

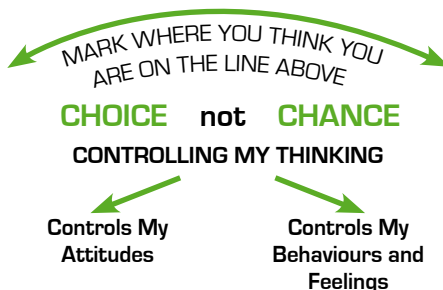
FOR ME: A PUPIL OR A STUDENT

**PUPIL**

- not in control of my thinking and attitudes
- need **help** from parents and teachers to make good decisions; **co-managed**

**STUDENT**

- in control of my thinking and attitudes
- able to make good choices on my own self managed



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
- Other Interests.

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.

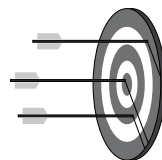
Be **positive** and think honestly about your life.

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.

Your **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 pages 7-8 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		
Other		

*"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		
Other		

**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		
Other		

**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		
Other		

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