Individual Pathway Plan

Year 9

Student Name:
Year:
House Group:
Date Commenced:

Staying Focused

Long term goals

Career options

Use your individual pathway plan to design your future
GOAL SETTING

Why should you set goals? Isn’t it enough that you have to go to school, do your homework and your chores? Why should you add one more thing to the list of stuff you have to do?

Because defining your goals is the first step to making them real. Even simple goals give you something to work toward. Just look at the successful people you admire. Each of them probably had a plan and a set of goals they kept in mind on their road to success. Those goals may have changed along the way but their goals gave them something to work for. **Setting goals will help you map out your plans and make your dreams become a reality.**

Throughout your life, you will be setting goals. To make setting and achieving goals easier, remember the acronym **SMART**: Specific, Measurable, Attainable, Realistic and Timely.

**Specific:** Make your goal specific. For example, saying to yourself “I want to eat at least one fruit per day” is more easily achievable than just “I want to be healthy”. When coming up with specific goal, ask yourself: who, what, when, where and why?

**Measurable:** Set a measurable way to check your progress to keep yourself on track. If your goal is measurable, you should be able to answer the question “How will I know when my goal is accomplished?”

**Achievable:** When prioritizing goals, your mindset adjusts so that you can achieve your goal.

**Realistic:** Your goal should be something that you believe can be accomplished.

**Timely:** Create a timeframe to help make your goal more achievable.

After making sure you have a SMART goal, use these 10 steps to achieve your goals.

1. Be specific
2. Create a plan
3. Make a list of steps
4. Act and don’t be passive
5. Read and seek advice
6. Create alternates
7. Revisit goals
8. Repeat affirmations
9. Visualize goals
10. Take action
Individual Pathway Plan

My Semester 2 Year 8 results were...

<table>
<thead>
<tr>
<th>Subject</th>
<th>Grade</th>
<th>Subject</th>
<th>Grade</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

What went well last year?

What needs improvement?

Academic goals for this year

<table>
<thead>
<tr>
<th>Subject</th>
<th>Desired Grade</th>
<th>Subject</th>
<th>Desired Grade</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Individual Pathway Plan

What are my goals for this year (personal, academic, social)?
Make sure your goals are SMART

What might get in the way?

What will I have to do to achieve these goals?

My Support Network
How could this network help you to overcome your barriers?

FAMILY
SCHOOL
OTHER

Use your individual pathway plan to design your future