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GST 122

TOPIC: **IMPORTANCE OF** **GOAL SETTING AMONG YOUTHS AND TEENAGERS.**

 Goal setting is a part of self-management, and it helps teenagers increase self-awareness and build self-esteem. As youths and teenagers continues to grow and become more independent, their ability to set and work towards goals becomes even more important to their future successes. Goals for youths and teenagers can be related to personal accomplishments, academics, relationships or post university plans. Goals requires work to accomplish , and the more you can support yourself into forcing on both short term and long term goals, the better you’ll be able to set and work towards goals on your own.

 Parents also play a huge role in helping their kids in goal setting by encouraging kids and support their goals no matter how farfetched it sounds, talking to your kids about your own goals to encourage talk about theirs. Many people have goals even if they don’t identify them as such. As a parent, you goals at the moment may be eating healthier, taking a vacation with the family or building your savings. Talk to your kids about the steps you are taking to accomplish these goals. You can even map out your goals together and tape them on the refrigerator so you are both reminded of what you want to accomplish and how you’re getting there. Help your child map out their goals. These small reminders will be steps they’ll take along the way.

 We have all set goals for different things with different levels of success in our lives. Some of these goals are achieved while others not so much. And most teens don’t know exactly why it wasn’t a success well it is because they were not taught to make SMART goals. It is one of the many things we are not taught in schools, or even at work. But we are still expected to set and achieve goals as we study to get an A in a test, work and finish a project, train to try out for a sport team, or audition for a role in a play.

 Using the SMART goals will:

* Give you clarity about what you want to accomplish
* Make you think about why you are trying to achieve each goal
* Make you define the activities you need to complete
* Keep you motivated by focusing on the end result
* Make you work toward a specific deadline

 A SMART goal can answer all these questions:

* Specific: What is it that i want to accomplish?
* Measurable: How do i know i reached my goal?
* Achievable: Is my goal realistic?
* Relevant: Why is it important to me?
* Time-bound: What is my deadline?

EXAMPLE OF A SMART GOAL FROM THE INTERNET

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| --- | --- |
|  “REGULAR” GOAL  |  SMART GOAL |
| I want to be a tennis player  | I want to win a level 6 junior tennis tournament by September 1, 2019 because i want to keep improving at a pace that will get me a spot in the high school varsity tennis team. |