

Course Overview

Number of Units: 5 Units

Estimated time: 3 - 5 weeks or 9 - 15 hours

OALCF Levels: A1.2, A3, E.1-3

Suggested Milestones: 3 or 4, 14, 57 or 58 or 59

Course Description

I'm not sure what I want to do with my life, but I want it to be great! If this sounds familiar, this goal-setting course is for you. In this course, you will think about your dreams, consider your values and talents, and examine your needs, commitments, and challenges. Then you'll have the chance to set a goal and form a plan of action to pursue that goal. This course is full of useful tips on making choices, researching options, and weathering the ups and downs of your journey. Discovering your goals is a giant step towards reaching your potential in life and work.

Summary of activities: Reading, Journals, Quizzes and Online Forums.

Unit 1: Dreams

In this unit you will explore dreams you've had for yourself in the past and what you dream for the future. You will participate in some self-exploration activities to understand what environments or settings you prefer to be in.

Unit 2: Values and Talents

In this unit you will learn about your personal values and rate the importance of what certain life factors mean to you. You will also take some time to self-reflect through journaling on a positive time of your life.

Unit 3: Needs and Reality

In this unit you will reflect on your goals and responsibilities. You will consider potential challenges that may impact your goals and learn strategies for dealing with those challenges as they come up.

Unit 4: Plans

In this unit you will learn about SMART goals and how to let go of old dreams as you shift to make room for new ones.

Unit 5: The Journey

In this unit you will learn how to stay inspired to reach your goals and achieve your dreams. You will learn ways to embrace your journey and trust in your path as you go.