

ESTABLISHING CAREER GOALS

In this activity you will utilize you short and long-term career goals and career information and begin developing a personal career plan.

Instructions: Take a sheet of paper and fold it lengthwise. At the top of the left side of the paper, write “Long-term Career Goals;” on the right side, “Short-term Career Goals.”

Long-term Career Goals

Short-term Career Goals

On the left, write three long-term career goals you have for yourself. Think of short-term goals you need to implement in order to reach the long-term goals; write the short-term goals in the right column. After completing the task, work with a partner and share goals, provide each other feedback and suggestions, and revise plans if desired.

Answer the questions below. Use the back of this sheet, if necessary.

1. Are your career goals realistic and attainable?
2. What steps are needed to achieve your career goals?
3. How can career goals change over the life span?
4. What are some reasons for abandoning your career goals?
5. For goals to be effective why is it important that they be both realistic and challenging?
6. What additional factors impact changes in career goals?