**Goal Setting Assignment**

**Questions:**

1. Where do you place yourself on the 4-quadrant identity grid? Briefly explain your answer using the concepts of commitment and exploration.
2. Develop a 1 year, 5 year and 10 year goal that you can use for your Capstone presentation (these will become part of your professional portfolio). If you really don’t know about professional goals think about more general goals like attaining work experience in a specific field, completing a certain type of degree, moving to a certain community...