



**Activity #3
Lesson Plan
10-28-16**

**9th Grade Advisory
Sheldon High School**

Personal Goal Setting

A. Lesson Summary

Students will be introduced to the concept of goal setting & learn why goal-setting is helpful to their success in High School. Students will establish in writing short-term and long-term goals in the academic and in the personal realm.

B. Objectives

Objectives of Lesson	
Basic Objectives to be Achieved by the Students	The Students will be able to: 1) Identify the basic elements of defining goals and achieving goals; 2) Assess the need to identify actions, timelines and resources necessary to achieve one's goals; 3) Establish and write down their short-term (one year) goals medium-term goals (five years).

C. Advisor Need for the Lesson

Time	30-minute advisory period
Materials for Adviser	Script
Materials for the Students	For each student; 1 goals handout (green cardstock) 1 introductory information handout (white paper)

D. Lesson Overview

Step	Time	Most Important Components of Lesson
	1 min.	1. Pass out student file folders from Advisory box.
Introduction to Goal Setting	6 min.	1. Pass out "Personal Goal Setting" (white) handout and "Goal Setting Exercise" (green cardstock). 2. Remind students that in the near future they will be asked to establish a "Four Year Plan and Profile". The Plan is a graduation requirement and should be taken seriously. Establishing academic goals now will help them to have a logical and productive 4 year plan for their Sheldon years.

		<ol style="list-style-type: none"> 3. Teacher works through the white handout with advisory group. Ask Ss why goals should have the characteristics listed on p. 1 (a – f). 4. Spend a few minutes going over “Ten Goals Worth Pursuing,” “Ten Questions You Must Answer,” and “Ten Steps to Achieving Any Goal” with Ss. This will prime them as they begin to develop their own goals. 5. Tell Ss: A critical piece of this process, and one that is very frequently misunderstood or ignored, is to have very SPECIFIC “actions needed to accomplish goal.” Ex: a student with a goal of “Get a 3.0 GPA for freshman year” will often write for action, “Study hard.” Much better to think about specific, measurable action, i.e., “work on homework during teacher office hours each Mon & Fri.” and other specifics.
Processing Short-Term Goal Setting	10 min.	Student identifies two short-term goals that he/she wants to achieve, one educational and one personal. Circulate while Ss do this. If Ss have written very broad and vague “actions,” try to help them come up with specifics.
Processing Medium-Term Goal Setting	10 min.	Student identifies two medium-term goals that he/she wants to achieve, one educational and one personal. Same as above with helping Ss with specific actions.
Summary	3 min.	<ol style="list-style-type: none"> 1. Tell Ss: Soon after they establish a Plan, they will be expected to forecast for their sophomore year the classes they need to fulfill their goal plan. 2. Have Ss put green & white handouts into their folders. Collect folders.

PERSONAL GOAL SETTING

Whether this is your first experience with setting goals or you've been setting them all of your life, here are some helpful suggestions, ideas, tips and answers to frequently asked questions related to goal-setting.

Setting Good Goals

What makes a good goal? Traditional goal-setting wisdom has taught us that a good goal must be:

- a) Written,
- b) Challenging,
- c) Believable and achievable,
- d) Specific,
- e) Measurable, and
- f) Have a specific timeline.

So what makes a good goal? All of the above criteria are good components of most goals. For our purposes, a good goal is one that is worthy of individual pursuit.

What is your definition of a goal? Write it here:

A different question is, "What makes a good goal plan?" A good goal plan is one that when followed, offers a reasonably-high-probability-of-success and given sufficient time.

Next steps.....

Your freshman advisor will now help you to develop a goal and a goal plan for yourself for both one short-term and one medium-term goal. Keep in mind that the goals you create today will be the starting point for future advisor meetings when you begin to develop a "Four-Year Plan and Profile". Your "Four-Year Plan and Profile" will drive your forecasting for classes for years to come.

Let's get started and have some fun with establishing meaningful goals for you to pursue!

TEN GOALS WORTH PURSUING

1. Personal Development

The single best investment any of us can ever make is in our own personal growth and development. The accumulation of knowledge means everything to your future.

2. Excellent Physical Health

Your body impacts everything you do. Take good care of it through proper nourishment, exercise and rest.

3. Rest, Relaxation and Renewal

We must take good care of ourselves without feeling guilty.

4. Building a Loving Family

Family is the emotional core of our lives. We should make constant deposits into everyone's emotional bank account.

5. Intimate Relationships With Your Friends

Surround yourself with nourishing friends. Share yourself with them and let them share themselves with you.

6. Involvement In Your Community

The definition of a life well lived must include a commitment to serving others.

7. Excellence in Your Work

Develop a reputation for excellence. A sincere commitment to excellence is a noble goal.

8. Financial Freedom

Money is important. Exercise wisdom in all your financial dealings.

9. A Comfortable, Loving Home

The single biggest investment most of us will ever make should be comfortable and lined with love.

10. Peace of Mind

There is no substitute for peace of mind. Everything you do either supports it or takes away from it.

