

# STAGS LEAP: S.M.A.R.T. Goals

NAME: \_\_\_\_\_

S.M.A.R.T. Goals are meant to help you make realistic and attainable goals that have a higher success of achievement because you define the expectation and set parameters to help track your progress.

## ACADEMIC GOAL (what goal can I set that will set me up for success in the classroom):

Is it S.M.A.R.T.?	YES
Is it specific?	
Is it measurable?	
Is it attainable?	
Is it realistic?	
Is it time sensitive?	

## SOCIAL GOAL (how can I involve myself into the school and people/relationships):

Is it S.M.A.R.T.?	YES
Is it specific?	
Is it measurable?	
Is it attainable?	
Is it realistic?	
Is it time sensitive?	

## CAREER GOAL (what goal can I make to get me closer to my career aspirations):

Is it S.M.A.R.T.?	YES
Is it specific?	
Is it measurable?	
Is it attainable?	
Is it realistic?	
Is it time sensitive?	

# STAGS LEAP: End of Year Reflection

Please reflect on this school year. Answer each question below.

1. My Advisory teacher was: \_\_\_\_\_

2. Career Choices I am considering (list 3):

\_\_\_\_\_

3. After high school, I plan to (circle one):    **FOUR-Year**    **TWO-Year**    **Technical/Trade**    **Military**    **Workforce**

4. My strengths are (list at least 2, but you may add more if you like):

\_\_\_\_\_

5. My interests are (list at least 2, but you may add more if you like):

\_\_\_\_\_

6. I took classes this year that helped me to prepare for my future career or pathway (check one):

Strongly Agree     Agree     Neutral     Disagree     Strongly Disagree

7. Explain how the classes you took this year will or will not help you prepare for your career or pathway.

8. I participated in activities both in and out of school to help me achieve my career goals and post-secondary plan (check one).

Strongly Agree     Agree     Neutral     Disagree     Strongly Disagree

9. Explain how the activities you participated in will help you prepare for your future plans.

10. My grades and attendance rates were above average (check one).

Strongly Agree     Agree     Neutral     Disagree     Strongly Disagree

11. If you did not answer "Strongly Agree", explain some ways you could improve your grades and attendance rates.

12. I accomplished my goal I set at the beginning of the year (check one).

Strongly Agree     Agree     Neutral     Disagree     Strongly Disagree

13. I feel more confident/knowledgeable than I did at the beginning of the year about what I want to do after high school and what it takes to get there (check one).

Strongly Agree     Agree     Neutral     Disagree     Strongly Disagree

14. In general, I experienced growth this year in the following areas of a successful student (check ALL that apply).

Social Development     Academic Development     Planning and Organization     Problem Solving     Post-Secondary Planning

15. If you could go back and give yourself a piece of advice at the beginning of this school year, what would you say?