



2. Goal-setting for Third Year



**Paired
ACTIVITY**

1 Sayings

With your partner, discuss the sayings below. How do you think they might be relevant to your Third Year in school?

'Strike while the iron is hot.'

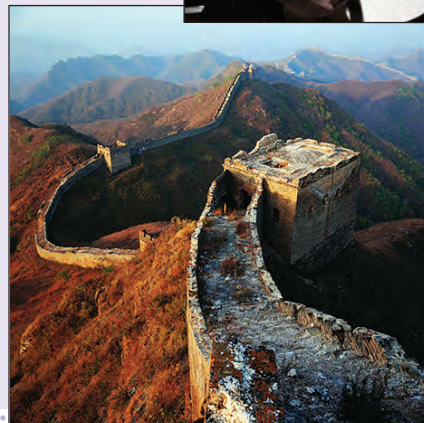
'Make hay while the sun shines.'

The sayings above suggest taking action, recognising opportunities and making the best of a situation. Deciding **now** how you want to approach this challenging year is the best approach. Taking charge and responsibility from the outset will give you a better chance of success. Succeeding in your goals will create a great sense of energy, accomplishment and happiness. This will greatly enhance your feelings of well-being.

'Whatever you can do, or dream you can, be it now. Boldness has genius, power and magic in it. Begin it now!'

Goethe

Getting your Junior Cycle Profile of Achievement is the big challenge of Third Year, but it need not be the only focus in your life. Events in your personal life can enhance your performance at exams and in assessments as they will demonstrate that you are capable of taking on challenges. It is also important to remember that other activities will see you through stressful times ahead. Goals for the future – such as finding it easier to make friends, not being afraid of speaking in public, improving your guitar-playing skills, learning to cope with and ignore peer pressure and even deciding to travel the world – involve planning and can be worked on in Third Year.



ACTIVITY

2 Goals

(a) List your personal goals for Third Year.

(b) Where would you like to see yourself in five years' time?

(c) List the goals you need to achieve in order to get there.

WB1

3 My five-year plan

Use the goals you identified in the previous activity to draw up your five-year plan. To do this you need to 'plan backwards to implement forwards' and identify all the mini-goals you need to achieve to reach your ultimate goal. Have a look at the example of Laura's plan below to give you an idea of how to proceed.

4 7 5
2 3 8
9 6

| Short-term goals | Medium-term goals | Long-term goals |
|---|---|---|
| <p>By the end of this term I will . . .</p> <p>Have a suitable study plan in place for weekdays and weekends.</p> <p>Be spending an extra half-hour on Maths three times a week.</p> <p>Have set up a study group for Science and History.</p> <p>Be training in basketball two nights a week.</p> <p>Have looked up nursing colleges on the web and checked exactly what points I need to get into college.</p> | <p>In one year's time I will . . .</p> <p>Have a Junior Cycle Profile of Achievement containing good grades in my exam subjects and positive feedback in my assessment tasks.</p> <p>Have got summer work in the local nursing home.</p> | <p>In five years' time I will . . .</p> <p>Be in my second year of nursing training.</p> <p>Be renting a house with my friends.</p> <p>Go to America to work for my summer holidays.</p> |



Remember to follow the steps below when working out your five-year plan:

Step One: Write in your long-term goals

Step Two: Write in your medium-term goals

Step Three: Write in your short-term goals

| MY FIVE-YEAR PLAN | | |
|---|--|---|
| Long-term goals | Medium-term goals | Short-term goals |
| In five years' time I will . . . | In one year's time I will . . . | By the end of this term I will . . . |
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SAMPLE

Make sure you review your plan regularly and tick off the goals you have achieved. If you find you are not achieving the goals you have set:

- (i) Ask yourself why this has happened.
- (ii) If the goal was unrealistic, you need to reset the goal to make it more achievable.

4 Characteristics

Being able to work towards a goal shows characteristics that are important in today's competitive world. What do you think some of those characteristics are?

- (a) _____
- (b) _____
- (c) _____