

Unit Topic: Goal Setting

Activity Name: Lesson #4, SMART Goals

Objective/Rationale/Goals:

1. Students will understand the importance of goal setting as it pertains to their personal and career aspirations and identify goals for themselves.
2. Students will be able to identify the parts of SMART goals (specific, measurable, achievable, relevant, and time-based).

Time Frame: 50-minute class

Materials:

- 4 paper bags
- 12 tape balls (3 per team)
- SMART Goals PowerPoint (projector and whiteboard)
- Setting Goals Worksheet (graduation & 10 year reunion)
- Laptops/Computers (if using MCIS)

Directions/Procedure:

Basket Toss Game

Objective: earn as many points possible by throwing/tossing the one tape ball at a time into the basket (paper bag).

Rules:

- Each person in line takes a turn throwing the three tape balls one at a time at the “basket.” Each player must retrieve his/her own balls and hand them off to the next person in line. Players keep rotating through as many times as time allows.
- Each round has a time limit of 1 ½ minutes.
- Teams earn 1 point just for hitting the basket (without the ball bouncing first) and 3 points for making it in the basket without bouncing. Each team must keep track of their points.

1. Explain the rules of Basket Toss to the students.

2. Split the class into four teams and have each team stand across the room from one of the opened paper bags. Make sure teams keep track of their own points and write their points on the whiteboard after each round. Play the four different rounds, each round is a little different.

Round 1: eyes closed, long shot

Round 2: eyes open, long shot

Round 3: very short drop (move the baskets within arm's reach of each team's throwing line)

Round 4: mid-way distance shot, one player from each team can hold the basket (holder must keep one foot stationary and both hands must remain holding the basket at all times)

3. After playing all four rounds, have the teams add up their total points and all students should return to their seats. Prizes can be awarded to the winning team but prizes don't need to be given, just congratulations.

Discussion Questions

1) Reactions to what it was like each round?

2) How did each round relate to goals?

Round 1: Why set goals for ourselves? What if you don't set goals?

Round 2: What if goals are consistently too difficult?

Round 3: What if goals always way too easy/not challenging? Relate to pride/satisfaction.

Round 4: Thinking of a goal you have accomplished...What and Who helped you accomplish this goal?

4. SMART Goals PowerPoint

- Explain what SMART stands for (slide 2)

Specific, Measurable, Achievable, Relevant, Time-based

- Goals can be short and/or long-term in length, think of goals as a staircase – don't jump to the top, usually smaller goals needed to meet larger goals.

- Students split into small groups or pairs. Assign each group/pair one of the general goals (on slide 3) and have them say how they'd re- it into a SMART goal. Share with the class.

- Play the YouTube video on goals, if time.

5. Have students create their own SMART goals

a. Give each student the Setting Goals worksheet to complete.

b. If you have MCIS, have students log into their profile and write goals into their Personal Learning Plan

STEPS: Log into MCIS → hover over My Portfolio → Personal Learning Plan

My Career Goals (min. 1 SMART goal)

My Action Plan for this Year (min. 1 specific thing)

My Support Network (min. 1 person)

6. Wrap Up: Review the acronym SMART and have the class state what each letter stands for. For example, ask what “S” in SMART stand for and the class should respond with “specific.”

Resources & References:

- Minnesota Career Information System definition of SMART Goals, www.mncis.intocareers.org
- Adapted and recreated by Sammy Croatt, Aikin HS Counselor

Assessment/Evaluation:

1. Class discussion
2. Re-making goals practice (PowerPoint slide 3—see supporting materials)
3. Goal Setting worksheet and MCIS PLP goals.
4. The Wrap Up at the end of the lesson i.e. students state what the acronym SMART means.

Suggested Homework/Extended Assignments:

- Students should complete the Setting Goals worksheet to practice creating their own SMART goals.
- If you use MCIS, Students should write in a career goal, action plan for this year, and a support network person in the MCIS Personal Learning Plan.
- Bridges Goal Setting Lesson Plans # 1, 2, 3



Congrats High School Graduate!



“Today, I graduated from high school and I am proud of these accomplishments!”

My Grade Point Average (GPA)/Academic Recognitions _____

My Post High School Plans (i.e. college attending, major/program of study, job, etc.) _____

My Post-Secondary and/or Work Preparation (i.e. college classes, work-related experience, job shadows, volunteering, etc.)

My Extracurricular Activities/Athletics/Community Involvement _____





*10 Year Reunion
Welcome Back Alumni!*

“Here’s a little update on my life and highlights of my accomplishments.”

My Education and/or Work Preparation: (i.e. degree(s), college(s) attended, apprenticeships, etc.)

My Career: (i.e. current job/position, advances, accomplishments, etc.)

My Personal Life: (i.e. where living, family, community involvement, pets, vehicles, etc.)

