

NOTE: A minimum of one goal per section should be a **SMART Goal**.

Goal Area Criteria	Short-Term Goals (within 3 months)	Medium-Term Goals (3 - 6 months)	Long-Term Goals (6 months or longer)
Educational (High School)	Over the next three months, my short-term educational goal is to significantly improve the consistency and quality of my academic habits at Unionville High School. I want to become more intentional with how I use my time during and after school by completing assignments earlier, reviewing lesson material regularly, and actively identifying areas where I feel confused rather than ignoring them. I also want to continue participating in academically focused clubs such as math club, science club, biology club, and AI club, because these environments encourage deeper thinking, problem-solving, and curiosity beyond the classroom. This short-term goal is mainly about building discipline and structure so that my academic performance is not dependent on stress or last-minute effort.	<p>My medium-term goal during high school is to continue building a strong academic foundation while actively exploring my interests and strengths so I am well-prepared for post-secondary education and future career opportunities. Over the next few years, I want to challenge myself by taking courses that push my problem-solving, critical thinking, and time management skills, especially in areas related to technology, science, and math. Doing well academically is important to me, but beyond grades, I want to truly understand the material and develop skills that are transferable outside of school, such as collaboration, communication, and independent learning.</p> <p>Throughout high school, I also aim to stay involved in extracurricular activities that align with my interests, including clubs related to technology, STEM, and leadership. Being part of these groups allows me to apply what I learn in the classroom to real situations, work with others who share similar interests, and gain experience that cannot be taught through textbooks alone. I want to take on more responsibility in these environments, whether that means contributing more actively, helping newer members, or eventually stepping into leadership roles if opportunities arise.</p> <p>Another important part of my high school goal is learning how to manage my time effectively. Balancing schoolwork, extracurriculars, personal responsibilities, and social life is challenging, but it is a necessary skill that will be essential later in life. I want</p>	<p>My long-term high school educational goal is to graduate with a strong academic foundation that reflects sustained effort, personal growth, and a genuine interest in learning rather than simply aiming for grades alone. Throughout Grades 11 and 12, I want to challenge myself by taking courses that align with my interests in science, technology, engineering, and analytical thinking, while also learning how to manage increased academic pressure responsibly. I aim to develop strong independent learning skills, such as breaking down complex topics into smaller components, identifying patterns in mistakes, and seeking clarification through teachers, peers, or independent research when concepts are unclear.</p> <p>As I progress through high school, I want to become more confident in my ability to handle difficult material without becoming discouraged or overwhelmed. Instead of seeing challenging topics as obstacles, I want to view them as opportunities to improve my problem-solving skills and resilience. I also want to refine my study strategies over time by experimenting with different techniques such as spaced repetition, practice-based learning, and reflective note-taking to determine what works best for me.</p> <p>Another major part of my long-term goal is maintaining balance. While academic success is important, I do not want to</p>

		<p>to improve how I plan my workload, avoid procrastination, and stay organized so I can reduce stress while still performing at a high level. By the time I graduate, my goal is to feel confident in my ability to handle responsibility, stay disciplined, and adapt to new challenges, knowing that high school helped shape both my academic abilities and personal character.</p>	<p>sacrifice my mental health or personal development in the process. I want to learn how to manage my workload effectively so that I can continue participating in clubs, extracurricular activities, and personal interests without experiencing burnout. By the time I graduate from Unionville High School, I want to have a clear understanding of my academic strengths, areas for improvement, and learning style, as well as a realistic and well-informed plan for post-secondary education. This long-term goal matters to me because my high school experience will shape my readiness for future academic challenges and influence the opportunities available to me after graduation, including university programs, scholarships, and career pathways.</p>
Barriers			
Educational (Post Secondary)	<p>In the first three months of my post-secondary education, my short-term goal is to successfully transition into a new academic and social environment. I want to familiarize myself with campus resources such as libraries, academic advising services, learning centres, and online platforms. I also plan to attend orientation events, join clubs related to my interests in technology, science, and engineering, and begin building connections with classmates. This initial period is important for establishing comfort, confidence, and a sense of belonging within a new institution.</p>	<p>Over the next three to six months, my primary post-secondary educational goal is to actively build strong academic, professional, and interpersonal foundations that will support my long-term success. During this time, I want to move beyond simply attending classes and instead fully engage with the learning process by communicating regularly with professors, attending office hours, asking thoughtful questions, and seeking feedback on assignments and exams. I believe that developing these relationships early will help me better understand course expectations and academic standards while also improving my confidence in professional communication.</p> <p>In addition to strengthening academic relationships, I want to focus on building meaningful peer connections through group projects, study groups, and club involvement. Collaborating with students from diverse backgrounds will help me improve my</p>	<p>My long-term goal for post-secondary education is to pursue a program that aligns closely with my interests, strengths, and long-term career aspirations while continuing to grow both academically and personally. I want to attend a post-secondary institution where I can deepen my knowledge in a field related to technology, engineering, or another area that emphasizes problem-solving, innovation, and logical thinking. This stage of my education is important to me because it represents a transition from structured learning to a more independent and self-directed environment, where motivation and discipline play a much larger role in success.</p> <p>In post-secondary education, I aim to fully engage with my program rather than simply completing assignments or meeting minimum requirements. I</p>

