

"Never be afraid
to fall apart
because it is an
opportunity to
rebuild yourself
the way you wish
you had been all
along."

-Rae Smith
THELOVEYOURSELFCHALLENGE.TUMBLR.COM

SET
GOAL

MAKE
PLAN

GET
TO
WORK

STICK
TO IT

REACH
GOAL



IF THERE IS NO
STRUGGLE,



THERE IS NO
PROGRESS.

~FREDERICK DOUGLASS



In Your Journal...

Create a new journal entry labeled:

#14: My Goals for the 2rd 9 weeks

Reflect on the first academic semester and how you have been succeeding or otherwise in your studies. How can you change the trajectory that you have created thus far in order to create positive change for the new 9 weeks? What kind of things can you do differently in order to achieve your academic goals? Write one whole page with at least 5 *actionable* steps that you can take to see the change you wish to accomplish. Address all subject areas, not just English.

Things To Think About...

As you write your journal entry, there are quite a few things that you should think about before you delve into goal-setting for yourself. You should follow the SMART model as seen to the right in order to make effective, lasting goals to help keep you on track.



In Your Journal... #15

Reflect on the goal setting exercises that I have been completing for the past two days and the conversations that you had with your family and friends over Thanksgiving break. Think about how your academic goals are going to affect where you would like to be in 2.5 years (i.e. the year after you graduate high school. Then, make a list of 5 places that you would like to attend for post-secondary education (colleges, universities, military, work force, etc.) Then write a one page reflection on your list, identifying your choices.

YOUR

FUTURE

IS CREATED BY

WHAT YOU DO

TODAY

not

TOMORROW

Robert Kiyosaki

**THE BEST THING
ABOUT THE
FUTURE
IS THAT IT COMES ONLY
ONE DAY AT A TIME.**

~Abraham Lincoln

Let's Differentiate...

As you start to conduct research on your college/university of choice, you must thoroughly answer the following questions:

- ***What type of college is it?***
- ***What is the enrollment?***
- ***Is it urban or rural?***
- ***What are the admission requirements? (SAT/ACT scores?)***
- ***What are the tuition costs?***
- ***What type of major might you pursue at this college?***
- ***What is a description of this major?***
- ***What skills are necessary to be successful in this major?***
- ***What high school courses are needed for this major?***
- ***What courses does one take at college to fulfill this major?***
- ***What is the study/workload like for this major?***
- ***What career might one go into with this major?***
- ***What are the viewpoints of current students in this major?***
- ***What questions would you ask a college admissions counselor?***
- ***What other majors relate to this major?***

Matchmaker...

<https://student.naviance.com/ncatholichs>

<https://bigfuture.collegeboard.org>

<https://www.unigo.com>

<http://www.educationplanner.org/students/self-assessments/index.shtml>

<http://www.usnews.com/education/best-colleges/right-school/choices/articles/2008/08/21/college-personality-quiz>

Culminating Project

In addition to writing a paper based on your research, you will also create a visual element.

Visual – Your visual must clearly present information on both your career and your college. Some suggestions are:

- Brochure/Pamphlet
- Poster/Collage
- Power Point
- Photo and Informational Album

Journal #16

In your journal, reflect on the conversation you had with an adult about your career and college research. What was his/her reaction to your research that you have conducted thus far? Did they encourage you in your pursuits or dissuade you from your choices? How else did they direct you in your research? What did you take away from that interaction with him/her? Did you look at your own research differently after that conversation? One whole page.

MLA Format

For all of your sources, you must cite them per MLA format.

Use <https://owl.english.purdue.edu/owl/resource/747/01/> for your official resource.

Use easybib.com for easy-to-use citations.

Journal #17

In your journal, talk about the visual element of your project. What other elements do you still need to include in order to suffice for the project? How much information do you still need to gather for the written component of the project? Discuss in depth and use specific examples. One whole page.

“To Be” Verbs to Avoid:

am	have	may
is	has	might
are	had	must
was	do	can
were	did	does
be	may	shall
being	will	been

Journal #18

In your journal, reflect on your career and college project. What did you learn about yourself throughout the research process? What kinds of things did you learn about the career that you researched? Were there things that surprised you about the career that might impact your decision in the future? What did you learn about the college you researched? How will your decision change based off of what you researched? *One whole page.*

Rewrite these sentence with ACTIVE verbs in place of “to be” verbs:

1. The University of Pittsburgh **has** a well-established program for market research and studies.
2. Throughout the years there **have been** three Nobel prize winners from there.
3. Founded in 1834, Wake Forest **is** a school that **has** grown to **be** one of the top universities in the country.
4. It **is** the third oldest higher academic institution in the country.
5. This facility **will** inspire many in the creation of new products and companies.