

# GOLBENOMINDS | STUDENT GOALS & PLANNING GUIDE

## Part 1: Self-Reflection

Purpose:

Use this section to reflect on your interests, strengths, and goals. Honest reflection helps you choose activities that actually strengthen your college applications.

1. What skills do I want to build this year?

(Examples: research, writing, coding, leadership, communication)

  

2. What topics or problems genuinely excite me?

(Think academic subjects, real-world issues, or creative interests.)

  

3. What academic or career fields do I want to explore further?

  

## Part 2: Activity Exploration

Which activities align best with my interests and goals?

(Check all that apply)

- Research / Case Study
- Passion Project (independent or guided)
- Essay or Writing Competition
- Internship / Work Experience
- Volunteering

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## Part 2: Activity Exploration

(Continued)

- Online Courses / Certifications
- Summer Programs
- Other: \_\_\_\_\_

## Part 3: Action Planning

Select up to 3 activities you want to commit to and complete the table below.

Activity	Why am I choosing this?	Time commitment per	Key steps to get started	Target completion date

## Part 4: Outcome Focus

By completing these activities, I aim to produce:  
(Check all that apply)

- Research paper
- Case study
- Competition essay
- Portfolio website
- Published article
- Project demo / presentation
- Certificate or credential

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Where can I showcase this work?

(College applications, portfolio, LinkedIn, competitions, publications)



\_\_\_\_\_

## **Final Reflection**

This year, I will focus on building a strong profile by \_\_\_\_\_.