

Before You Begin

1. What is **your** definition of a family?

2. What is the proper definition of a family? (**Note:** you can use Google or the dictionary.)

3. What are 2 personal goals you have? (**Example:** “I want to run the Boston marathon,” “I wish to speak to my mother more often.”)

4. What is an academic goal that you have? (**Example:** “I want to get an A in this class.”)

5. Copy the table below, and fill it in with your 2 personal, and 1 academic goals.

<i>Strand</i>	<i>Goal</i>	<i>Achieved</i>	<i>Approaching Achievement</i>	<i>Not Met at All</i>
Example: Personal	“I want to run the Boston marathon.”	I will know that I have achieved my goal once I pass the finishing line.	I will know that I am approaching my goal once I start training, and can run half the marathon.	I will know that I have not met this goal if I continue to put it off, and make no attempt to train.
Example: Personal	“I wish to be speaking to my mother more often by June.”	I will know that I have achieved my goal once I speak with my mother more frequently, either over the phone or in person.	I will know that I am approaching my goal once I am speaking to my mother at random, either over the phone, or in person.	I will know that I have not met this goal if nothing changes (not speaking to my mother as frequently as I like).
Example: Academic	“I want to get an A in this class.”	I will know that I have achieved my goal once I start to get A’s on my assignments.	I will know that I am approaching my goal once I start working harder in class.	I will know that I have not met this goal if I continue to slack off, and not come to class.