



# EARLY CAREER HELP

Educational and Career Consultancy Services

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## NEEV-2: MODULE 4

### GOAL SETTING – SHORT-TERM VS LONG-TERM

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**NEEV**

Nurture | Enlighten | Evaluate | Victory

GUIDANCE PROGRAM

# NEEV-2

For Students of Class 6-9

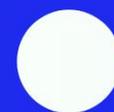


HELPS YOUR CHILD STAY  
FOCUSED, BUILD CLARITY,  
MANAGE TIME, AND PLAN  
THEIR CAREER AHEAD

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Mentor



**Dr. Nirbhay Kumar**  
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 “A goal properly set is halfway reached.” – Zig Ziglar 

-  Set SMART (Specific, Measurable...) goals
-  Distinguish short goals (daily/weekly) & long goals (yearly)
-  Track progress with simple checklists
-  Create monthly & yearly vision map
-  Celebrate small wins for motivation
-  Review & revise goals regularly
-  Involve parents in goal reviews
-  Think big, start small!

 Learn to plan, not just wish

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## Why Set Goals in Teenage Years?

- Teens with goals stay focused and motivated
- Gives direction in a distracting world
- Builds self-confidence, decision-making



Goals are the GPS for  
your success journey

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## Types of Goals

### Short-Term Goals

Weekly/daily: Complete a chapter, revise, reduce screen time

### Long-Term Goals

6 months to 3 years: Top class 10 boards, win science fair, improve communication



Both are needed—  
like steps and stairs

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## SMART Goal Formula



Make goals:

- Specific
- Measurable
- Achievable
- Realistic
- Time-bound



Example:

“I will complete 2 chapters of Science by Sunday”

Vs

“I’ll study more”

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## Goal Ladder Technique

 Break big goals into steps:

*Final Goal – Win Olympiad*

*Mid Goals – Finish syllabus*

*Mini Goals – 1 hour daily focused prep*



Climb one step at a time, not jump all at once

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## Vision vs Confusion

### ⚠ Without goals:

- You follow what others are doing
- You feel lost during exams
- You easily give up

### 🎯 With goals:

- You have clarity
- You track progress
- You stay strong in peer pressure

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# Visualize Your Goals

🧠 Top athletes and toppers use:

✓ Vision Boards

✓ Daily affirmations

✓ Mental rehearsals



What you see daily, you become gradually.

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## Common Goal-Setting Mistakes

- ❌ Unrealistic expectations
- ❌ No timelines
- ❌ Copying others
- ❌ Setting too many goals at once
- ❌ Not tracking progress



Set. Review. Reset.

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## Tools for Goal Tracking

- ✓ Use journals, apps, or habit trackers
- ✓ Make weekly check-ins
- ✓ Celebrate small wins
- ✓ Adjust strategy if needed

  
**Goal setting + goal reviewing = success formula**

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## Tips for Parents & Students

 Parents please:

- Help your child define personal and academic goals
- Encourage them to reflect weekly: “What went well? What can improve?”
- Avoid over-pushing—guide, don’t impose

### Dear Students

"When a child learns to set and track their own goals, they don't just plan better—they grow faster. It builds ownership, clarity, and confidence."

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## LEARNING DISCIPLINE & STUDY STRATEGIES

- 🧠 Develop consistent study hours
- 📁 Use subject-wise study planners
- 🔄 Use revision cycles (3-day, 7-day)
- 📝 Learn note-making (mind maps, flashcards)
- 📖 Practice active recall & self-quizzing
- 🧘 Stay calm, focused, and avoid cramming
- 📊 Track weekly progress on subjects
- 🎯 Reward disciplined learning

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Be a master of habits, not a slave to moods

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