

Goal Setting

Setting goals is an important part of achieving success. It gives direction, importance, and meaning to the path you're on. When you set goals you're also able to measure and chart your progress. You'll know where you want to be, how to get there, and how close you are to reaching your goal. Keep in mind that your goals may change. Right now you're at the beginning of your planning process, and your dreams may be different a few years from now.

My dream job is:

Climate change specialist

Why did you choose this job? What interests you about this field?

I'm really interested in how new technologies, like satellites, can give us information about climate changes, and how I can use that information to help protect my community.

Goal setting involves looking ahead as well as looking at what you're doing right now. If your Dream Job requires four years of study, you'll need to plan the steps that will help you reach that four-year goal. But you also need to think about what you're doing right now and make some short-term goals to keep you focused every month and every year.

The next two sections will help you organize your short- and long-term goals. Fill in the worksheet to chart a clear direction for yourself, and you'll be on your way!

Be **S.M.A.R.T.** when setting goals. Make sure your goals are:

S: SPECIFIC

Straightforward and clearly defined

M: MEASURABLE

A goal where you can see change happen

A: ATTAINABLE

Don't set a goal that's far out of reach

R: REALISTIC

Make sure the goal is "do-able"

T: TIMELY

Set a timeframe for the goal

SHORT-TERM GOALS

Setting short-term goals will move you along toward your long-term goals. Identifying the following short-term goals will help you create a clear picture of where you're going.

1. At school, I need to (check any box that applies):

Get a grade average of 80% Study at least ____ times per week Attend classes regularly

Other:

2. At home, I'm going to:

Get started on learning more about my dream job by:

Logging on to the Canadian Meteorological and Oceanographic Society's Website

Get started on developing the following skill(s) that is/are needed for my dream job:

Proposal writing, meeting deadlines, presentation skills

Get started on showing my commitment to the environment by:

Doing presentations on climate change at my school

3. In my community, I will get involved by:

Joining an environmental protection volunteer organization, like Green Peace.

4. At school I would like to accomplish the following personal goals to make me a more well-rounded person:

I would like to volunteer tutoring younger students.

LONG-TERM GOALS

You've studied your dream job, and you have an idea of what you need to do to get there. Now you can plan your path.

1. To reach my dream job, I have to get the following education or training

(list the diploma or degree to the right of your selection with your major, if applicable):

University degree: bachelor of science, with a major in meteorology; then a master's degree in atmospheric science and climatology

Diploma/Certificate:

Training:

Other:

2. When I graduate from high school, I will need this grade average:

80%

3. I'll need to take these courses:

English, chemistry, physics, math and biology.

4. After high school, when I'm getting further education or training, I'd like to accomplish the following personal goals to make me a more well-rounded person:

Get involved in student council organizations at university.

Keep Motivated!

No matter how committed you are to your goals, sometimes life can throw you a curve ball and knock you off track. Chart your progress regularly to help keep you focused on your short- and long-term goals.

1. I'll know that I'm making progress in my goal-setting when:

My grades improve

2. The hardest thing about working at my goals will be:

Keeping up the grade point average

3. The people who will help me reach my goals are:

My mom

My student advisor

They'll help me in this way:

They'll help keep me on track by meeting with me regularly to see where I'm at and by giving me advice and encouragement.