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# Career Guidance Program

Vidya Sarathi

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**...Goal Setting for 10<sup>Standard</sup>**

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# WHY DO YOU GO TO SCHOOL/COLLEGE?

- Acquiring Knowledge and Skills
- Career Opportunities
- Personal Development
- Social Skills & Networking
- Exploring Interests
- Cultural and Social Exposure
- Preparation for the Future





# WHAT IS YOUR DREAM?

(Q & A and an interactive session between trainer and students)



# WHY DO YOU WANT TO WORK?

- Salary, Financial Stability
- Practice Knowledge and Skills
- Personal Growth and Development
- Professional Goals and Ambitions
- Contributing to Society
- Security



# HOW TO ACHIEVE YOUR DREAMS? (GOAL SETTING)



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## Planning



**Choose One**



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# GOAL SETTING





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- Journey to finding the right career path.
- Exploration and self-discovery.
- Take your time, stay curious,
- Don't be afraid to pursue your passions.





# HOW TO SET GOALS?



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## ACADEMIC GOALS

- Knowledge, Skill & Marks.
- Systematic Approach,
- Time Bound
- Seek Guidance from Teachers, Mentors
- Create Friends & GD
- Prepare Study Plan



## CAREER EXPLORATION GOALS

- Explore different career options by researching various industries, job roles, and educational requirements.
- Set goals to learn more about specific careers through interviews, shadowing experiences, or online tools.



### CAREER EXPLORATION





## EXTRA CURRICULAR GOALS

- Extracurricular activities that align with your interests and goals.
- Sports, Gym, Music, Art, Craft, Social Service, Gardening etc.





# PERSONAL DEVELOPMENT GOALS

Personal Development

Health

Family

Hobbies

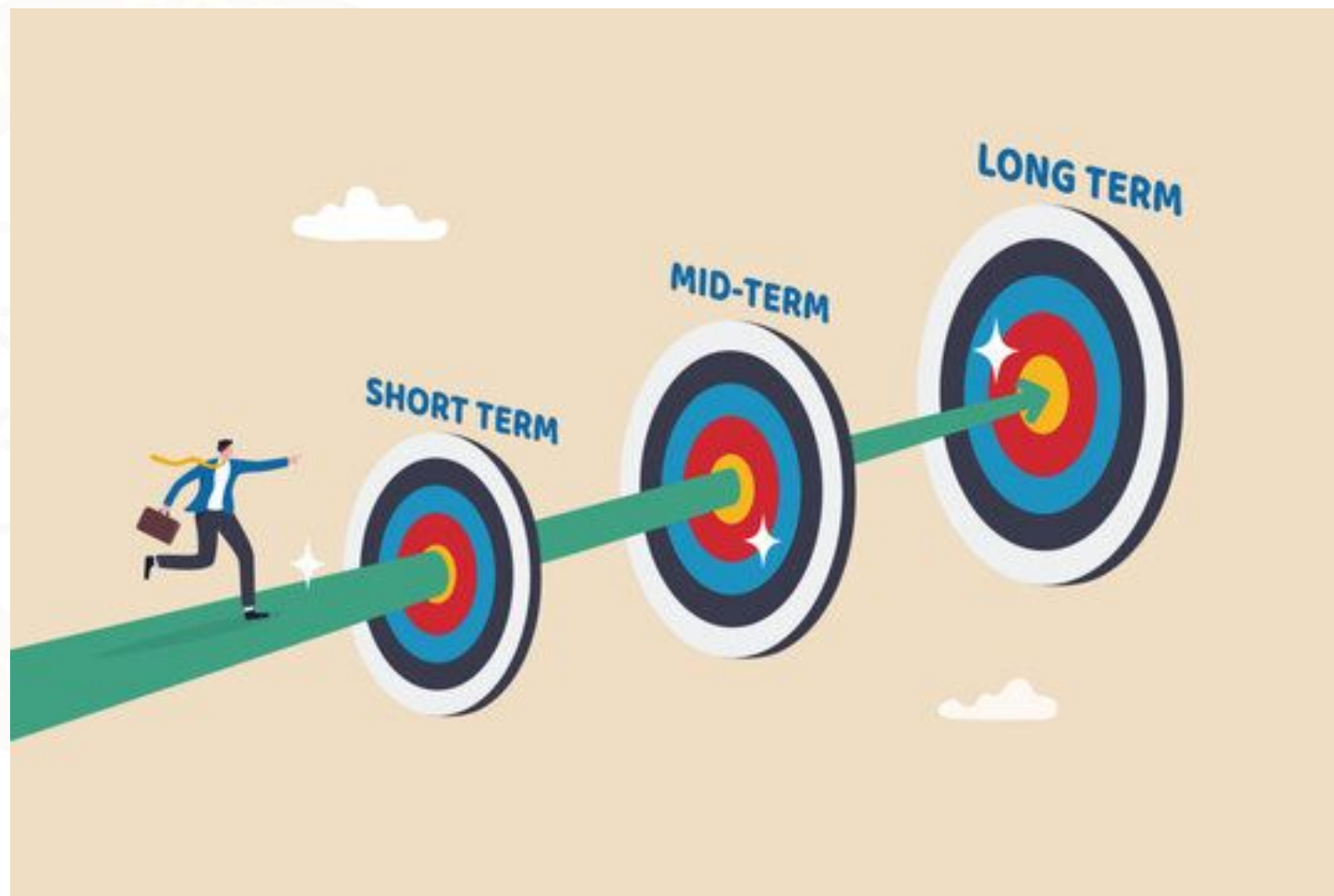
Love

Career



# GOALS

- **Short-Term:** Less than 1 Yr.  
Health, Academic, Time.
- **Mid-Term:** 2-5 Yrs  
Education, Health,  
Soft Skills, Time Mgmt.
- **Long-Term:** More than 5 yrs  
Higher Education, Jobs,  
Finance, Family,  
Social Service.



