

WELCOME!

Think of ALL of the things you've already accomplished this year.

Back in October, we talked about how setting **specific** and **measurable** goals and following-through (or **persisting**) with them are important skills to learn!



TODAY'S AGENDA

1. 1st Quarter Goal Reflection
2. Goal Glow & Grow
3. What Makes a Goal Measurable & Specific?
4. 4th Quarter Goal Setting
5. How to Persist and Reach My Goal

LEARNING TARGETS

1. I will reflect on the goal I set for myself in 1st Quarter.
2. I will identify different types of goals.
3. I will identify what makes a goal measurable and specific.
4. I will set one measurable, specific goal for 4th Quarter
5. I will identify concrete ways to persist in order to achieve my goal.



DO NOW:

Think back to our Goal Setting Lesson in 1st Quarter. What specific, measurable goal did you set for yourself? Did you achieve your goal? Why or why not?

1:00
Stop

GOAL GLOW & GROW

Thinking ABOUT MY PROGRESS...



GLOW



GROW

NAME:

DATE:

WHY SET GOALS?

- Achieving your goals will build confidence & fill you with a sense of accomplishment.
- Goal setting gives you more control over your life.
- Goals can help you be clear about what you want to accomplish.
- In addition, goals help you understand what actions you need to take.
- Setting goals helps you know where you want to go & how to get there!

ALL KINDS OF GOALS

- Goals come in all shapes & sizes!
- Some goals are long-term, such as *“I want to become a nurse.”* or *“I want to earn all As and Bs this year.”*
- Some goals are short-term, such as *“I want to do well on my upcoming math quiz.”*
- We make goals in all areas of our lives, including...

AREAS FOR GOAL SETTING

- Academic
- Social
- Family
- Personal
- Physical



MEASURABLE & SPECIFIC GOALS



- What does it mean for a goal to be measurable and specific?
- Why is it important for a goal to be measurable and specific?
- What makes a goal measurable and specific?

MEASURABLE GOALS

If a goal is measurable, evidence of progress can be presented along the way. It's fun to track your milestones! This can be as simple as setting a specific date for your achievement.

- **Not Measurable:** I'm going to study for this Friday's math test.
- **Measurable:** I'm going to study math for 30 minutes every day and then meet with a tutor on Wednesday to prepare for Friday's test.

SPECIFIC GOALS

If a goal is specific, it should be written in the most simplistic manner possible, focusing on one specific outcome. Without this core principle, you might find it hard to focus and, in the end, feel unmotivated.

- **Not Specific Enough:** I want to be a better student.
- **Specific:** I'm going to focus on improving my overall grade in science.

ACHIEVING A GOAL

- One of the most important parts of setting a measurable and specific goal is making a plan for how you will meet the goal.
- A goal such as “I want to get better grades” is important, but it is not an action you can take. In fact, getting better grades requires a lot of action steps along the way.
- What are some of those action steps?
- **Action steps remind us of all the things we need to do in order to meet our goals!**

GOAL CHECK-IN

- It is important to regularly check in to see if you are meeting your goal. You might need to add or change some of the action steps.
- Sometimes our goals change as well.
- Be sure to monitor your progress and make necessary adjustments.

A stylized background graphic showing a hand in blue holding a pencil in orange, positioned as if writing. The hand and pencil are rendered in a soft, painterly style with visible brushstrokes.

PERSIST!

How will you persist when things don't go according to plan?

Remember, persistence is *the ability to stick with something over time.*

BE F-I-E-R-C-E!

- “F” – Use (F)lexibility
- “I” – (I)dentify barriers along the way
- “E” – Maintain (E)ffort
- “R” – Know your (R)esources
- “C” – Stay (C)alm when confronting challenges
- “E” – Remember to (E)valuate how your current plan fits with your goals

GOAL EXAMPLES:



- I would like to spend less time on gaming/Snapchat/Instagram, etc...steps to meet that goal would be to put the phone in another room after 8 p.m., read until bedtime, delete a few apps/games...
- I would like to start a positive social media trend...steps would be to report or block people who are negative on Twitter, Instagram, etc...stop texting people who are unkind...
- I would like to become more organized with school work...steps would be to use my planner every day, ask for help from a teacher once per week during Eagle Time and/or after school...

YOUR TURN

- Think about **TWO goals** for 4th Quarter.
- One should be an **academic goal** (i.e. improving grades, completing homework, studying, etc.) and the other should be a **personal goal** (i.e. eating better, becoming more active, improving in a sport, etc.)
- What **action steps** will you take to accomplish your goals?
- How will you **persist** when things don't go according to plan?

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DID WE HIT OUR TARGETS?