	Date: Class:	
	Class	
EXERCISE Information In	tegration and (<u>Goal Setting</u>
As a step in confirming your career and	l academic goals, comp	elete the form below.
,	<i>,</i> ,	
Long-range career goal:		
Present short-range career goal (one-	to five-year goal):	
I look forward to <i>majoring</i> in		
so that I can become		
because I <i>value</i>		
and my <i>interests</i> include		
and this career would allow me		
Summary of strengths and areas to im	prove related to goal:	
Personal strengths:		Personal areas need to improve:
Favorable external conditions related to	o career	Unfavorable external conditions related to career
choice:		choice:
Strategies to reach goal:		Resources available to help reach goal:
Alternative short-range career goals th	at would he equally sa	tisfying:
godis til		
Training peopled to cutou this saussurely	arnativo.	
Training needed to enter this career alt	emutive:	

Name: _____

Adapted from *The Career Fitness Program: Exercising Your Options* by William Bendat, Lisa Raufman, and Diane Sukiennik (2007).