

Dream **BIG!**

Make Your **DREAMS** Come True

by Kyle Stewart, school counselor at West High School in Franklin, Pennsylvania

In my 22 years as a high school counselor, I've talked to thousands of teenagers. Many of them have goals, from traveling around the world to changing the world. While some teenagers achieve the goals they set for themselves, others don't. If you have a dream, here's how to make it happen:

First, decide on a clear goal. What exactly do you want to do? Make sure it's your dream and not someone else's. Your father wants you to be a doctor. Do you want to be a doctor, too? If you do, great. You will need your own commitment to do the hard work of reaching your long-term goals.

Then choose a date to reach your goal. For example, do you want to go to college a year early? Then you may want to take extra classes now. Set a deadline, and challenge yourself to meet that deadline.

I've found that most people benefit from writing about their goals. A written list reminds people to work on their goals and helps them see their progress! Start by writing down your goal, your deadline, and the steps you need to take to make your dream a reality.

Finally, put your plan into action. Start taking the steps you wrote on your list. You have to do this work yourself. No one can do it for you. Remember to review your written goals at least once a week. And then, dream your dreams and never give up!



Reading: An online article

1. Look at the title of the article. Do you have a dream that you'd like to come true? What could you do about it?



2. Read and listen to the article. Number the steps below in the correct order (1–4).

- a. ___ Set a date to accomplish your goal.
- b. ___ Make your plan happen.
- c. ___ Decide for yourself what your goal is.
- d. ___ Get a pen and paper and start writing.

3. Read the article again. Are the sentences true (T) or false (F)?

1. Kyle Stewart is a teenager with a dream. ___
2. All of the students that Kyle talks to achieve their dreams. ___
3. It's important to make sure that your goal is something you want for yourself. ___
4. Students should decide a date by which they want to achieve their goal. ___
5. Writing down the goal is not an important step. ___
6. Nobody else can put your plan into action. You have to do it. ___

4. **YOUR TURN** Choose one of the goals below or a goal of your own. How could you achieve this goal? Discuss your steps with a partner.

be a scientist	improve your grades	make new friends
get fit and healthy	learn a musical instrument	save the environment

I want to make some new friends, and I want to do it by the end of this year.

Maybe you could join a new club!

DID YOU KNOW...?

The first jobs of many famous people were very different from their dreams. Singer Mick Jagger worked in a mental hospital, actress Jennifer Aniston was a telephone salesperson, and actor Tom Hanks sold popcorn and peanuts.