

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

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. 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

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. _____

