goals?

It is important to have very specific goals.

General goal:

I would like to improve my education.

Specific goal:

I would like to improve my education ***by earning a college degree.***



Developing Specific Goals

I would like to improve my education *by earning a BA degree in Business Administration.*

I would like to improve my education *by earning a BA degree in Business Administration* *from the U.W.*

I would like to improve my education *by earning a BA degree in Business Administration from the U.W.* *by June 2012.*

7 Characteristics of Specific Goals

1. Visible/Observable

- List your goal (on paper or in the computer). You should be able to see your goal.
- Review your goals frequently. The more focused you are on your goals, the more likely you are to accomplish them.

7 Characteristics of Specific Goals

2. Measurable

- To determine if your goal is measurable, ask questions:
 - How much?
 - How many?
 - How will I know when it is accomplished?
- Compare these examples:
 - My goal is to do better with grammar this quarter.
 - I will study grammar for 30 minutes each night this quarter.

7 Characteristics of Specific Goals

3. Personal

- The goal should be your goal, not the goal of another person.
- Make sure the goal you are working on is something you really want, not what someone else wants.
- Trust that you know better than others what you desire.

7 Characteristics of Specific Goals

4. Beneficial

- Be aware of the benefits to you of accomplishing this goal.
- Ask yourself, “What’s in it for me?”
 - Write your answers (motivators) down.
- If you are clear of the benefits, you will be more willing to do the work.

7 Characteristics of Specific Goals

5. Positive

- Write your goal in the positive instead of the negative.
- Focus your energy on what you do want, rather than what you don't want.
- Compare these examples:
 - *I will not fail this class.* (negative)
 - *I will earn a 3.0 or better in this class.* (positive)

7 Characteristics of Specific Goals

6. Timely

- You will need to make a timeframe (with steps) to help you accomplish your goal.
- Without a time frame, there's no sense of urgency, and you may never reach your goal.

7 Characteristics of Specific Goals

7. Achievable

- Your goal should be challenging but realistic.
- It should represent something that you are both willing and able to achieve.
- Example:
 - It is unrealistic to say you'll complete your AA degree in three quarters if you are currently enrolled in MAT 083.

Activity #4

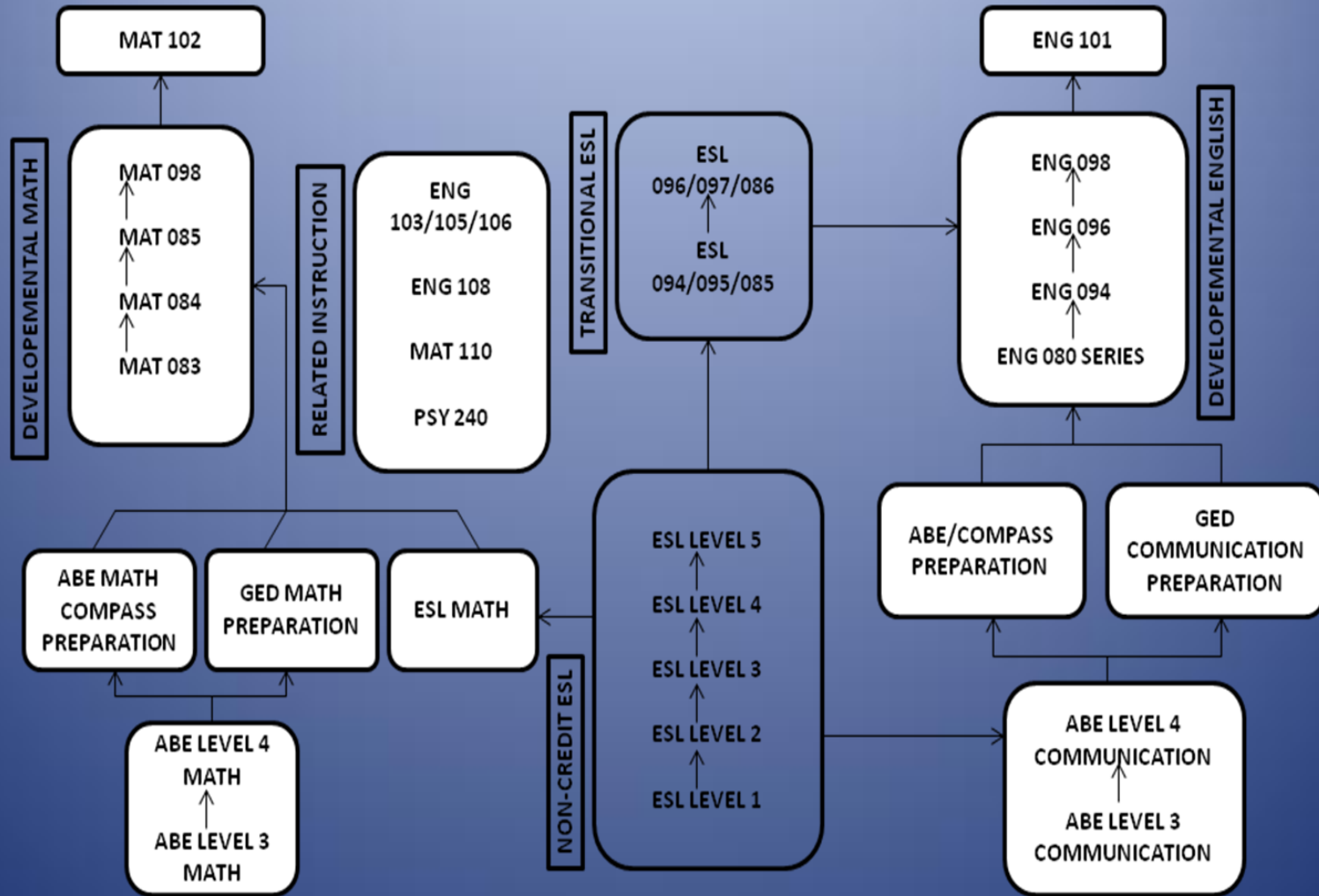
- Write 1 or more specific goal statements from your list of smaller “parts” from Activity #3.
 - Hint: go back and review the “specific goals” and “7 Characteristics” slides.



How do you achieve goals?

- Learn as much as you can about yourself.
 - Interests
 - Skills
 - Values
 - Motivations
- Learn as much as you can about your goal.
- Identify and address any barriers to goals.
- Have a plan (see flow chart).
- Implement or take action on the plan.
- Use your resources (teachers, counselors, advisors, family, mentors).

SSCC Pathways To College



Counselors

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Location: Robert Smith Bldg.

Appointments: (206) 764-5387

Questions and Answers

Please complete your
workshop evaluation

Thank you for your participation!

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