

Name: _____ Date: _____

Goals Essay Think Sheet

Directions: Please fill in this think sheet and then type up your goals for this course in the form of a 5 paragraph essay. The **first** paragraph should explain your long term and short term goals(Questions # 1,2) The **second** paragraph should explain what obstacles you will face and how you can overcome them. The **third** paragraph will explain what resources you can use. The **fourth** paragraph will explain how you will monitor your progress to reach your goal. The **last** paragraph will explain what incentives you have to reach your goal.

1) What is your long term goal for this class? What do you want to accomplish by the end of the semester or year? (examples: pass the course, get an “A”, come to class every day, better understand the periodic table, learn how to plan a lab investigation)

2) What are two short term goals that can help you reach your goal? (examples: study for 20 minutes every night, turn in all your course work, stay after to get extra help if needed)

3) What are two obstacles you think might get in the way of achieving your goals? (Examples: sports, laziness, spending too much time on the phone)

4) How will you work to overcome your obstacles?

5) What resources do you have available to you that will help you reach your goal?
(books, computer help, teacher, mom and dad, friends)

6) How will you monitor your progress to reach your goal? (check progress with teacher, check online progress with parentConnect)

7) What are your incentives you will use to reach your goal? (personal satisfaction, parents are happy, money, able to go out with friends, go out to dinner, buy new video game, clothes)

8) How will you feel when you accomplish your long term goal?