# SMART GOALS

Specific

**S**  
**G**

What *exactly* are you trying to achieve?

Measurable

**M**  
**O**

How will you know when you've achieved it?

Attainable

**A**  
**A**

Is it genuinely possible to achieve it?

Relevant

**R**  
**L**

Does it contribute to your agency's revenue growth?

Time-bound

**T**  
**S**

When do you want to achieve this by?





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## REFLECT



## ADJUST



## Career Pathways

- Explore Interests
- Balance Priorities
- Seek Feedback
- Develop Study Habits
- Embrace Challenges
- Track Progress
- Stay Flexible





- **Set Achievable Goals**
- **Time-bound Goals**
- **Create an Action Plan**
- **Stay Flexible and Adapt**
- **Celebrate Milestones**
- **Seek Support**

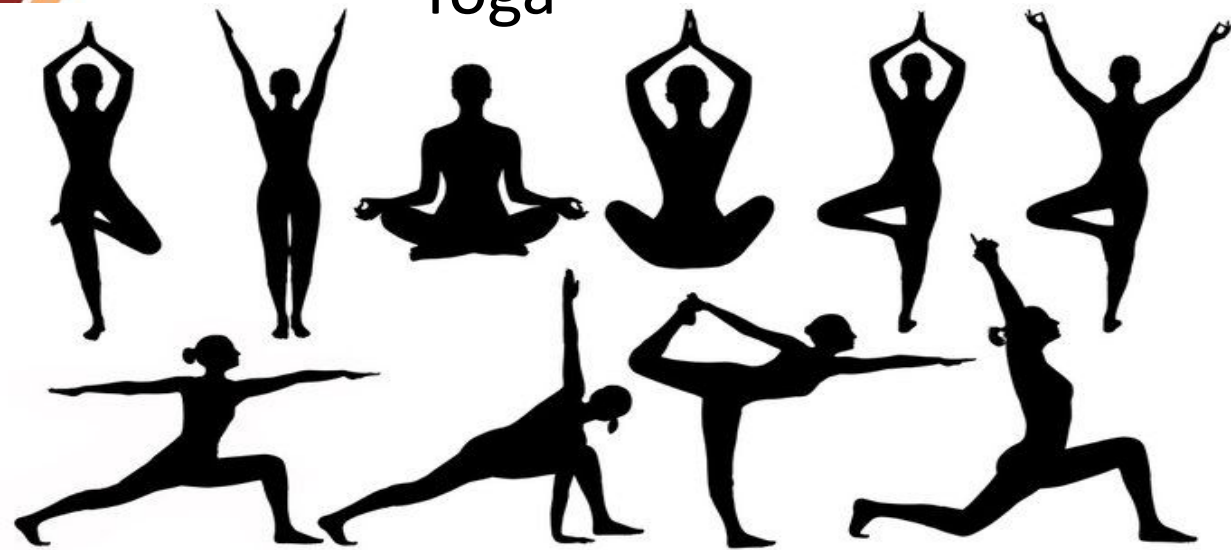


# Practice to Stay Motivated



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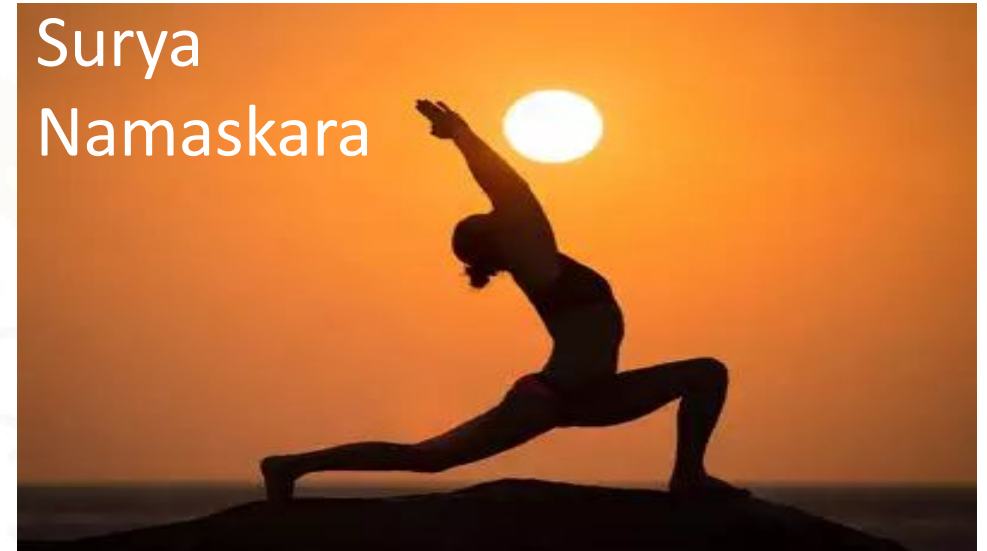
Yoga



Meditation



Surya  
Namaskara



Nature Walk





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