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:**
1. In context of examining case study: determine long and short-term goals of fictionalized subject and hypothesize probable success and forces in achieving.

**Language Arts Standard(s):**
R1 - Relate reading to prior knowledge and experience and make connections to related information
R2 - Read with understanding, solve problems and make decisions plan, cooperate with others, take responsibilities for learning, reflect and evaluate

**EFF Standard(s):**
R2 - Relate reading to prior knowledge and experience and make connections to related information
R10 - Critically evaluate information from text

**INTRODUCTION (10 MINUTES)**

**Definition:**
A goal is a dream with a timeline.
A goal NOT written is only a wish.

**Dream:** I want to able to read to my child.

**Picture of Goal Sheet Examples of SMART goals**
Specific, Measurable, Achievable, Realistic, Timely

**Routine:**
- True or False Quiz
- Why are we doing this now?
- Review key moments from lecture notes (attached)
- Who made a New Year’s resolution last year?
- Did you stick to it? Why/Why Not?
- Time of False Quiz

**MATERIALS**
- SCANS/EFF Common Activities
- Into Teaching
- True or False Sheet
- Handout of pp. 94-98 of Sean Covey’s Seven Habits of Highly Effective Teens
- SMART goal organizer, Part I and II

**Warm-Up/Review**
10 minutes

- Why did you make a New Year’s resolution last year?
- Did you stick to it? Why/Why Not?
**SMART Goals:** I will read one book to my child every night for a week.

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<th>AUTHOR: Kate Coughlan, John Adams</th>
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<tr>
<td><strong>BEYOND</strong></td>
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<td><strong>CLOSE UP</strong></td>
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1. In their groups, students complete Case Study exercise (20 min).
   - Each group shares answer with larger group.
2. In their groups, students complete Case Study exercise (20 min).
   - Each group shares answer with larger group.

**Homework:** Goal Organizer Part II

**Journal Writing:** Choose one...