Goal Setting (Grades 6-12)

Overview: Goal setting is an important skill every student needs to develop to become a more productive citizen. However, students do not always understand the difference between goal setting and goal achievement, nor do they grasp the steps it requires to achieve their goals. So, this lesson will walk students through the steps and supports needed to set and attain their goals.

Character Education Objectives:

Students will:

- discuss the difference in goal setting and achievement.
- share a desired goal they have to become a more productive member of society.
- create a map to help them navigate the journey to reach their objective.

Duration:

- Creating the map may take more than one day depending on students.

Materials:

- Achievement Map

Lesson Plan

Journal (5 mins)

- What is an objective you aspire to attain in 5 years?
- What is a goal you have for the remainder of this school year?

Small Group (10 mins)

- What is the difference between goal setting and goal achievement?
- How does a citizen who strives to achive their goals support our society?

Whole Group Discussion (10 mins)

- Why is it important to have goals?
- What is challenging about achieving your goals?
- How do citizens who strive to achieve their goals support society?
- Today you are going to create a map to help you achieve the objective you stated in your journal you have for the remainder of the school year.

Individual (15 mins)

- **Suggestion: go through each step with the students**
    - Start at Desired Goal
        - *Example: I want to run a 5K (2.*
    - Then write where you are right now (Starting Point)
        - Example: I can run a mile without stopping
    - What are the steps in between the goal achievement (end goal) and the goal setting (baseline)?
        - *Example: Increase to 1.5 miles a week (2 weeks)*
        - *Example: Increase to 2 miles a week (2 weeks)*
        - *Example: Increase to 2.5 miles a week (2 weeks)*

- *Example: Increase to 3 miles a week (2 weeks)*
- *Example: Increase to 3.5 miles a week (1 week)*
- Who will you have to hold you accountable?
  - *Example: My running partners*
- Why is an accountability partner so important?
- What are the measurements or times when you will assess how you are doing?
  - *Example:*
    - *Each day we will graph our time and distance*
    - *Once a week we will test ourselves on how long it takes to run/walk 3.5 miles and chart it*

Exit Ticket: (5 mins)

- Share this plan with your accountability partner
  - Snap or scan a picture of the completed map and send it via text or email.

Learn more about character education.