



# Career Life Connections 11

## Goals & Networking

### Assignment #3

*Note: If you have not already handed in Assignments #1 & #2, they are now overdue. Hand them in ASAP!*

#### Task One: SMART goals

**SMART goals** are goals which are Specific, Measureable, Attainable, Realistic and Timely.

Think about the goal examples shown during your latest CLC session:



Spend some time thinking about what you would like to achieve in the near future. What would you like to make happen for yourself? What are your current dreams? Think critically.

#### Requirements:

1. **Set** three (3) **SMART goals** for yourself. One or two goals should be for something you would like to accomplish during **this** or your **grade 12** school year; at least one goal should be for something you would like to accomplish during the first or first few years **after** high school.

**Type** out your goals, making sure each of them has all the elements required by a SMART goal.

Note: SMART goal task #1 will form the **first part of your submitted assignment**.

2. In **myBlueprint**, create a **Journal Box** entitled "**Goals Core Competency**."

Write about **one** of the core competencies you used in completing the SMART goal task (minimum 100 words).

How to create the "Goals Core Competency" box

- i) Go to your Home Screen.
- ii) From the menu on the left side of the Home Screen, click on "Home," then click on "Portfolios"
- iii) Choose your Connections Portfolio
- iv) Inside the portfolio, click "+Add Box" and choose "Add Journal"
- v) Add the requested title
- vi) Complete the Core Competency Reflection in the Description Box and click "Post."

## Task Two: Networks

**Networking** is an opportunity to connect with others to share useful information and resources. It is about building relationships and helping others.

Think about the **networks** you are currently a part of (circle of friends, family, school classes, clubs, places of faith, sports teams, etc.). Choose your top five (5) networks – these are the networks you receive the most from and/or give the most to.

### Requirements:

1. **Type** out your top five (5) networks, giving each one a **title** (e.g., *Girls Senior Soccer Team*), and **including** the **names** (first names are fine) of all the people involved in each one (\*\*you do **not** need to list more than 10 people in any one network).
2. **Using formal writing skills, type a reflection (300-500 words)** that **identifies and describes the network** which is most important to you right now and **explains why**. **Answer** the following questions clearly:
  - a. What is the most important network for you right now, and why?
  - b. What do you gain from being a part of this network?
  - c. How do you benefit others by being a part of it?

Note: Networking tasks 1 & 2 will form the **second part of your submitted assignment**.

### Assignment #3 Checklist:

The following checklist is to help YOU ensure that you have completed all the requirements of this assignment. Once you have made sure you have completed **all** the requirements (including myBlueprint work), hand in Assignment #3 to the Career Centre on or before the due date.

#### Checklist:

- You completed your “**Goals Core Competency**” work in myBlueprint
- You **typed** out three **SMART** goals
- You **typed** out 5 networks with titles and names of members
- You typed a reflection **describing** your most important network, **explaining why** it’s the most important, and **answering** the three questions asked
- You handed your assignment in to the Career Centre by **Friday, February 1st, 2019**



**Career Life Connections 11  
Session #3**

**Goals & Networking Submission Sheet**

**Assignment #3 Due Date:  
Friday, February 1st, 2019**

✓ **Check that you have attached all requirements**

- My three SMART goals (typed) are attached.
- My five networks (typed) are attached.
- My networking (typed) reflection / responses are attached.

**Student's First and Last Names:** \_\_\_\_\_

\_\_\_\_\_  
**Student Signature**

\_\_\_\_\_  
**Date**