

## GOAL SETTING

### Activity Statement:

Students will review the guidelines for setting personal and academic goals.

### Procedures:

1. Give each student a Goal Setting Worksheet.
2. Go over the guidelines at the top of the list for writing good goals and give students a few minutes to set personal and academic goals.
3. Divide students into small groups and have them share goals with each other
4. Following this process, suggest that each student write two short-term goals (9-weeks) and one long-term (semester) goal.

### Discussion:

1. Why is it important to set goals?
2. Does setting goals help you? How?
3. How does it feel when you achieve a goal?
4. Is it hard to think of goals that you would like to achieve?
5. What strategies might you use to meet your goal?
6. What obstacles might you have to overcome in order to meet your goal?
7. What do you think you might need from your classmates or advisor to help you reach your goal?

### Additional Resources:

Time management: Goals/objectives & priorities website --

<http://www.studygs.net/schedule/goals.htm> (click on "priorities")

Goal Setting for Secondary Students -- <http://www.marybutterworth.net/goalsetting.pdf>

This lesson was adapted from:

Chicago Public Schools (9-12) 30

Advisor/Advisee Lessons

<http://intranet.cps.k12.il.us/Lessons/Advisory/>

## GOAL SETTING WORKSHEET

Guidelines for writing goals:

1. Select a goal over which you have control.
2. Ask if the goal is too big or too easy.
3. Avoid using vague words, such as: *some, more, often, better*. Use measurable terms.
4. Be sure the goal is YOURS, and not someone else's.

Name \_\_\_\_\_ Date \_\_\_\_\_

First Quarter Goal: (short-term)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Semester goal (long-term):

4. \_\_\_\_\_

How will you measure your progress? Be specific.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

Who or what will verify that you have reached the goals?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

What do you need to do differently to help you to obtain these goals? List ideas on back.

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And

West Virginia Department of Education Links Curriculum lesson of the same name,

June 2012. <http://wvde.state.wv.us/counselors/links/about.html>