Adult and Adolescent Goals

Cognitive
- Awareness of self, others and environment
- Creative expression
- Discriminatory thinking
- Expression of opinions, perceptions
- Role or behavior exploration
- Memory/recall
- Goal setting or examination
- Independent thinking
- Decision-making
- Exploration of alternatives
- Attention span

Motor
- Relaxation/stress reduction
- Coordination
- Physical conditioning

Social/emotional
- Self expression
- Verbal interaction
- Non-verbal interaction
- Cooperation
- Motivation/mood elevation
- Leisure activity exploration
- Sportsmanship
- Listening skills

References

