

Upward Bound: Goal Setting 2010 – 2011

Name _____

Grade _____

Your goals should follow the D.A.P.P.S. rule: Dated, Achievable, Personal, Positive, and Specific!

Long – Term Goals in High School:

- 1.
- 2.
- 3.
- 4.
- 5.

Long – Term Goals for This School Year

Goal				
Steps to Achieve	1.	1.	1.	1.
	2.	2.	2.	2.
	3.	3.	3.	3.
	4.	4.	4.	4.
	5.	5.	5.	5.
How I will know I have achieved my goal				

