



1. Academic Goals

Goal Setting:

- **Name your academic goal?** *(Example: Improve my math grade from a C to a B.)*
- **Why is this goal important to you?** *(Example: I want to feel more confident in math and understand the subject better.)*
- **How will you achieve this goal?** *(List 3-5 action steps, e.g., "Practice math problems 15 minutes daily" or "Attend tutoring every week.")*
- **When will you review your progress?** *(Example: At the end of each month, or after each test.)*

2. Personal Goals

Goal Setting:

- **What is a personal goal you want to work on?** *(Example: Build confidence in public speaking.)*
 - **Why is this goal important to you?** *(Example: I want to be able to present my ideas confidently in class and feel proud of myself.)*
 - **How will you work toward this goal?** *(List 3-5 action steps, e.g., "Practice speaking in front of the mirror," "Record myself and review," "Join a school club where I can practice.")*
 - **When will you check your progress?** *(Example: At the end of the semester or after each time I practice.)*
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3. Career and Future Goals

Goal Setting:

- **What is one career or skill you're interested in learning more about?** *(Example: I'm interested in becoming a veterinarian.)*
 - **Why does this career interest you?** *(Example: I love animals and want to help take care of them.)*
 - **What skills or subjects will help you with this career?** *(Example: Biology, animal science, teamwork.)*
 - **Action Steps to Learn More:** *(Choose 2-3 ways to explore)*
 - Talk to someone who works in this field.
 - Join a related club or after-school activity.
 - Read a book or watch a video about this career.
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4. Action Plan and Progress Check-In

Weekly Actions:

- **List your actions for this week:**

1. _____
2. _____
3. _____

Monthly Reflection:

- **What progress did you make toward your goals this month?** *(Example: I was able to complete my weekly actions for math practice.)*
 - **What challenges did you face?** *(Example: I found it hard to stay motivated.)*
 - **What will you try next month to stay on track?** *(Example: I'll set reminders or work with a friend.)*
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Student Signature: _____ Date: _____

Parent Signature: _____ Date: _____