TRANSPARENCY THUMBNAILS

SESSION 4

Goal—Something We Want To Achieve

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

SESSION 4

Climbing the Mountain

SESSION 4

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).

SESSION 4

Illustration #9

SESSION 4

Illustration #10

SESSION 4

Illustration #11

SESSION 4

Illustration #12

You Must Be This Tall