

GOAL REFLECTIONS



Time Required: 30-45 minutes

Content Standards: AA.S.1 Students will acquire attitudes, knowledge, and skills that contribute to effective learning in school and across the lifespan.

Indicators (Students will...): AA.A.12.1.03 Review goals from 9th grade and evaluate success and lessons learned.

GOAL: Students will review their goal letter written to themselves in 9th grade and reflect upon personal success.

Activity Statements: Students will review their goal letter written to themselves in 9th grade and reflect upon personal success.

Materials:

Goals Letter

Handout 1: *Goals Letter Reflection Guide*

Procedures:

SAY: When you started at _____ high school, you were asked to imagine yourself graduating and to set some personal goals in a goals letter to make your vision come true. Today you are going to self-evaluate how you did towards reaching your targets.

- Give all students handout 1 and ask them to complete the checklist and reflection questions independently.
- Leave 10 – 15 minutes for classroom discussions
- When students are finished ask for volunteers to share their thoughts using the following questions

Discussion:

What was your average goal completion rate?

Are there some things you can do during the 4th 9 weeks to reach some of the goals you have not yet obtained?

What are some things you are most proud of?

What are some things you are most disappointed about?

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What are some things you would do differently in high school if you had it to do over again?

What are some of the main reasons you did not reach your goals?

What are some of the important lessons you learned about setting and reaching goals?

What do you plan to do differently during the next phase of your life?

Who is willing to share what you learned with sophomores during their lesson next week?

Additional Resources:

Setting and reaching goals for mentors and mentees by the Search Institute

<http://www.search-institute.org/system/files/settingand-reaching.pdf>

http://www.pyd.org/mentoring_programs/curriculum/mentee/stage3.htm

Extension Activities:

Take home your worksheet. Reflect on your goals. Are there some goals that you can still obtain during the final nine weeks? What are they? What do you need to do to reach them? Who can you enlist to help you? Use Handout 2 to set work towards setting and reaching goals.
