

Name: _____

Exploration Cycle

College & Career Awareness
Sept 14-18



Overview: "Much like money, our time is valuable and limited. Practicing good time management skills can give us more energy, less stress, and help us to be successful in school and work. Today we will work at strategies that will help you better manage your time." CDA#3

___ Turn in last week's study guide to the red bin.

___ Record input for Ms. Valeri's lesson on Planning, Timing, & Setting Goals

Date
CDA #3

'Planning, Timing, & Setting Goals'

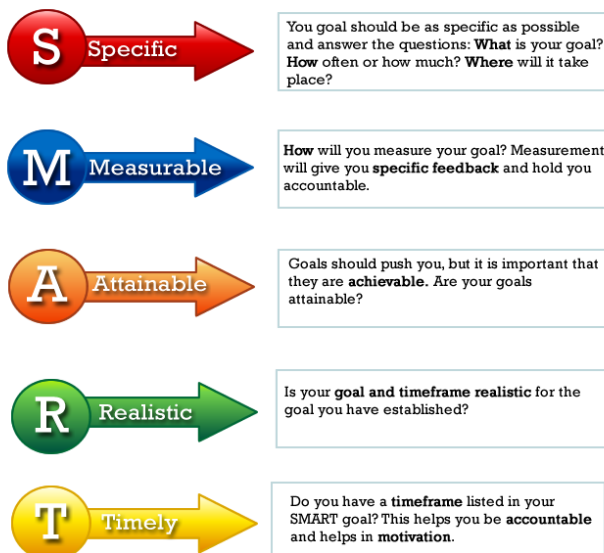
Essential Question: Considering the many life roles you have, what are two BIG ROCKS of life?

___ In your output write down two S.M.A.R.T. goals corresponding with two big rocks of life.

___ In your output draw a way to remember what S.M.A.R.T. stands for:

Setting SMART Goals

The research shows that specific and challenging goals lead to better performance (Locke, 1968). In this lesson we will be working on designing a plan and creating SMART goals to help us achieve a healthier lifestyle.



Following Ms. Valeri's presentation you will have time to complete your output for Aspirations & grade your Power Point using the rubric provided below:

House Cost
Utilities
Food
Transportation
Clothes
Health
Entertainment
Personal Care
Miscellaneous
Student Debt
Savings
Investments
Family/Children
State Taxes
Federal Taxes
Total

Here is an extra copy of the budget you cut out for your input last week. Remember, you will need to complete **record THREE occupations** that would allow you to live they lifestyle of chose. (List annual salaries)

___ Open your Power Point that displays your aspirations for your future. Use the rubric below to circle the scores for each of the five areas. You will need your output as the last two areas refer to your output in your journal.

	3	2	1	0
Hyperlinks	All 6 buttons hyperlink to the corresponding pages & there is a button to return the view to the first page.	All 6 buttons hyperlink to the corresponding pages but there is no return to first page button.	A few buttons hyperlink properly.	No hyperlinks were used.
Completeness	Slides 1-7 demonstrated thoughtful & complete responses.	Most of the slides demonstrated thoughtful & complete responses.	Not all slides had content.	There were more than 3 slides without content.
Graphics	All graphics are properly sourced.	Most of the graphics are properly sourced.	Graphics were used, but not properly sourced.	No graphics were used in the project.
Budget - output	All categories in the budget displayed an amount.	Most of the categories in the budget displayed an amount.	More than half the budget items displayed an amount.	No budget was displayed in the output.
Job Connection	Three jobs were listed along with annual salaries.	Three jobs were listed, but lacked annual salaries.	No jobs were listed but other notes were made.	No jobs were listed in output.