

Setting Personal and Academic Goals

Workshop Objectives:

1. To ensure participants understand the importance of setting personal and academic goals for lifelong success.
2. To introduce the concept of SMART goals.
3. To provide information on how to teach students to plan and achieve their short- and long-term educational goals.

Key Concepts:

1. Importance of Goal Setting
2. SMART goals
3. Action Planning

Learning Outcomes:

1. Participants will give one to two reasons why it is important to set goals.
2. Given examples of one or two goals, participants can distinguish which are SMART goals.
3. Participants will be able to help their children write one short- and one long-term goal that they can attempt to accomplish.



Goals provide direction, motivation, and inspire self-empowerment

- Parents have the most important job on earth. They can help guarantee their child's future success by instilling success characteristics—namely goal setting and self-confidence. This will ultimately ensure a child's success in academic pursuits and later on in whatever career or business they choose.
- To succeed in life, it helps to know what we are trying to do. This is the first and foremost secret of successful people—a secret parents can give as a gift to their children when they teach them to set goals.
- A parent's goal should be to give their child the habit of setting goals.