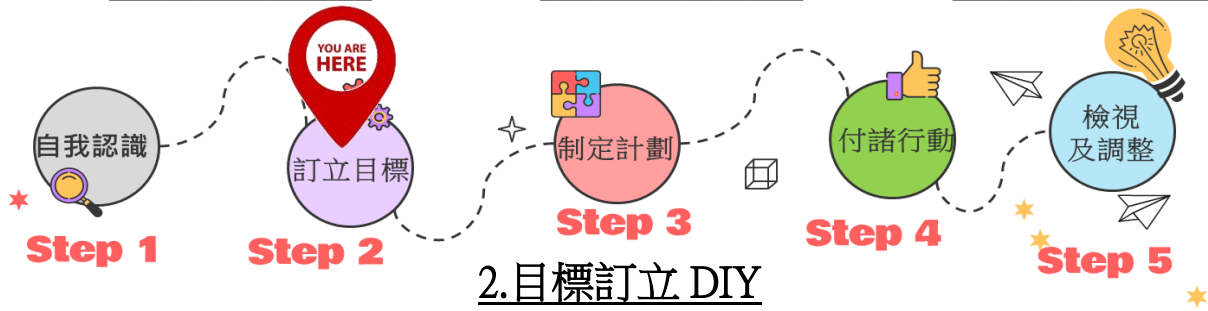
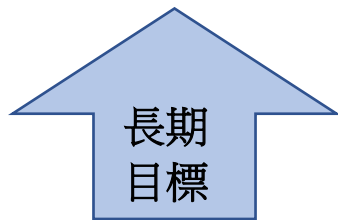


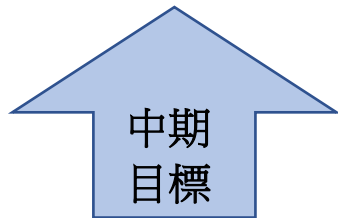
學生姓名：_____ 班別：_____ 日期：_____

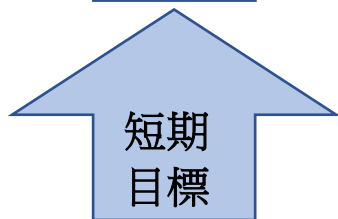


➤ 想想自己的興趣或重視的東西，為自己訂立夢想和目標。









小錦囊：SMART

- | | |
|------------|------|
| Specific | 具體 |
| Measurable | 可量度 |
| Attainable | 可達到 |
| Realistic | 實際 |
| Timely | 有時間性 |