

Module D: Lesson Plan 13: Goal Setting and Decision-Making

Topic: Short & Long-Term Goal Setting

Standard(s): Students will:

- 3.0 Identify and demonstrate processes for making short and long term goals.
- 7.0 Develop a career and education plan that includes short and long-term goals, high school program of study, and postsecondary/career goals.

Length: One class period

Objective: Students will identify what is important to them and begin setting educational and personal goals.

Materials:

- Handout - *Reaching My Goals*
- Handout - *My Career Goals*

Description of Activity:

1. Have the students take out a blank sheet of paper and number it 1-4. Ask the students each of the four questions below and give them 30 seconds to respond by writing the first thing that comes to their minds.
 - a. If you were given 3 wishes for anything, what would you wish for?
 - b. If you won a million dollars, how would you spend it?
 - c. If you had only 6 months to live, what would you do?
 - d. If you could accomplish anything in the world, what would you do?
2. Distribute the Handout - *Reaching My Goals*. Have the students write down two educational goals and two personal goals. After they have identified their goals, have them list steps they need to do to accomplish each goal.
3. Distribute the Handout - *Career Goals*. Have the students identify a Short-, Intermediate-, and Long-term Career goal. Then have them list steps they need to reach each goal.
4. Ask the students to share their ideas on setting educational goals and how it will help them focus on appropriate coursework and other activities in high school.

5. If possible, share some of your own experiences in goal setting.

Teaching note: You may need to walk around the room to ensure that students are identifying their goals. They may need some direction when listing the steps required in achieving their goals.

Evaluation:

Students will practice writing goals and the steps they need to take to reach them.

**Adapted and used with permission from South Dakota Teachers as Advisors Program*

Reaching My Goals

Name: _____ Date: _____

Educational Goals: (Related to your current school courses or future education)

- 1. _____
- 2. _____

Steps to Reach Goal #1

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____
- 6. _____

Steps to Reach Goal #2

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____
- 6. _____

Personal Goals: (Appearance, personality, friends, family, etc.)

1. _____
2. _____

Steps to Reach Goal #1

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

Steps to Reach Goal #2

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

My Career Goals

1. Short-Term Goal

2. Intermediate Goal

3. Long-Term Goal

Steps to Reach Goal #1

1.

2.

3.

4.

5.

6.

Steps to Reach Goal #2

1.

2.

3.

4.

5.

6.

Steps to Reach Goal #3

1.

2.

3.

4.

5.

6.

*Remember to review these goals statements regularly and work on reaching them.
Good luck!*