



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				<div style="border: 1px solid black; padding: 5px; margin: 0 auto; width: 80%;"> <p style="text-align: center; color: red;">0=Strongly Disagree or Disagree</p> <p style="text-align: center; color: red;">1=Agree 2=Strongly Agree</p> <p style="text-align: center; color: red;">Make sure to enter BEFORE and AFTER scores in the correct column on the spreadsheet!</p> </div> <p>(Put an X in the box that describes how you</p>	AFTER			
Strongly Disagree	Disagree	Agree	Strongly Agree		Strongly Disagree	Disagree	Agree	Strongly Agree
0	0	1	2	I can name the five parts of a SMART goal.	0	0	1	2
0	0	1	2	I understand how to set SMART goals.	0	0	1	2
0	0	1	2	I have short-term goals.	0	0	1	2
0	0	1	2	I have long-term goals.	0	0	1	2
0	0	1	2	I think setting goals is important for my future career.	0	0	1	2





Vocabulary

WRITE the WORD for each component of a SMART goal.

- S **SPECIFIC** A goal is very detailed and exact

- M **MEASURABLE** A goal can be measured to see whether or not we have met our goal

- A **ACTION PLAN** The actual steps you will take to meet your goal

- R **REASONABLE** A goal can be achieved and is practical

- T **TIMELINE** Helps us to know when we are going to accomplish our 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.	<input checked="" type="checkbox"/>	
I plan to set goals related my career.	<input checked="" type="checkbox"/>	
I plan to set goals for my personal interests.	<input checked="" type="checkbox"/>	

Write one personal short-term goal.

Write one personal long-term goal.

Enter the following numbers based on the answer circled:

0=I do not agree

1=I'm not sure

2=I agree

Tell us what you think!

How do you think about each question below.

et	<input checked="" type="checkbox"/> I agree	I'm not sure	I do not agree
future.	<input checked="" type="checkbox"/> I agree	I'm not sure	I do not agree
3. I have a plan to achieve my goals.	<input checked="" type="checkbox"/> I agree	I'm not sure	I do not agree

For each question:

1st column: Type in narrative answer

2nd column: Enter 1 if they provided an answer

