

# Setting Goals

## Theme and Level

**Theme:** Setting Goals

**Level:** Getting Started, Looking Deeper, Next Steps

## At a Glance

Students learn how to set goals and practice effective goal-setting.

**Time:** 75 minutes.

## Essential Questions

- How do I set goals well?
- What are my goals?

## Preparation

- Set up overhead projector with classroom computer
- Establish CIS portfolios before this lesson
- Find and review a free goal-setting video online and bookmark it for class

## Steps

1. Show PowerPoint (PPT) Slide 1. Tell students that the goal of this lesson is to enhance their goal-setting skills. Inform students that practice is the key to learning anything, including goal setting.
2. Ask students these questions then allow them to discuss their answers:
  - Do you ever set goals for yourself? What are some goals you have right now (short term and long-term)?
  - Agree or disagree: It's better to set lower goals than to risk failure by setting higher ones.
3. Show PPT Slide 2. Show the brief goal-setting video, then divide class into groups of four and display these prompts on the slide and discuss:
  - What was most meaningful to you in this video? Why?
  - How do you decide what your goals are?
  - Have you ever set a goal that was unrealistic? What happened? What did you learn from that?
  - Is it ever okay to take risks? What kinds of risks are okay? What kinds of risks are not okay?
  - Have you ever gone out on a limb and risked failure in order to achieve a bigger goal? (Describe.) Has there been a time when you turned a failure into a success? (Describe.) What did you learn from that?
  - What is the difference between failing and being a failure?
  - What is your personal definition of success?
  - Is it a good idea to set goals? Why? What do goals do for you?
4. Discuss as a class key lessons learned from group discussions.
5. Show PPT Slide 3. Use the slide to introduce students to a process for effective goal setting.
6. Divide class into new groups of four. Instruct groups to practice setting goals by going through the goal-setting process on Slide 3 based on the goal of getting a summer job for one of the group members.

7. Ask groups to share their goal-setting processes.
8. Show PPT Slide 4. This is the homework assignment: each student is to identify a goal that he or she can accomplish during this term. Tell students that you will ask them to present their goals, plans, and deadlines in the next class. Inform students that they will be asked to monitor their progress in class, providing progress reports to the whole class.
9. Ask the class to establish a reward for those students who achieve their goals.

## Variations and Accommodations

- Instruct the class to set some class goals (such as everyone earning a "B" or above in this class this term). Decide upon a class reward for achieving these goals.
- Allow small groups to identify their own goal to work on.
- Use one of these writing assignments as a homework assignment for subsequent class discussion:
  - If you could be anything you wanted in life, what would it be? What can you do to make that happen?
  - Think of three things you'd like to accomplish in the next several months. For each one, describe what you will need to do in order to succeed and make a plan for achieving this goal (including deadlines).
  - Write about a time when you succeeded at something because you made it a goal and committed to it.
  - Write about a time when you tried to accomplish something but came up short:
    - Describe what happened.
    - How did you deal with it?
    - What did you learn from it?
    - Did anything positive come out of it?
- Students needing special assistance should be paired with a helpful group member for the activity.

## Assessment

Use the *Setting Goals Scoring Guide* to evaluate student work.

## Portfolio

Students enter their reflections about this activity in their choice of text boxes in the Set Goals section of Career Plan.

## Materials

Computer with overhead projector and CIS access

[Setting Goals \(PPTX\)](#)

[Setting Goals Scoring Guide \(PDF\)](#)

[Setting Goals Scoring Guide \(DOCX\)](#)

Brief goal-setting video of your choice

## Goals and Standards

### *Common Core State Standards*

- English and Language Arts Career Anchor: Writing
- English and Language Arts Career Anchor: Speaking & Listening

### ***National Career Development Guidelines***

- GOAL CM1 Create and manage a career plan that meets your career goals.
- GOAL CM4 Master academic, occupational and general employability skills in order to obtain, create, maintain and/or advance your employment.
- GOAL PS2 Develop positive interpersonal skills including respect for diversity.

### ***American School Counselor Association***

- Personal/Social Development, Career Development

***Bloom's Taxonomy:*** Evaluating, Applying, Creating

### ***American School Counselor Association (ASCA) Mindsets and Behaviors for Student Success***

#### Mindset Standards

- Belief in Development of Whole Self, Including a Healthy Balance of Mental, Social/Emotional and Physical Well-Being
- Self-Confidence in Ability to Succeed
- Sense of Belonging in the School Environment
- Belief in Using Abilities to their Fullest to Achieve High-Quality Results and Outcomes
- Positive Attitude Toward Work and Learning

#### Behavior Standards: Learning Strategies

- Demonstrate Critical-Thinking Skills to Make Informed Decisions
- Apply Self-Motivation and Self-Direction to Learning
- Apply Media and Technology Skills
- Identify long- and short-term Academic, Career and Social/Emotional Goals
- Gather Evidence and Consider Multiple Perspectives to Make Informed Decisions

#### Behavior Standards: Self-Management Skills

- Demonstrate Ability to Assume Responsibility
- Demonstrate Ability to Work Independently
- Demonstrate Ability to Delay Immediate Gratification for Long-Term Rewards
- Demonstrate Perseverance to Achieve Long- and Short-Term Goals

#### Behavior Standards: Social Skills

- Use Effective Oral and Written Communication Skills and Listening Skills
- Create Positive and Supportive Relationships with Other Students
- Use Effective Collaboration and Cooperation Skills
- Use Leadership and Teamwork Skills to Work Effectively in Diverse Teams

## Credits and Citations

- *Good Character.com*. Live Wire Media, n.d. Web. <http://www.GoodCharacter.com>

