

HIGH SCHOOL ACADEMIC & CAREER PLANNING (ACP) GOAL SETTING
SAMPLE ACP GOALS (ideas to get you thinking about goals you can create for yourself):

Learning/ Academic

- Use my time in school wisely so my work gets done on time
- Use a planner to write down assignments
- Ask for help when I'm confused and be willing to give up some free time to meet with teachers
- Raise my grade in a subject one whole grade (from a C to a B in Math)
- Do the reading for my classes
- Set aside a time of day to do my homework and always stick to it
- Do my own work-no copying from others

Employment/Career

- To be a truck driver, graphic designer, mechanic, lawyer, teacher....
- Get a part time job
- Look up information on a career I have been thinking about
- Job shadow a person in a career I might like

Other:

- To learn more about a subject I like (horses, history, small engines...)
- To spend more time doing something I enjoy (taking pictures, training my dog, researching my favorite musical group...)
- To find a hobby
- To spend more time outdoors
- To join a club Volunteer at the Humane Society 10 hours a month
- Volunteer to play games with the residents at a nursing home 5 hours a month
- Volunteer when a teacher asks for volunteers for a special project
- Look for opportunities to help others without being asked
- Stand up for those who are being picked on by others
- Join a service organization such as Key Club
- Learn how to make healthy snacks
- Get more exercise
- Learn about time management/stress management
- Ask for help when something troubles me
- Spend more time with someone (Grandma/Grandpa, Parent, Friend)
- Focus on getting along with someone I don't like
- Learn how to talk with difficult people
- Be more direct, honest and still be kind to people
- Stand up for myself in a healthy way
- Follow rules at school
- Abide by the traffic laws (no speeding, no excessive power...)
- Get my family to recycle and take the recycling to the drop-off centers
- Pick up garbage I see and put it in appropriate receptacles
- Use less water when I shower
- Use less gas by not driving unnecessarily
- Participate in the pledge at school and observe government holidays
- Join the Conservation Club
- Become informed about political issues (listen to all sides)
- Vote in elections