**Goal Setting and Motivation Webquest**

1. Go to <https://www.goal-setting-guide.com/smart-goal-setting-a-surefire-way-to-achieve-your-goals/> \*\*\*If link isn’t working cut and copy the address into the address bar.\*\*\*
   1. Fill in the SMART Goal Setting acronym and give a brief description of each.

S –

M –

A –

R –

T –

1. Read the article at the following link and answer the questions below. IF there is a message asking you to sign up for an account, just “x” out of it. You do not need an account to view the article. <https://www.sparkpeople.com/resource/motivation_articles.asp?id=124>
   1. According to intelligence studies, what is the most important factor of success and achievement?
   2. Why is it important to write your goal down?
   3. The article lists 8 criteria for a good goal. Which of these do you tend to follow and which do you tend to neglect?
2. Now create 2 SMART goals for yourself. One goal must be academic (grades, college, AP Courses, etc.) and the other is your choice. Make sure both of your goals have all 5 aspects of the SMART Goal-Setting Model.
3. Studies have shown that visualization and having regular reminders of one’s goal can have a significant impact on success.
   1. Go to the following link to watch the short video.
      1. [**https://www.google.com/search?q=making+a+vision+board+for+a+goal&oq=making+a+vision+board+for+a+goal&aqs=chrome..69i57j0.6824j0j4&sourceid=chrome&ie=UTF-8 - kpvalbx=1**](https://www.google.com/search?q=making+a+vision+board+for+a+goal&oq=making+a+vision+board+for+a+goal&aqs=chrome..69i57j0.6824j0j4&sourceid=chrome&ie=UTF-8#kpvalbx=1)
      2. In a separate document (Google Doc or Word), create a visual representation or a vision board for **ONE** of your goals.

***When finished, make you print both the Goal Webquest Document and the Vision Board!!!***

**\*\*\*At Home Connection\*\*\***

**Go home and ask your parent/guardian what goals they had as high school student. Write them down below.**

**Goal #1**

**Goal #2**