

# #9198

## GOAL AWAY: SETTING AND ACHIEVING GOALS:

# TURNING DREAMS INTO REALITY

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Grade Levels: 8-13+

28 minutes



### DESCRIPTION

A goal, something you want to do, must be realistic, achievable, and measurable; it may be personal, career, financial, or other. Covers barriers, short-term goals and subgoals, and practical advice shared through personal experiences.

### ACADEMIC STANDARDS

#### Subject Area: Self-Regulation

- Standard: Sets and manages goals
  - Benchmark: Sets explicit long-term goals
  - Benchmark: Establishes personal milestones
  - Benchmark: Displays a sense of personal direction and purpose
  - Benchmark: Makes a cumulative evaluation of goal
  - Benchmark: Understands the differences between various types of goals
- Standard: Performs self-appraisal
  - Benchmark: Keeps a log documenting personal improvement
- Standard: Demonstrates perseverance
  - Benchmark: Demonstrates perseverance relative to personal goals
- Standard: Maintains a healthy self-concept
  - Benchmark: Has basic belief in ability to succeed

### INSTRUCTIONAL GOALS

1. To determine what are personal dreams and goals.
2. To develop a plan to make personal goals a reality.
3. To achieve personal goals by overcoming barriers.
4. To set realistic and measurable goals.
5. To present examples of short-term, long-term, and intermediate goals.

## AFTER SHOWING

### Applications and Activities

- List 5 dreams that you have for the next 1-5 years. These can be anything you wish would come true.
  - Place an "X" beside the dreams that you really feel can come true.
  - Select and identify one dream and list the barriers that may keep you from realizing that dream.
  - Write a paragraph that describes the action you could take to overcome these barriers to make this dream come true. Be creative in your answers.
- Short-term goals* can be achieved in a few hours, days, or weeks. List 2 of your short-term goals, tell when you want to achieve them, and what action you plan to take to make them happen.
- Long-term goals* may take several months or even years to achieve. List 2 long-term goals, tell when you want to achieve them, what action you plan to take to make them happen, and any barriers to keep you from achieving them.
- Intermediate goals* are subgoals to achieving long-term goals. They are like "steps" to achieving a bigger goal. For each long-term goal listed above, give one subgoal that will help you accomplish the bigger goal. (For example, if a long-term goal is to get a degree from the local community college, a subgoal may be to get a job to pay for tuition.)
- Label your short-term, long-term, and intermediate goals as follows:
  - Place a "P" beside any goal that is personal.
  - Place a "C" beside any goal that is career-related.
  - Place an "F" beside any goal that is financial.
  - Place a "PH" next to any goal that is physical.
  - Place an "S" next to any goal that is spiritual.
- For one of your short-term goals in #2, describe how you will measure its achievement.
  - How will you know it's a reality?
  - Describe how you will overcome any barriers to achieving this one goal.
- For one of your long-term goals in #3, describe how you will overcome any barriers to achieving this one goal.
  - How will you know it's a reality?
  - Describe how you will overcome any barriers to achieving this one goal.
- For one of your intermediate goals in #4, describe how you will measure its achievement.
  - How will you know it's a reality?
  - Describe how you will overcome any barriers to achieving this one goal.

## RELATED RESOURCES



### Captioned Media Program

- Happily Ever After...Setting Goals #3362
- NBA Game Plan: Overcoming Obstacles #3061
- Road to Wise Money Management #7773



## World Wide Web

The following Web sites complement the contents of this guide; they were selected by professionals who have experience in teaching deaf and hard of hearing students. Every effort was made to select accurate, educationally relevant, and "kid safe" sites. However, teachers should preview them before use. The U.S. Department of Education, the National Association of the Deaf, and the Captioned Media Program do not endorse the sites and are not responsible for their content.

- **MYGOALS.COM**

<http://www.mygoals.com/>

Set and manage personal and professional goals by walking through this comprehensive, step-by-step process for setting a short-term or long-term goal. Or pick a premade Goalplan. MyGoals will send email task reminders to help you keep focused and on track until the goal is accomplished.

- **CNNMONEY**

<http://money.cnn.com/pf/101/lessons/1/>

Money 101 helps you set priorities by listing the top things one should know, such as "Narrow your objectives," "Focus first on the goals that matter," "Include family members," and others.

- **ATA RESOURCES: SETTING YOUR GOALS**

<http://www.ataccess.org/resources/atabook/s01/s01-03.html>

This Alliance for Technology Access (ATA) site, geared towards people who have disabilities, gives detailed explanation on how to set goals. Has a TTY number.