

## 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

**Objectives:** 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):** 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. **Language Arts Standards:** 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.

<b>SCANS/ EFF Common Activities</b>	<b>INTO</b>	<b>MATERIALS</b>
<p>SCANS: Seeing the big picture</p>	<p><b>Warm-Up/Review</b> 5 minutes</p> <ul style="list-style-type: none"> <li>• Who made a new year's resolution last year?</li> <li>• Did you stick to it? Why/Why Not?</li> </ul> <p><b>INTRODUCTION</b> (10 MINUTES)  <b>Definition:</b>  <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.            SMART Goals-I will read one book to my child every night for a week.</p>	<p>Examples of SMART goals            Specific, Measurable, Achievable, Realistic, Timely</p> <p>Goal Organizer, Part I</p> <p>Goal Organizer, Part II.</p> <p>A handout of pp. 94-98 of Sean Covey's <i>Seven Habits of Highly Effective Teens</i> may be given for reference.</p>
<p>EFF            Team Work            SCANS: Interpersonal</p>	<p><b>THROUGH</b></p>	<p><b>EVALUATION</b></p>
	<p><b>PRESENTATION</b></p> <p>Review Case Study assignment, referring to reading to explain terminology and thought processes related to examine sacrifices, obstacles, etc. (10min)</p>	<p>Each group shares answer with larger group. (5)</p>
	<p><b>GUIDED PRACTICE</b></p> <p>In their groups, students complete Case Study exercise(20)</p>	

	<ul style="list-style-type: none"> <li>Each group shares answers with larger group. (5 minutes)</li> </ul> <p>In their groups, students read case study and answer questions.</p>	
	<b>BEYOND</b>	
SCANS Personal Qualities- Responsibility	<p><b>CLOSURE</b> Journal Writing</p> <p><b>Homework:</b> 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>

**Author:** Kate Gougoutas, John Adams