		<p>teamwork, communication, and adaptability—skills that are essential both academically and professionally. I also plan to begin exploring experiential learning opportunities such as internships, co-op placements, research assistant positions, and academic competitions. These opportunities will allow me to apply theoretical knowledge in real-world contexts and better understand how my field operates outside of the classroom.</p> <p>During this medium-term phase, I will also reflect deeply on my academic interests to determine potential areas of specialization. By evaluating which courses and topics genuinely engage me, I can make more informed decisions about electives, future coursework, and career pathways. This stage is critical because it acts as a bridge between foundational learning and long-term professional development, ensuring that my post-secondary education is intentional, purposeful, and aligned with my goals rather than passive or directionless.</p>	<p>want to take advantage of opportunities such as hands-on projects, research experiences, co-op placements, internships, and collaborative work with peers. These experiences are valuable because they allow me to apply theoretical knowledge in practical ways and gain exposure to real-world challenges. I also hope to build strong relationships with professors, instructors, and peers, as these connections can provide mentorship, guidance, and insight into both academic and career paths.</p> <p>Beyond academics, my long-term goal in post-secondary education is to continue developing life skills that will support my independence. This includes managing finances, maintaining a healthy balance between work and personal life, and making responsible decisions without constant external structure. I want to learn how to advocate for myself, seek help when needed, and take ownership of my successes and failures. By the time I complete my post-secondary education, my goal is to graduate not only with a strong academic record but also with confidence, practical experience, and a clear sense of direction for my future.</p>
Barriers			
Part-Time Job	<p>In the short term, my part-time job goal is to gain practical work experience that helps me understand responsibility, time management, and professionalism outside of school. Within the next three months, I want to either secure a temporary or entry-level part-time position or actively prepare myself to be job-ready by improving my résumé, practicing interview skills, and researching workplaces that align with my interests and availability. I want to experience what it feels like to balance school responsibilities</p>	<p>My medium-term goal regarding a part-time job is to gain practical work experience while developing responsibility, independence, and a strong work ethic. Having a part-time job allows me to understand what it means to be accountable in a professional setting, where others rely on me to show up on time, complete tasks properly, and contribute positively to a team. This experience is important because it teaches lessons that cannot be fully learned in a classroom.</p>	<p>In the long term, my part-time job goal is to consistently hold employment that not only provides income but also contributes meaningfully to my personal growth and future career readiness. As I progress through high school and into post-secondary education, I want to work in positions that gradually demand more responsibility, accountability, and skill development. Rather than viewing part-time work as just a way to earn money, I want to</p>

