

LEARNING SKILLS

FOR ME: A PUPIL OR A STUDENT

PUPIL

- relies on teachers and parents to make good choices.

MARK WHERE YOU THINK YOU ARE ON THE LINE ABOVE

STUDENT

- able to make good choice on my own.

It is **responsible** to think realistically about your future.

There will be things that you want to **achieve** in your

- Personal Life
- Career and Education
- Sport and Leisure
- Exercise and Healthy Eating.

These aims that you have are called **your goals**.

They give you

- a reason to do the hard things that will help you to succeed
- the answers to "why am I at school?"
"Why will I get where I want to go?"
"Because I want to!"

Without goals to strive for you just drift along.

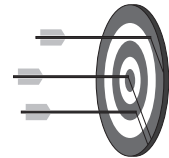
Be **positive** and think honestly about your life.

Be sure that the goals you set for yourself are

- your own
- not those of friends or family
- their advice is very helpful but in the end these must be your decisions.

My **goals** will cover different periods of time

- Weekly
- For the Term
- Yearly
- In three years' time.



Being able to set goals puts you in **control** of your life.

- you feel good about yourself

Some people find it useful to

- Write them down
- Record them on a cassette tape
- Put them on a poster in their bedroom.

Set your goals at the **beginning** of each term

- things change
- it keeps you on the ball.
- on page 8-9 there are goal setting sections for each term.

Aim to find out about successful people and what they do to get what they want out of life

- aim to find out about one person per week.

WHAT ARE MY GOALS?

It's time to write the things that you want to get out of life in Term 1 and in the longer term for the year.

	FOR TERM 1	FOR THIS YEAR
Personal for Yourself		
At School		
Sport and Leisure		
Exercise and Healthy Eating		

"You can't kick goals if you can't see the posts." Graeme Alford.

WHAT ARE MY GOALS?

TERM 1 BREAK

Have your goals changed during the term? Why?
 Have you discussed your progress with your Team?

	FOR TERM 2	FOR THIS YEAR
Personal for Yourself		
At School		
Sport and Leisure		
Exercise and Healthy Eating		

TERM 2 BREAK

Are your efforts building? How can you improve?
 Are you focused on your goals? Any specific areas?

	FOR TERM 3	FOR THIS YEAR
Personal for Yourself		
At School		
Sport and Leisure		
Exercise and Healthy Eating		

TERM 3 BREAK

Is your Study Timetable working? Is your Team supporting you?
 Are you organised? Are you seeking their advice?

	FOR TERM 4	FOR THIS YEAR
Personal for Yourself		
At School		
Sport and Leisure		
Exercise and Healthy Eating		

“The main thing, is to make the main thing, the main thing.” Stephen Covey.