

## Critical Thinking Skills: Goal Setting

Learner No.

Prison:

When you have completed your Goal Setting workbook, please take this form to your Way2Learn contact along with your answer book to confirm that all tasks have been completed.

Learning Outcome
1. Set clear personal and professional goals and create practical plans to achieve them across different areas of life.
2. Develop a positive mindset to overcome challenges and stay motivated through positive thinking and resilience techniques.
3. Reflect on personal strengths and areas for growth and use these insights to improve everyday decisions and behaviours.
4. Solve problems and make better decisions by applying critical thinking and real-life examples from business and personal challenges.
5. Build healthy habits that support physical, mental, spiritual well-being and help reduce stress for a more balanced life.
6. Understand the value of feedback and support and explore how discussing goals and receiving advice can improve progress, either in practice or hypothetically.

### Establishment Staff Only

If you wish for this course to be certificated, please complete the section below and return to:

**Way2Learn**  
**Thetford Innovation Centre**  
**Croxton Road**  
**IP24 1JD**

I confirm that this learner has met the above learning outcomes by completing all the tasks within the Goal Setting answer book.

**Name:** ..... **Position/Role:**.....

**Signed:** ..... **Date:**.....

Please do not send the Goal Setting answer book to be assessed.

## Critical Thinking Skills: Goal Setting

Please clearly write your full name here:

We value your feedback. Please rate each aspect on the scale below:

**1. The quality, style and tone of the episodes (if used).**

1	2	3	4	5	6	7	8	9	10
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Low					High				

**2. The clarity of the answer book.**

1	2	3	4	5	6	7	8	9	10
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Low					High				

**3. Your enjoyment of this course.**

1	2	3	4	5	6	7	8	9	10
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Low					High				

Please tell us what you enjoyed most about this course

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Please give us one suggestion to improve this course

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We may wish to contact you about your ideas. Please tick this box if you are happy for us to do so

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