

Student worksheet: Goal setting

CASE STUDY 1



Read about Cameron



Talk about the questions with a peer



Tick when you finish talking about each question

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

When done

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

Cameron has visited the centre and found out that he is expected to be there everyday 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?

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

List 3 or more small steps that Cameron can take towards helping to achieve his goal.



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CASE STUDY 2

Read the following case study

Sarah starts 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 catching the train to the childcare centre. Sarah visited the workplace. It has 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 problem is that there is no café or anywhere to buy food near the workplace. Sarah's brother is an excellent cook and has offered in the past to teach her cooking skills.

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

Discuss in pairs

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. _____