	<p>with work commitments so that I can better prepare myself for future employment situations where expectations are higher and consequences are more real.</p>	<p>Through part-time work, I want to improve essential skills such as communication, problem-solving, and time management. Balancing a job with school responsibilities requires discipline and organization, and I see this as an opportunity to strengthen those abilities. I also want to learn how to handle challenges in the workplace, such as dealing with pressure, receiving feedback, and adapting to different expectations from supervisors and customers. These experiences will help prepare me for future careers and more demanding work environments.</p> <p>Additionally, a part-time job helps me build confidence and independence. Earning my own money gives me a greater appreciation for the value of work and financial responsibility. It also allows me to start saving for future goals and understand the effort required to earn income. Over time, I hope that part-time work will help shape my professional attitude and prepare me for larger responsibilities in both post-secondary education and my future career.</p>	<p>treat it as an opportunity to learn how real workplaces function, how teams collaborate, and how expectations are managed in professional environments.</p> <p>Over time, I want my work experience to reflect growth—starting from basic entry-level tasks and eventually moving toward roles that involve problem-solving, leadership, or technical skills. I want to learn how to communicate professionally with supervisors, coworkers, and customers, handle feedback constructively, and adapt to different workplace cultures. Holding long-term part-time employment will also help me develop resilience, since work environments often require handling pressure, meeting deadlines, and resolving conflicts.</p> <p>By the time I graduate from post-secondary education, I want my résumé to show consistent employment history that demonstrates reliability, work ethic, and adaptability. This long-term goal is important because employers value real work experience just as much as academic achievement. Through sustained part-time employment, I want to prove to myself and others that I can manage responsibilities independently while continuing to grow as both a student and a professional.</p>
Barriers			
Future Career (at least one must relate to networking)	<p>In the short term, my career goal is to explore and better understand potential career paths related to science, technology, engineering, and analytical fields. I want to research different job roles, required skills, and educational pathways, as well as learn about real-world experiences from professionals in these fields. This exploration phase will help me narrow down interests and make informed decisions</p>	<p>My medium-term goal related to my future career is to explore potential career paths and gain a clearer understanding of what type of work environment and responsibilities suit me best. At this stage, I am focused on learning as much as possible about different careers, especially those connected to technology, innovation, and problem-solving. This includes researching job roles, understanding the skills required, and</p>	<p>My long-term career goal is to establish myself in a stable, intellectually challenging, and fulfilling profession that allows for continuous learning and growth. I want to work in a field where problem-solving, innovation, and logical thinking are central to my daily responsibilities. Over time, I aim to gain progressively more responsibility, develop expertise in my chosen area, and contribute</p>

	<p>moving forward.</p>	<p>learning how different industries operate. I want to make informed decisions rather than choosing a career path without fully understanding what it involves.</p> <p>To work toward this goal, I plan to build relevant skills through education, personal projects, and any opportunities that allow me to gain experience, such as internships, volunteering, or part-time work. Developing both technical skills and soft skills is important to me, as careers are not only about knowledge, but also about communication, teamwork, and adaptability. I want to become someone who can work effectively with others, think critically under pressure, and continuously learn as industries evolve.</p> <p>Another key part of my medium-term career goal is understanding that career paths are not always linear. I want to remain open-minded and flexible, knowing that interests can change and new opportunities can arise. Instead of focusing only on a specific job title, I aim to develop a strong skill set that can be applied in multiple contexts. By doing this, I hope to position myself for long-term career growth, satisfaction, and stability while staying adaptable in a rapidly changing world.</p>	<p>meaningfully to projects that have real-world impact.</p> <p>I also want to remain adaptable in my career, understanding that industries evolve and that long-term success depends on staying current with new technologies, tools, and methods. This means committing to lifelong learning through additional certifications, skill development, and professional training when necessary. Beyond financial stability, I want my career to provide a sense of purpose and personal satisfaction, allowing me to feel that my work contributes positively to society. Ultimately, this goal matters to me because my career will shape my lifestyle, opportunities, and long-term independence as an adult.</p>
Barriers			
Personal	<p>In the short term, my personal goal is to maintain a healthy balance between academics, physical activity, rest, and social life. Within the next three months, I want to establish routines that support both my mental and physical well-being, such as getting enough sleep, staying active, and managing stress more effectively. I also want to become more mindful of how I spend my free time by reducing excessive distractions and using my time more intentionally.</p>	<p>My medium-term personal goal is to continue developing as a well-rounded, disciplined, and self-aware individual. I want to strengthen my ability to manage stress, stay motivated, and maintain a healthy balance between school, work, and personal life. Personal growth is important to me because success is not only defined by academic or career achievements, but also by mental resilience, confidence, and self-discipline.</p> <p>I aim to work on habits that support long-term well-being, such as</p>	<p>My long-term personal goal is to develop strong habits and self-discipline that support my overall well-being as I transition into adulthood. I want to become someone who can manage stress, pressure, and responsibility without sacrificing mental or physical health. This includes learning how to balance productivity with rest, knowing when to push myself and when to slow down, and recognizing the importance of maintaining healthy routines even during busy or stressful periods.</p>

