

Family and Goals

Learning Target:

I can explain the positive influences the family unit has on individuals and recognize how the family unit influences my personal and career goals.



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- How do family interactions change from childhood to adulthood? Think about how you interact with your parents now compared to when you were in elementary school. Think about how you may interact with your parents when you are in your 20's or 30's.
- How may one's family structure influence the decision to get married/start a family or stay single?
- How does the concept of family influence society?
- How does society influence the concept of family?



The most influential group in teaching individuals how to act socially with others is the family



“A Pep Talk from Kid President to You”



<https://www.youtube.com/watch?v=l-gQLqv9f4o>

Your Lifetime

What do you want to achieve in your lifetime?

There are many categories of goals:

- Personal (family and health)
- Education
- Career



Brainstorm

- Take 5 minutes to brainstorm on a separate piece of paper goals that you have for yourself.
- Write them all down, no matter how unlikely.
- Be sure to include goals from all 3 areas: personal, professional and academic.
- Prioritize and rank.

Your Goals

- What are your personal strengths as you reflect on your goals?
- How will you remain motivated and focused?
- How will you know when you have achieved a goal?



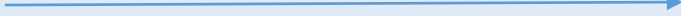
Brainstorm

Take the next 5 minutes and rewrite 2 of them into specific, measurable realistic, performance-oriented goals.



SMART GOALS

S



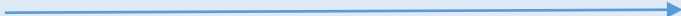
Specific (simple, sensible, significant)

M



Measurable

A



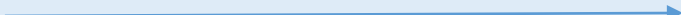
Achievable or attainable

R



Relevant

T



Timely

Parenting Decisions



Couples discussing when and if to have children is called Family Planning.



THANK YOU LETTER





I HAVE A QUESTION.....

We strongly encourage you to discuss the information contained in this lesson with your parent/guardian or trusted adult.



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