TEN QUESTIONS YOU MUST ANSWER

1. What is it that you really want in every part of your life?
2. If your life were perfect in every respect, what would it look like?
3. If you had everything that you could possibly want, what would you have?
4. If you could design your ideal lifestyle, what would it look like?
5. If you could design your ideal career, what would it be?
6. What is your personal definition of success?
7. What is your personal definition of failure?
8. What makes you happy and fills you with peace?
9. What would you no longer be doing if your life were perfect in every respect?
10. What habits must you surrender in order to achieve greater success?

TEN STEPS TO ACHIEVING ANY GOAL

1. Write It Down

Goals are specific, measurable, and time-bounded. Write your goals so that they reflect all three components.

2. List Your Personal Benefits

Identify exactly "Why" you want to achieve this goal. List all the ways you will benefit personally.

3. Analyze Your Current Position

Success is information dependent. You need integrity in your information. Identify exactly your specific strengths, weaknesses, and opportunities as it relates to achieving this goal.

4. Identify Obstacles and Risks

List everything that could possibly prevent you from achieving this goal.

5. Identify Investments and Sacrifices

List everything, including time, money, and sacrifices that you can anticipate.

6. Knowledge Requirements

Identify what additional knowledge you need to acquire or have access to.

7. Support Team

List the people, groups, and organizations you may need help from as well as the specific role each one plays.

8. Develop Your Plan

List in-chronological order each activity and their corresponding target dates for completion. Use all the information gathered in previous steps to develop your plan.

9. Set a Deadline

Determine on what date you will achieve this goal.

10. Reward and Celebrate

Identify your reward for the achievement of this goal. You deserve it!

TEN THOUGHTS ON WHY EVERYTHING COUNTS

Every Choice Counts!

Every choice must have a purpose. Every choice counts. There are no insignificant choices, no neutral actions. Even the smallest gesture has a consequence, leading you toward or away from your goals.

Reality Counts!

Reality is the foundation of success because reality is truth. Reality is the truth, the whole truth, and nothing but the truth. Get this and you've got it: Reality moves you towards your goals; denial leads you away. There is only one reality!

Character Counts!

From the minute you open your eyes in the morning until they close again for sleep each night, everything in between complements or compromises your character. Every day for better or worse, for richer or poorer, in sickness and in health character counts. It is more important to have character than to be a character.

Self-Discipline Counts!

Self-discipline is a habit. It is not situational, but it is applied situation by situation. Anyone can be self-disciplined on occasion, but to get consistently positive results takes consistency. It is the day-in, day-out practice of self-discipline that determines where you'll end up. Every act of self-discipline moves you toward your goals and every exception takes you off course.

Personal Development Counts!

Growth and development is a lifelong pursuit: there's always some polishing to do, knowledge to gain, and love to be deepened. Self-development ends only when we run out of time. Life is a work in progress, improvement never ends, and you never totally arrive. You are, and will be for as long as you live, a self in evolution.

Excellence Counts!

The pursuit of excellence is not only politically correct, it is also highly profitable. A commitment to excellence can help you to capture true wealth and realize the inherent value of your potential. You will never outlive its importance, usefulness, and necessity. Its absence devalues potential, credibility, and reputation.

Failure Counts!

Failure serves an indispensable function in the production of your success. It provides information and motivation for you to learn from and apply. Failure is not only the output of an unsuccessful activity; it is also the input for a successful one. The bright side of failure is that it inspires improvement, creativity, change, and most importantly, purposeful activity.

Health & Energy Counts!

Widen your moral purpose — vow not just to live longer, but to live better, to have more energy, self-worth, and clarity. The preservation of health is a duty. Few seem conscious that there is such a thing as physical morality. You must take care of your body because the day will come a time when it will no longer tolerate your indifference.

Fun Counts!

An essential part of your journey is the pursuit of happiness. Yet, the only way to maintain a sense of fun and play is to consciously choose to make it a priority. Unfortunately, fun seems to wind up on the bottom of the "To Do" list. You are the conductor of mirth in your life, your own personal Clown Prince of Mirth and Merriment.

Your Legacy Counts!

It's non-negotiable: You will leave a legacy. The question is not whether you'll leave a legacy but what legacy you will leave! To arrive at the point that you think seriously about your legacy, you must reach a level of reality and commitment that represents an eternity to follow. When you take the final bow, who will you be? How will you enter eternity? Will you just be a footnote in history?

Handout

Goal Setting Exercise

After having discussed goal setting with your advisor, create one short-term goal and one medium-term goal. Please develop goals meaningful and worthy of your time and effort.

A. Short-Term Goal: What I want to achieve in one year?

Educational Goal:

Actions needed in achieving my goal:

Timeline (less than one year):

Resources?:

Personal Goal:

Actions needed in achieving my goal:

Timeline (less than one year):

Resources?:

Handout

B. Medium-Term Goal: What I want to achieve in five years (post HS)?

Educational and/or Professional Goal:

Actions needed in achieving my goal:

Timeline (less than one year):

Resources?:

Personal Goal:

Actions needed in achieving my goal:

Timeline (less than one year):

Resources?: