

SELF-EVALUATION/SETTING NEW GOALS



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 review their progress on goals established for the semester.

Activity Statements:

Students will identify goal-setting strategies and discuss their importance.

Materials:

Students' Completed Copy of Lesson 9.4 Handout 1
Handout 1 *Freshman Goal Setting Sheet*
Goals Letter

Procedures:

1. Ask students to discuss if they have met their 9th grade goal or goals they identified in Week 4 and are on track to meet long-term goals in letter written in Week 5.
2. Inform students that they will be reviewing their goals and writing short-term goals for the summer and next year.
3. Divide class into small groups of three or five students. Encourage students to discuss some of the following questions in their small group so everyone can assess their progress.
4. Toward the end of the session, bring everyone together so they can identify common experiences and strategies used to reach goals.
5. Distribute to students a new goal worksheet and ask them to write goals for the next year. Give support.

Discussion:

1. Were your freshman goals realistic?
2. Did many of you have similar or the same goals? What were they?

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3. How did it feel to meet your goal(s)?
4. How did it feel when you did not meet your goals?
5. What strategies did you find useful in meeting your goal?
6. What obstacles prevented you from meeting your goal?
7. What do you intend to do differently to meet your goals next 8 year?
8. Why is it important to set goals?

Integrative Closing Statement:

Setting good goals is a learned activity. All of us need assistance in making this meaningful to us. "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 make is useful in helping us set new goals and meeting them successfully.

Additional Resources:

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

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

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

Extension Activities: Discuss with you parents some goals you may need to make your summer a productive positive experience? Will you get a summer job, go to a special camp, start a small community business, complete community service? What will you do for self-improvement and to contribute to the family and community?
