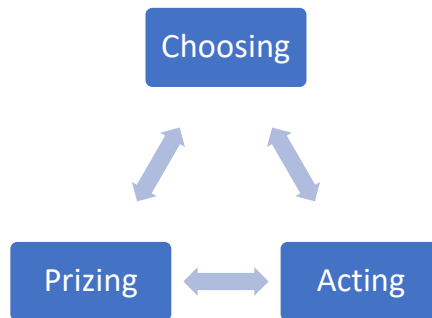


Home Economics

Family and Resource Management



Topics: Goals and Values

Group Level: Form Four/Form Five Revision

Instructions:

1. Read the information provided on the topic
2. Review what you have learned by completing the worksheets.
3. Use the answer key to assess your performance.

GOALS, VALUES AND ATTITUDES

Goals are the desired results that a person or a system seeks after, plans and commits to achieve.

Values are ideals, beliefs or rules that an individual or institution holds dear and are used to guide actions or behaviour and influence goals

Attitudes are positive or negative feelings towards someone or something.

GOALS

Characteristics of Goals

1. Goals are related to each other. Achievement of a goal serves as an indicator for the next goal.
2. Goals are indicators of values, thus the goal of owning a home indicates the value of security.
3. Goals should be realistic, that is, they should be possible to achieve.
4. Goals form the basis or guide for individual or family. They are able to select and assess their actions when they bear their goals in mind.

Types of Goals

Short-term Goal

- Something you want to do in the near future and often form the basis and the resource for intermediate and long-term goals.
- The near future can mean today, this week, this month, or even this year.
- A short term goal is a goal you can achieve in 12 months or less.
- Examples:
 - Take a class
 - Buy a new television
 - Write my resume

Intermediate or Process Goal

- Intermediate goals provides information which enables the performer to alter his plans if it is necessary to do so.

- An intermediate goal is a point between the beginning and the end of a project or plan that helps motivate a person to keep going.
- Often during longer challenges, an individual grows physically and mentally drained, so it is important to create targets along the way that add motivation and encouragement to the process, thus making the final goal more achievable.
- The best intermediate goals are significant steps towards your overall vision that you can accomplish within the next 3–6 months. However these goals can be executed over a period of 1 to 5 years.
- Examples:
 - saving an amount towards the down payment of your home or vehicle is the process towards the long-term goal of purchasing a house or vehicle;

Long-term Goal

- Something you want to do further in the future.
- Require time and planning.
- Long-term goals usually take 12 months or more to achieve.
- Examples that can take several years to achieve:
 - Graduate from university
 - Have my own business
 - Save for retirement

Prioritizing Your Goals

Prioritizing means that you decide what is most important to you right now. All of your goals are important, but it's impossible to work on all of them at once.

1. Choose what is most important right now.
2. Focus mainly on that goal.
3. Add additional goals as you become comfortable with your efforts.
4. Being flexible is important. Change your focus on goals as your life changes.

VALUES

Processes of Values

1. **Choosing** is done freely from a number of alternatives, however if there are no alternatives, then you cannot make a choice. This means that no decision can be made and therefore no value can come from it.
2. **Prizing** as it relates to value, is something we cherish and hold in high esteem. It is the kind of choice that we would like to speak about in public, such as honesty.
3. **Acting** entails doing something with the choice we make. A pattern is formed when we repeat the choice we make in our daily living.

Characteristics of Values

1. Values influence actions and decision. You act and react on the basis of your values and you make choices and decisions on the basis of your values.
2. Values are general rather than specific. If beauty is an important value to you, then it will be an important factor in nearly everything you choose to have or decide to do.
3. Values are complex. It is sometimes difficult to know which values are causing you to act. More than one value may motivate you to do something, for example, are clothes selected to suit your idea of beauty or to suit your peers. Different values may conflict.
4. Values are expressed in strong feelings. Values involve our emotions. When we get into a discussion that involves our beliefs, the discussion is likely to be heated if the beliefs are opposing ones.
5. Values are important not trivial. They give you direction to channel your efforts on what's important to you.
6. Values rank differently at different times. Some values are more important than others at different times in our lives.

Where Do We Get Values? (Sources of Values)

1. The family: the most important source of values for the child. A person tends to have values similar to those of his family, but for various reasons, he may develop different values.
2. The community and the society: the community is regarded as the near environment and the society as the far environment and both play an important part in the shaping of values.
3. Contact with different people: values develop from our contact with other people and this broadens the range of possibilities for the development of values.
4. Reaction to authority: authority may be that of parents, religious institution, or the law. Values represent an individual's interpretation of what these authorities have done to or for the individual.
5. Reaction to individual experiences: values develop from one's own reaction to his/her experiences in various areas of life such as the home, the school and the street. So that different experiences give rise to different values.

References

Stewart, Thelma (1994) Certificate Management of Homes and Families.
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Bratton, (1971) Home Management Is...Ginn and Company