

Student worksheet: Goal setting

CASE STUDY 1

Read the following case study

Cameron is a 15 year old boy who is preparing for work experience at a wildlife rehabilitation centre. The work experience has been organised by school and it starts in 4 weeks time which is after the school holidays. Cameron has visited the centre and found out that he is expected to be there every day for one week from 9 am to 4 pm. Cameron has already met his key contact person at the workplace and has a really good idea about what he will be doing on work experience. The problem is that he doesn't know how he is going to get to his work experience. He has always walked to school and has never used public transport. His parents are unable to take him but he does have a friend who takes the bus every day.

Disclaimer – this is a fictional account. Any resemblance to a real person is unintended.

Discuss in pairs (Use the space provided to write down your ideas)

What Cameron should do?

Who can help Cameron?

 Written task. You can use the *Goal setting tool* on the last page if you like.

- Write a goal for Cameron.
- List 3 or more small steps that Cameron can take towards helping him to achieve his goal.



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CASE STUDY 2

Read the following case study

Sarah is starting work experience at a childcare centre in 4-week' s time. Sarah is confident using the train system in her city, and she has practiced getting to her workplace (the childcare centre) by train. At school Sarah buys her lunch from the school canteen or tuckshop. Sarah's problem is that there is no café or anywhere to buy food near the workplace. She's visited the workplace once and found out that there is a fridge that workers are allowed to use and a kitchen where they sit to have their lunch. Sarah is worried about what she is going to do for lunches. Sarah's brother is an excellent cook and has offered in the past to help her develop her cooking skills.

Disclaimer – this is a fictional account. Any resemblance to a real person is unintended.

Discuss in pairs (Use the space provided to write down your ideas)

What Sarah should do?

Who can help Sarah?

 Written task. You can use the *Goal setting tool* on the next page if you like.

- Write a goal for Sarah.
- List 3 or more small steps that Sarah can take towards helping her to achieve her goal.



Student worksheet: Goal setting tool



Write the goal here:



Write who can help with the goal here:



Write 3 or more small steps towards the goal here:

Step 1. _____

Step 2. _____

Step 3. _____



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CASE STUDY 1



Read about Cameron



Talk about the questions with a peer



Tick when you finish talking about each question



Read or listen:

When done

Cameron is 15 years old. He is preparing for work experience at a wildlife rehabilitation centre. The work experience starts after the school holidays.

Question 1. Where is Cameron going to do work experience?

Question 2. How long before Cameron goes on work experience?

- he has already been on work experience
- tomorrow
- in a few weeks' time
- next year



Read or listen:

Cameron has visited the centre and found out that he is expected to be there every day for one week from 9 am to 4 pm. Cameron has already met his key contact person at the workplace and has a really good idea about what he will be doing on work experience.

Question 3. How many weeks long is the work experience?

Question 4. Who did Cameron talk to from work experience?





Read or listen:

Cameron's work experience placement is too far away to walk. He has always walked to school and has never used public transport. His parents cannot drive him to his work experience placement.

Question 5. What is Cameron's problem?



Question 6. Cameron has a friend who can catch the bus.



Could this be helpful to Cameron?

- No Yes. How?

Question 7. Cameron and his dad are going into the city during the holidays.



Could this be helpful?

- No Yes. How?



Write a goal for Cameron

Use the goal-setting tool and list 3 or more small steps that Cameron can take towards helping to achieve his goal.



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CASE STUDY 2

 **Read or listen to the following case study:**

Sarah starts work experience at a childcare centre in 4 week's time.

Question 1. Where is Sarah going to do work experience?

Question 2. How long before Sarah goes on work experience?

- she has already been on work experience
- tomorrow
- in a few weeks' time
- next year

 **Read or listen:**

Sarah can use the train system in her city, and she has practiced catching the train to the childcare centre. Sarah has also visited the workplace.

Question 3. How has Sarah prepared for work experience so far?





Read or listen:

Everyday at school Sarah buys her lunch from the canteen/tuck shop. Sarah is worried about what she is going to do for lunches on work experience. There is no café or anywhere to buy food near the childcare centre. There is a fridge that workers are allowed to use and a kitchen where they sit to have their lunch. Sarah's brother is an excellent cook and has offered in the past to teach her cooking skills.

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Discuss in pairs:

What is Sarah's problem?



What can Sarah do?



Who can help Sarah?





Written task. Use the *Goal setting tool* on the next page to do this.

- Write a goal for Sarah.
- List 3 or more small steps that Sarah can take towards helping her to achieve her goal.



Student worksheet: Goal setting tool



Write the goal here:



Write who can help with the goal here:



Write 3 or more small steps towards the goal here:

Step 1. _____

Step 2. _____

Step 3. _____



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CASE STUDY 1



Read about Cameron

Cameron is 15 years old.



The boy's name is

- John
- Cameron
- Kye

Cameron is preparing for 1 week of work experience at a wildlife rehabilitation centre.



Cameron

is going on

- work experience
- holiday



Cameron

is going to

- a wildlife rehabilitation centre   
- a shop 
- an office 





Cameron



is going to the wildlife rehabilitation centre

for _____ week/s.

*The wildlife rehabilitation centre is far away from Cameron's house.
Cameron's parents cannot drive him to work experience placement.*



Cameron

has to

run



work experience.

fly



catch the bus



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CASE STUDY 2



Read about Sarah

Sarah will do work experience at a childcare centre. Sarah can catch the train to the childcare centre.



The girl's name is

Jessica

Emily

Sarah



Sarah

is going to

visit friends

work experience



Sarah

is going to

a shop



an office



childcare



Sarah buys her lunch at school. There is nowhere to buy food at the childcare centre. Sarah has to bring her lunch to the childcare centre every day.





Sarah

needs to learn to

make lunch



tie her shoes



do her hair

