

Lesson Plan: Goal Setting

Unit: Personal Development

Topic: Formulating Long and Short-Term Goals

Length of Session: 1 hr 40 minutes

Level: High Level ESL and English Speaking

Objective(s): 1) In context of examining case study: determine long and Short-Term goals of fictionalized subject and hypothesize sacrifices and forces in favor of and against subject reaching goals

2) Personally: Formulate personal goals, Consider sacrifices and forces in favor of reaching goals and evaluate personal commitment to goal.

EFF Standard(s): Read with understanding, solve problems and make decisions plan, cooperate with others, take responsibilities for learning, reflect and evaluate.

Language Arts Standard(s): R2- Relate reading to prior knowledge and experience and make connections to related information; R10-critically evaluate information from text; TR6-apply decision -making techniques.

EFF Standard(s): R2 -Relate reading to prior knowledge and experience and make connections to related information: R10-critically evaluate information from text; TR6-apply decision-making techniques.

SCANS/ EFF Common Activities	INTO	MATERIALS
<p>SCANS: Seeing the big picture</p>	<p>Warm-Up/Review 10 minutes</p> <ul style="list-style-type: none"> • True or False Quiz • Why are we talking about this now? • Refer to reason #4 in reading: This is a key moment. • Review key moments from lecture notes (attached). • Who made a new year's resolution last year? • Did you stick to it? Why/Why Not? <p>INTRODUCTION (10 MINUTES) Definition: <i>A Goal Not written is only a Wish</i> <i>A Goal is a dream with a timeline.</i></p> <p>Dream-I want to be able to read to my child.</p>	<p><i>True or False?</i> Sheet</p> <p>Examples of SMART goals Specific, Measurable, Achievable, Realistic, Timely</p> <p>Goal Organizer, Part I</p> <p>Goal Organizer, Part II. A handout of pp. 94-98 of Sean Covey's <i>Seven Habits of Highly Effective Teens</i> may be given <u>for reference</u>.</p>

	SMART Goals-I will read one book to my child every night for a week.	
	THROUGH	EVALUATION
EFF Team Work SCANS: Interpersonal	<p>PRESENTATION Review Case Study assignment, referring to reading to explain terminology and thought processes related to examine sacrifices, obstacles, etc. (10min)</p> <p>GUIDED PRACTICE In their groups, students complete Case Study exercise(20)</p> <ul style="list-style-type: none"> • Each group shares answers with larger group. (5 minutes) <p>In their groups, students read case study and answer questions.</p>	Each group shares answer with larger group. (5)
	BEYOND	
SCANS Personal Qualities- Responsibility	<p>CLOSURE Journal Writing</p> <p>Homework: Goal Organizer Part II</p>	<p>Journal writing-Choose one Regarding the activity today, one thing that surprised me was...</p> <p>Regarding the activity today, one question that I have is.</p> <p>Something that went well today was...</p> <p>Something that could have gone better today was.</p>

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