Polymorphism means that different objects can be treated in a similar way through a common interface. It's like having multiple types of vehicles that all use the same gas pump. This simplifies coding, making it easier to maintain and expand programs. In our program, polymorphism is seen when different types of goals share the same methods, like RecordEvent, but each behaves differently based on its specific type. This makes our program more flexible and easier to manage.

```csharp
public abstract void RecordEvent(string goalName);
```

```csharp
public override void RecordEvent(string goalName)
{
    if (_name == goalName)
    {
        Program._points += _pointValue;
        Console.WriteLine($"Congratulations! You have earned {_pointValue}
points!");
    }
}
```