

“GOALS”

APPLIED PSYCHOLOGY 160 ASSIGNMENT #8 (25 points)

Using information and assistance from Chapter 9 in your workbook, write a one or two FULL paragraphs stating long-range goals and visions that summarize where you would like to be in your career and your life 10 YEARS from the present time. Be specific! Paint a picture with words!

Use **powerful goal statements** (Refer to Table 9.2 , page 216 for PRECISE samples.) Use or practice your visionary skills! “ I will” “I will” “I will”

Following your long-range 10 year goal paragraph, list five medium range and then five short range objectives that would move you towards your stated long range 10-year goals. Connect the dots! Medium range objectives should be those you will accomplish in the next **five years**, and short-range objectives are those you will accomplish over the **next twelve months**. Your medium and short-range objectives can be brief statements approximately one sentence long. However, **make sure you are VERY specific**. State the objective along with the date you plan to accomplish each objective. The completion date need not be specific to the ‘end’ of the period. For example, you may decide something to be accomplished in 6 months, something else at 8 years, not necessarily all at the 1, 5 or 10 years period.

In summary:

Part I. 1-2 Paragraphs of LONG TERM (10YEARS) GOALS/Vision.

Part II. List at least 5 MEDIUM TERM (5-YEAR) OBJECTIVES

Part III. Paragraph (or LIST) of 5 SHORT TERM (1 YEAR) OBJECTIVES

THIS ASSIGNMENT IS DUE
Tue/Thur: Session 28
Wed PM Class: Session 29