

Upward Bound: Goal Setting 2013 – 2014

Name _____

Grade _____

Your goals should follow the D.A.P.P.S. rule: Dated, Achievable, Personal, Positive, and Specific!

Long – Term Goals in High School (Sophomore year – Senior year):

- 1.
- 2.
- 3.
- 4.
- 5.

Short – Term Goals for this Semester

Goal (s)				
Steps to Achieve Goal	1.	1.	1.	1.
	2.	2.	2.	2.
	3.	3.	3.	3.
	4.	4.	4.	4.
	5.	5.	5.	5.
How will I know I achieved my goal				

Long – Term Goals for This School Year

Goal (s)				
Steps to Achieve Goal	<ol style="list-style-type: none"> 1. 2. 3. 4. 5. 	<ol style="list-style-type: none"> 1. 2. 3. 4. 5. 	<ol style="list-style-type: none"> 1. 2. 3. 4. 5. 	<ol style="list-style-type: none"> 1. 2. 3. 4. 5.
How will I know I achieved my goal				