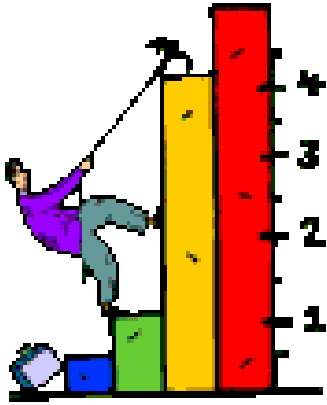


# GOAL SETTING



**Time Required:** 30-45 minutes

**Principles:**

- Students will complete school with the academic rigor and preparation essential to choose from a wide range of substantial postsecondary options, including college.

**Objectives (Students will...):**

- Establish challenging academic goals in high school.

**GOAL: Students will set short- and long-term goals for the freshman year.**

**Activity Statements:**

Students will review the guidelines for setting personal and academic goals.

**Materials:**

1. Handout 1 – “Freshman Goal-Setting Worksheet”
2. Pen/pencil

**Procedures:**

1. Give each student a Goal Setting Worksheet.
2. Go over the guidelines at the top of the list for writing good goals and give students a few minutes to set personal and academic goals.
3. Divide students into small groups and have them share goals with each other
4. Use some of the questions below to encourage a discussion on the importance of setting long- and short-term goals.
5. Ask students to share with the large group goals that they all agreed were important.
6. Following this process, suggest that each student write two short-term goals (9-weeks) and one long-term (semester) goal in the school planner.

**Discussion:**

1. Why is it important to set goals?
2. Does setting goals help you? How?
3. How does it feel when you achieve a goal?
4. Is it hard to think of goals that you would like to achieve?
5. What strategies might you use to meet your goal?
6. What obstacles might you have to overcome in order to meet your goal?
7. What do you think you might need from your classmates or advisor to help you reach your goal?

# GOAL SETTING – Handout 1

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## Integrative Closing Statement:

Setting good goals is a learned activity. All of us need assistance in making this process meaningful. “Failing to plan is planning to fail.” Goal setting is an essential skill for the success of students in school, and it enhances their personal growth. Sometimes, we don’t achieve our goals, but the effort that comes from trying and assessing what progress we have made is useful in helping us set and achieve new goals.

## Additional Resources:

Time management: Goals/objectives & priorities website -- <http://www.studygs.net/schedule/goals.htm>

(click on “priorities”)

Goal Setting for Secondary Students -- <http://www.marybutterworth.net/goalsetting.pdf>

**Download Roads to Success Lesson** for another complete lesson you may wish to deliver later if students need more help with goal setting:

- Roads to Success correlated to CFVW.com -- [https://secure.cfvw.com/images/wv/PDFs/RTS/Facilitators\\_Guides/Grade\\_8/G8\\_SettingGoals1.pdf](https://secure.cfvw.com/images/wv/PDFs/RTS/Facilitators_Guides/Grade_8/G8_SettingGoals1.pdf)
- Roads to Success correlated to Career Cruising -- [http://www.roadstosuccess.org/pdfs/GR8\\_SettingGoals1.pdf](http://www.roadstosuccess.org/pdfs/GR8_SettingGoals1.pdf)

**Extension Activities:** Ask students to share goals with a best friend or parents to assist with goal obtainment.

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