

Worksheet

1)

DIRECTIONS: On the line to the left of each statement, write the letter of the term from the list that best fits the statement. **Each response from the list may be used once, more than once, or not at all.**

List of terms

- | | | |
|--------------|-----------------|-----------------|
| a) Values | d) Value System | g) Prioritizing |
| b) Goals | e) Duration | |
| c) Attitudes | f) Continuity | |

- i. ___ Involves effort, persistence and focus to eventually achieve goals.
- ii. ___ Targets we set out to achieve and gives direction to our action.
They cover what you want to be, what you want to do and what you want to have.
- iii. ___ Choosing what is most important right now.
- iv. ___ Learned beliefs about what we consider to be important, worthwhile and desirable.
- v. ___ Length of time you need to achieve goals.
- vi. ___ A settled way of thinking or feeling about something.
- vii. ___ Values that we give importance to, by how we act and react, what we say and do and gives people a perception of ourselves.
- viii. ___ Should be realistic and possible to attain.
- ix. ___ Flexibility is important. Change your focus as your life changes.
- x. ___ Reflect our sense of right and wrong and what we believe should be.

(10 marks)

2) List the three types of goals and the time it takes to achieve each type.

- i)
- ii)
- iii)
- .

(6 marks)

3) Identify the goals and values for each of the scenarios below.

SCENARIO	GOALS	VALUES
e.g. Sonia likes making her friends happy so she wants to give her friend a gift for her birthday on Friday.	Give her friend a birthday gift.	Making her friend happy.
Jamie wants to be rich so he is studying to become an engineer.		
Aliyah, because she loves her granny, promised to go to church with her this Sunday.		
Joel wants to open his own art gallery, he likes showing his drawings to his teacher and friends		
Caren admires people that help the poor, so this Christmas she wants to give food hampers to the less fortunate.		
Mom plans to go home to cook dinner she needs to feed her family.		
Shania is studying very hard to pass all her subjects this end of term		

(12 marks)

Total 28 marks

Answer Key

1).

- i. **f** Involves effort, persistence and focus to eventually achieve goals.
- ii. **b** Targets we set out to achieve and gives direction to our action. They cover what you want to be, what you want to do and what you want to have.
- iii. **g** Choosing what is most important right now.
- iv. **a** Learned beliefs about what we consider to be important, worthwhile and desirable.
- v. **e** Length of time you need to achieve goals.
- vi. **c** A settled way of thinking or feeling about something.
- vii. **d** Values that we give importance to, by how we act and react, what we say and do and gives people a perception of ourselves.
- viii. **b** Should be realistic and possible to attain.
- ix. **g** Flexibility is important. Change your focus as your life changes.
- x. **a** Reflect our sense of right and wrong and what we believe should be.
(1 mark for each correct response)

10 marks

2) Three types of goals and the time it takes to achieve each type.

- i. **Short-term goals** – these are usually achieved in less than 12 months
- ii. **Intermediate goals** – these usually take 3-6 months to achieve but can be executed over a period of one to five years.
- iii. **Long-term goals** – take more than a year

(1 mark for each type of goal)

(1 mark each for time to achieve)

6 marks

3) Goals and values for each of the scenarios below.

SCENARIO	GOALS	VALUES
Jamie wants to be rich so he is studying to become an engineer.	Becoming an engineer	To be rich
Aliyah, because she loves her granny, promised to go to church with her this Sunday.	Go to church this Sunday	She loves her granny
Joel wants to open his own art gallery, he likes showing his drawings to his teacher and friends	Open his own art gallery	Likes showing his drawings.
Caren admires people that help the poor, so this Christmas she wants to give food hampers to the less fortunate.	Give hampers to less fortunate for Christmas.	Admires people who help the poor.
Mom plans to go home to cook dinner she needs to feed her family.	Cook dinner	Feed her family
Shania is studying very hard to pass all her subjects this end of term	Pass all her subjects end of term	Studying very hard

(1 mark for each goal)

(1 mark for each value)

12 marks

Total 28 marks