### Goal Setting

**Unit:** Personal Development  
**Topic:** Formulating Long and Short-Term Goals

**Goal Setting**

<table>
<thead>
<tr>
<th>Group (5)</th>
<th>Each group shares answer with larger group</th>
</tr>
</thead>
</table>

**Guided Practice**

- Thought processes included in examining sequences, obstacles, etc. (10min)
- Review Case Study assignment, referring to reading and explain terminology and

**Presentation**

- SCANS: Interpersonal Team Work
- Eff

**Evaluation**

- SCANS: Seeing the big picture
- Warm-Up/Review (5 minutes)
- • Who made a New Year’s resolution last year?
- • Who made a New Year’s resolution last year?

**Introduction**

- Definition: A Goal Not written is only a Wish. A Goal is a dream with a timeline.
- Dream: I want to able to read to my child.
- SMART Goals: I will read one book to my child every night for a week.

**Through**

- EFf Team Work
- SCANS: Interpersonal

**Materials**

- Examples of SMART goals
- Realistic, Timely, Specific, Measurable, Achievable, etc.

| Scans/EFf Common
<table>
<thead>
<tr>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>R1 - Relate reading to prior knowledge and experience and make connections to related information.</td>
</tr>
<tr>
<td>R10 - Critically evaluate information from text.</td>
</tr>
<tr>
<td>R2 - Apply decision-making techniques.</td>
</tr>
</tbody>
</table>

**Language Arts Standards**

- R2 - Relate reading to prior knowledge and experience and make connections to related information. R10 - Critically evaluate information from text.
- R2 - Apply decision-making techniques.

**Objectives**

1. In context of examining case study: determine long and short-term goals of fictionalized subject and hypothesize success and forces in favor of reaching goals.
2. Formulate personal goals, consider successes and forces in favor of reaching goals and evaluate personal commitment to goal.

**Length of Session:** 40 minutes

**Level:** High Level ESL and English Speaking
### Beyond

In their groups, students read case study and answer questions. Each group shares answers with larger group (5 minutes)