



## Information About Me

Gender (Circle One): Male Female

Grade: \_\_\_\_\_

County: \_\_\_\_\_

Are you part of a Military Family? (Circle One): Yes No

Number of Years in 4-H: \_\_\_\_\_

Race & Ethnicity (Circle all that apply): White African-American or Black Asian American Indian Pacific Islander Hispanic ethnicity

## What did you learn that you didn't know before?

BEFORE				On the LEFT tell us how you felt <u>BEFORE</u> participating in the career exploration sessions. On the RIGHT tell us how you felt <u>AFTER</u> participating in the sessions. (Put an X in the box that describes how you	AFTER			
Strongly Disagree	Disagree	Agree	Strongly Agree		Strongly Disagree	Disagree	Agree	Strongly Agree
				I can name the five parts of a SMART goal.				
				I understand how to set SMART goals.				
				I have short-term goals.				
				I have long-term goals.				
				I think setting goals is important for my future career.				





**Vocabulary**

**WRITE** the **WORD** for each component of a SMART goal.

- S \_\_\_\_\_ A goal is very detailed and exact
- M \_\_\_\_\_ A goal can be measured to see whether or not we have met our goal
- A \_\_\_\_\_ The actual steps you will take to meet your goal
- R \_\_\_\_\_ A goal can be achieved and is practical
- T \_\_\_\_\_ Helps us to know when we are going to accomplish our goal

**Write one personal short-term goal.**

**Write one personal long-term goal.**

**Because of my participation in this session.....**

Answer the questions below by putting an "x" in the box.	True	False
I plan to set goals related to school.		
I plan to set goals related my career.		
I plan to set goals for my personal interests.		

**Tell us what you think!**

**CIRCLE** what you think about each question below.

1. It is important to set goals.	I agree	I'm not sure	I do not agree
2. I have goals for my future.	I agree	I'm not sure	I do not agree
3. I have a plan to achieve my goals.	I agree	I'm not sure	I do not agree

