TRANSPARENCY THUMBNAILS

Steps to Self-Determination

SESSION 4

Goal—Something We Want To Achieve

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SESSION 4

Setting Goals

Agenda

- Review Homework Activity: Taking Care of Myself: Strengths and Needs
- Selecting a Long-Term Goal
- Activity: Narrowing the Options
- Activity: Climbing the Mountain
- Setting Short-Term Goals
- Activity: Identifying Short-Term Goals
- Homework
- Looking Forward to the Next Session

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Climbing the Mountain

(Long-Term Goal)
(Short-Term Goal)
(Short-Term Goal)
(Short-Term Goal)

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Short-Term Goals

Short-term goals are

- Related to our long-term goals,
- Observable,
- Measurable, and
- Achievable in less than 1 year (a semester or less).

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Steps to Self-Determination

SESSION 4

Illustration #9

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Illustration #10

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Illustration #11

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Illustration #12

You Must Be This Tall ⇨

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