

Unit #1 Title: Targeting Careers

Lesson Title: My School Goal (Part 2) **Lesson:** 2 of 4

Grade Level: 3

Length of Lesson: 30 minutes sessions

Mississippi College and Career Readiness Standard:
SL.3.1, SL.3.1b, SL.3.1c, SL.3.1d, W.3.4

American School Counselor Association (ASCA) Mindsets and Behaviors:
M 3, M 6
B-LS.4, B-LS.7
B-SM.5

Materials and Resources (include handouts or supporting documents)

My School Weekly Goal Sheet
My Goal Sheet Student Mini Goal Sheet
Board, flip chart, or other visual media, and pencil or chalk

Enduring Life Skill(s)

X	Perseverance		Integrity	X	Problem Solving
	Courage		Compassion		Tolerance
	Respect	X	Goal Setting	X	Decision making

Lesson Measurable Learning Objectives:

The student will develop a plan for setting and achieving a short-term goal and monitoring his/her progress toward goals.

Lesson Formative Assessment (acceptable evidence):

Assessment should relate to the performance outcome for goals and objectives.
Assessment can be question answer, performance activity, etc.
The student will complete a written plan of a short-term educational goal.

Lesson Preparation

Essential Questions:
Why do some goals take a short time to complete, while others take a long time?
Why do people use short-term goals?
Why do people use long-term goals?

Engagement (Hook):
Put a trash can in the middle of the floor and wad up a piece of paper. Throw the paper toward the trash can and miss the can. The instructor asks students what s/he should do. Should I give up? The students will say no, try again. The instructor tries again, but misses. The instructor asks what s/he should do. The students will hopefully tell the instructor to make another plan and move to a new spot. The instructor shoots a third time and makes the goal. Is this a short or long term goal? (short-term goal)

Procedures

<p>Instructor Procedure/Instructional Strategies:</p>	<p>Student Involvement/Instructional Activities:</p>
<p>1. The instructor reviews the definitions of goal: short-term and long-term goals. A goal is something a person wants to accomplish or improve.</p> <ul style="list-style-type: none"> a. A short-term goal is a goal that can be accomplished in a short period of time. b. A long-term goal is a goal that is worked on over an extended period of time. <p>2. The instructor reviews the steps to setting a goal with the students. Refer to <i>Steps for Setting Goals Activity Sheet</i> in Lesson 1.</p> <p>3. The instructor assists each student in developing a short-term educational goal sheet to complete by the next class session. Use the <i>Weekly Goal Sheet</i>. Remind the students that an educational goal is related to school.</p> <p>4. Once the plans are complete the instructor asks a few of the students to review their goal and plan with the class.</p>	<p>1. Students share their ideas.</p> <p>2. Students review the steps in setting goals.</p> <ul style="list-style-type: none"> a. Goal - Choose goal b. Discuss - Discuss the goal with the teacher or friend, if necessary. c. Plan - The student makes a step-by-step plan and writes it down. <ul style="list-style-type: none"> 1) How do I start my goal? 2) What will help me complete it? 3) What actions will I take to reach my goal? d. Timeline - Set a timeline (beginning and ending date and time). e. Self-assess—How will you check your goal? f. Evaluate—the students will evaluate their success at the end of the timeline. <p>3. The students complete the goal sheet, and discuss their educational goal and plan with another student or the instructor.</p> <p>4. Volunteers share short-term goals and plans.</p>

MY SCHOOL GOAL Weekly Goal Sheet



Name _____ Date _____

1) My goal is

2) My plan is:

- a) _____
- b) _____
- c) _____
- d) _____

3) When will I start and finish my goal?

Start date _____ Finish/check date _____

4) How will I evaluate myself (check)?

5) How did I do (evaluate)?

Student Mini Goal Sheet

<p style="text-align: center;"><i>My Goal Sheet</i></p> <p>Name _____</p> <p>Date _____</p> <p>Goal 1 _____</p> <hr/> <p>Feedback before next session: Mark daily: 1. Did a good job 2. OK 3. Keep working</p> <table border="1" style="width: 100%; border-collapse: collapse; text-align: center;"> <tr> <th style="padding: 2px;">Mon.</th> <th style="padding: 2px;">Tues.</th> <th style="padding: 2px;">Wed.</th> <th style="padding: 2px;">Thurs.</th> <th style="padding: 2px;">Fri.</th> </tr> <tr> <td style="height: 20px;"></td> <td></td> <td></td> <td></td> <td></td> </tr> </table> <p>Comments: _____</p>	Mon.	Tues.	Wed.	Thurs.	Fri.						<p style="text-align: center;"><i>My Goal Sheet</i></p> <p>Name _____</p> <p>Date _____</p> <p>Goal 1 _____</p> <hr/> <p>Feedback before next session: Mark daily: 1. Did a good job 2. OK 3. Keep working</p> <table border="1" style="width: 100%; border-collapse: collapse; text-align: center;"> <tr> <th style="padding: 2px;">Mon.</th> <th style="padding: 2px;">Tues.</th> <th style="padding: 2px;">Wed.</th> <th style="padding: 2px;">Thurs.</th> <th style="padding: 2px;">Fri.</th> </tr> <tr> <td style="height: 20px;"></td> <td></td> <td></td> <td></td> <td></td> </tr> </table> <p>Comments: _____</p>	Mon.	Tues.	Wed.	Thurs.	Fri.					
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