

# 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)

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\_\_\_\_\_

## Final Reflection

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