

Name: _____

Program (circle one): **ORION** **POLARIS** **URSA** **VEGA** **RIGEL** **ORION** Commonwealth Campus

Penn State Goals Assignment

INSTRUCTION:

For this assignment, you will be creating achievable goals, for your upcoming semester as a Penn State student. To do this, please follow along the framework left below for you.

Create one goal for each of the following categories: *Emotional Wellness*, *Physical Wellness*, *Intellectual Wellness*, and *Social Wellness*. (For more information on the Wellness go [here](#).)

SUBMISSION:

Have your FULL NAME and PROGRAM included in the header. Bring the document stapled (if needed) and complete to the **WELLNESS wrap up class**.

Goals Assignment Grading Rubric

<i>Criteria</i>	Points
Emotional Wellness Goal	/5
Physical Wellness Goal	/5
Intellectual Wellness Goal	/5
Social Wellness Goal	/5
Name, program, typed, correct spelling and grammar	/5
<i>Total</i>	/25

EXAMPLE:

Emotional Wellness

Definition - Awareness of your own feelings, Awareness of others' feelings, Expression of feelings, Empathy, Stress management, and having Self-confidence

Goal:

Describe your goal for this category, use descriptive language, details, and names.	I will keep an audio-journal for the upcoming semester. Every week I will record a conversation between my friend and I, or by myself, where we talk about the previous week. We'll spend no less than 30 minutes on this a week.
List three steps you must accomplish on the way to completing your goal. Describe how you selected them.	First, I will create a Soundcloud or podcasting service, so I can publish the episodes. The next thing I will do is schedule a hour at the Pattee Media Commons, so my best friend and I will have access to the tech and location to record. Finally, I will publish and promote each week's episode, so my friends can listen and keep me accountable.
What are some observable qualities your goal has, which can measure your progress towards completing your goal?	The length of each episode, will be my most immediate way of observing my progress. It will also be keeping track of publishing the episode on Soundcloud or social media. I will also be able to track the number of people who listen, interact, or respond to these posts.
Describe how this goal relates to Emotional Wellness, and is meaningful or important to your upcoming semester, as a Penn State Student.	My friend and I will be taking time to intentionally reflect on what is going on in our lives and invest in our relationship. Talking with my friend(s) always helps me to decompress. This can be an deliberate escape from how hectic campus life can be, without having to go very far.
Give two dates: First, when will you check your progress. Second, when will you have completed your goal?	I will check and reflect on my progress SEPT. 28, and I will consider this goal completed on DEC. 7.

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Emotional Wellness

Definition - Awareness of your own feelings, Awareness of others' feelings, Expression of feelings, Empathy, Stress management, and having Self-confidence

Goal:

Describe your goal for this category, use descriptive language, details, and names.	
List three steps you must accomplish on the way to completing your goal. Describe how you selected them.	
What are some observable qualities your goal has, which can measure your progress towards completing your goal?	
Describe how this goal relates to <i>Emotional Wellness</i> , and is meaningful or important to your upcoming semester, as a Penn State Student.	
Give two dates: First, when will you check your progress. Second, when will you have completed your goal?	

Physical Wellness

Definition - Sleep, Nutrition, Physical Activity, Prevention of Illness, Sexual Health, and Responsible Use of Drugs and Alcohol

Goal:

Describe your goal for this category, use descriptive language, details, and names.	
List three steps you must accomplish on the way to completing your goal. Describe how you selected them.	
What are some observable qualities your goal has, which can measure your progress towards completing your goal?	
Describe how this goal relates to <i>Physical Wellness</i> , and is meaningful or important to your upcoming semester, as a Penn State Student.	
Give two dates: First, when will you check your progress. Second, when will you have completed your goal?	

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Intellectual Wellness

Definition - Striving to increase your knowledge, Giving yourself opportunities for creativity, Continuing education, and Teaching others

Goal:

Describe your goal for this category, use descriptive language, details, and names.	
List three steps you must accomplish on the way to completing your goal. Describe how you selected them.	
What are some observable qualities your goal has, which can measure your progress towards completing your goal?	
Describe how this goal relates to <i>Intellectual Wellness</i> , and is meaningful or important to your upcoming semester, as a Penn State Student.	
Give two dates: First, when will you check your progress. Second, when will you have completed your goal?	

Social Wellness

Definition - Community and environmental contributions, Positive relationships with others, Understanding your importance in a community, and Giving back in positive ways

Goal:

Describe your goal for this category, use descriptive language, details, and names.	
List three steps you must accomplish on the way to completing your goal. Describe how you selected them.	
What are some observable qualities your goal has, which can measure your progress towards completing your goal?	
Describe how this goal relates to <i>Social Wellness</i> , and is meaningful or important to your upcoming semester, as a Penn State Student.	
Give two dates: First, when will you check your progress. Second, when will you have completed your goal?	