		<p>maintaining a consistent routine, setting realistic goals, and reflecting on my progress. Learning how to handle setbacks and challenges healthily is a major focus for me. Instead of becoming discouraged by mistakes, I want to view them as opportunities to learn and improve. Developing this mindset will help me remain resilient when facing difficult situations in the future.</p> <p>Another aspect of my personal development goal is improving my ability to communicate and build relationships. Whether in academic, professional, or social settings, strong communication skills are essential. I want to become more confident in expressing my ideas, listening to others, and working collaboratively. By continuing to develop personally, I hope to become someone who is not only capable and hardworking but also self-aware, adaptable, and respectful of others.</p>	<p>Over time, I want to build confidence in my ability to handle challenges independently while still seeking support when necessary. I aim to strengthen qualities such as resilience, patience, and self-control, which are essential for long-term success in academics, careers, and relationships. Personal growth is not something that happens instantly, so I want to continuously reflect on my habits, behaviours, and mindset to ensure that I am improving rather than staying stagnant.</p> <p>Ultimately, this goal matters to me because personal development affects every other area of my life. By building strong personal habits now, I can better support my academic goals, career aspirations, and future independence. I want to grow into a well-rounded individual who is capable, disciplined, and confident in facing both challenges and opportunities.</p>
Barriers			
<p>Financial (at least one must relate to credit card/borrowing money)</p>	<p>In the short term, my financial goal is to become more aware of how money works and how my spending habits affect my financial stability. Within the next three months, I want to start tracking my expenses, understanding basic budgeting principles, and learning how to manage money responsibly. This includes saving a portion of any income I earn and avoiding unnecessary spending.</p>	<p>My medium-term financial goal is to develop a strong understanding of responsible money management, particularly when it comes to credit cards and borrowing money. As I move closer to adulthood, it is important for me to understand how credit works, how interest accumulates, and how borrowing can impact long-term financial stability. I want to avoid common financial mistakes by learning early how to use credit as a tool rather than a liability.</p> <p>One of my main goals is to learn how to manage credit responsibly by only borrowing what I can afford to repay and by understanding the consequences of missed payments or high interest rates. I want to build good financial habits, such as tracking expenses, budgeting, and prioritizing savings, so that if I use a</p>	<p>My long-term financial goal is to develop strong financial responsibility and independence so that I can support myself confidently in adulthood. Over time, I want to understand how to budget effectively, save consistently, and make informed financial decisions. This includes learning about banking, investing basics, managing expenses, and planning for long-term financial goals such as education, housing, and career development.</p> <p>As I move into post-secondary education and eventually the workforce, I want to avoid common financial mistakes such as overspending, poor budgeting, or relying too heavily on others for financial support. Instead, I want to build habits that promote</p>

		<p>credit card in the future, I do so in a controlled and informed way. Establishing a positive credit history is important because it can affect future opportunities such as renting housing, financing education, or making major purchases.</p> <p>Additionally, I want to develop the discipline to distinguish between needs and wants when it comes to spending. Borrowing money should be a thoughtful decision, not an impulsive one. By learning how to manage credit responsibly now, I aim to reduce financial stress in the future and position myself for long-term financial independence. My goal is to become financially literate, cautious, and confident in making decisions that support stability and security over time.</p>	<p>stability and independence, such as setting savings goals, planning for large expenses, and understanding the consequences of financial decisions.</p> <p>This goal is important to me because financial stability directly impacts quality of life and freedom. By developing strong financial habits early, I can reduce stress, increase independence, and better support my academic and career goals. Long-term financial responsibility will allow me to focus on growth and opportunities rather than constantly worrying about money.</p>
Barriers			