

After reading the goals of Freshman Seminar, determine what you want to improve in each area and what your strength is in each area. Freshman Seminar enables students to...

I. Orientation/Social Skills

- a. Understand the purpose and value of rules.
- b. Appreciate the benefits of responding respectfully to authority.
- c. Operate as a productive member of a group/team.
- d. Actively listen to the comments of others and ask clarifying questions.
- e. Recognize causes of conflict and acquire skills for conflict resolution.
- f. Find satisfaction in communicating without abuse or violence.
- g. Express anger peacefully when feeling unfairly treated or wronged.

I want to improve _____.

My strength in this area is _____.

II. Study Skills

- a. Develop note-taking skills.
- b. Organize school materials.
- c. Find and create a place to study outside of school.
- d. Be an active listener.
- e. Acquire test-taking skills.
- f. Manage time effectively.
- g. Plan for the long and short term.

I want to improve _____.

My strength in this area is _____.

III. Careers and Post-Secondary Decisions

- a. Identify personal career pathways.
- b. Learn how educational choices impact income.
- c. Recognize the requirements for preferred career pathways.
- d. Make an informed choice of Career Academy.
- e. Acquire information about different types of colleges and post-secondary education options.

I want to improve _____.

My strength in this area is _____.

IV. Human Relations

- a. Recognize peer pressure and learn how to cope with it.
- b. Understand cause and effect.
- c. Recognize the consequences of risky behaviors.
- d. Construct a basis for believing that overcoming obstacles will lead to personal growth.
- e. Describe the behaviors associated with a strong work ethic.
- f. Identify the causes and types of conflict.

I want to improve _____.

My strength in this area is _____.



What's Your Goal?

Identify two or three goals for each time frame: Short-term (three - six months), Medium-term (one - three years), Long-term (five- ten years). Then, identify the Freshman Seminar Units/Skills that will help you reach your goals.

Short-term Goals

(Something you hope to accomplish within the next three - six months)

1.

2.

3.

Freshman Seminar Skill(s)

Medium-term Goals

(Something you hope to accomplish within the next one - three years)

1.

2.

3.

Freshman Seminar Skill(s)

Long-term Goals

(Something you hope to accomplish within the next five - ten years)

1.

2.

3.

Freshman Seminar Skill(s)