

In our last session, we talked about school strengths, learning styles, and study strategies. We also talked about how everyone has different learning styles and how those differences are what make us who we are. Knowing our school strengths will help us find ways in which we can grow stronger in areas of school and study.

Think about all of the strengths we have learned about in our group and any others you can come up with. Write them in the spaces below.

The strengths that I see in myself are \_\_\_\_\_

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I can become stronger by \_\_\_\_\_

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## Goals

Next week, we will discuss short-term and long-term goals. With the assistance of an adult family member or caregiver, please define the term “goals.” Also, discuss your goals with this person and then write down two of your short-term goals and two of your long-term goals.

A goal is \_\_\_\_\_

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My short-term goals are \_\_\_\_\_

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My long-term goals are \_\_\_\_\_

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