

SMART Goals


Go For Your Goals, Module 5



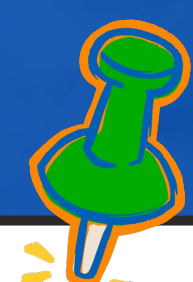
● ● ● **What is happening in this image?**




AGENDA



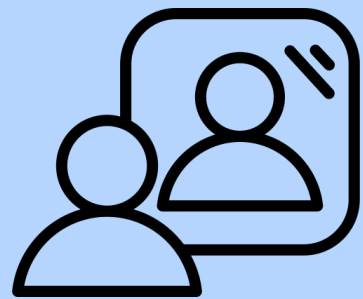
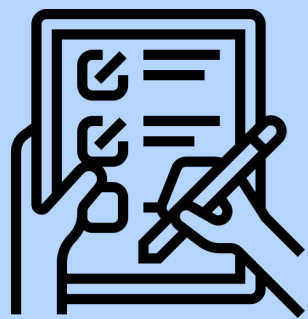
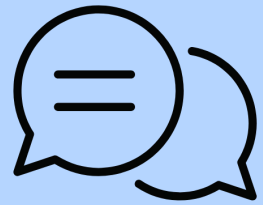
1. Brainstorm what we already know about about SMART Goals.



2. Discuss what personal goals each student wants to achieve by the time they have reached the end of the school year.



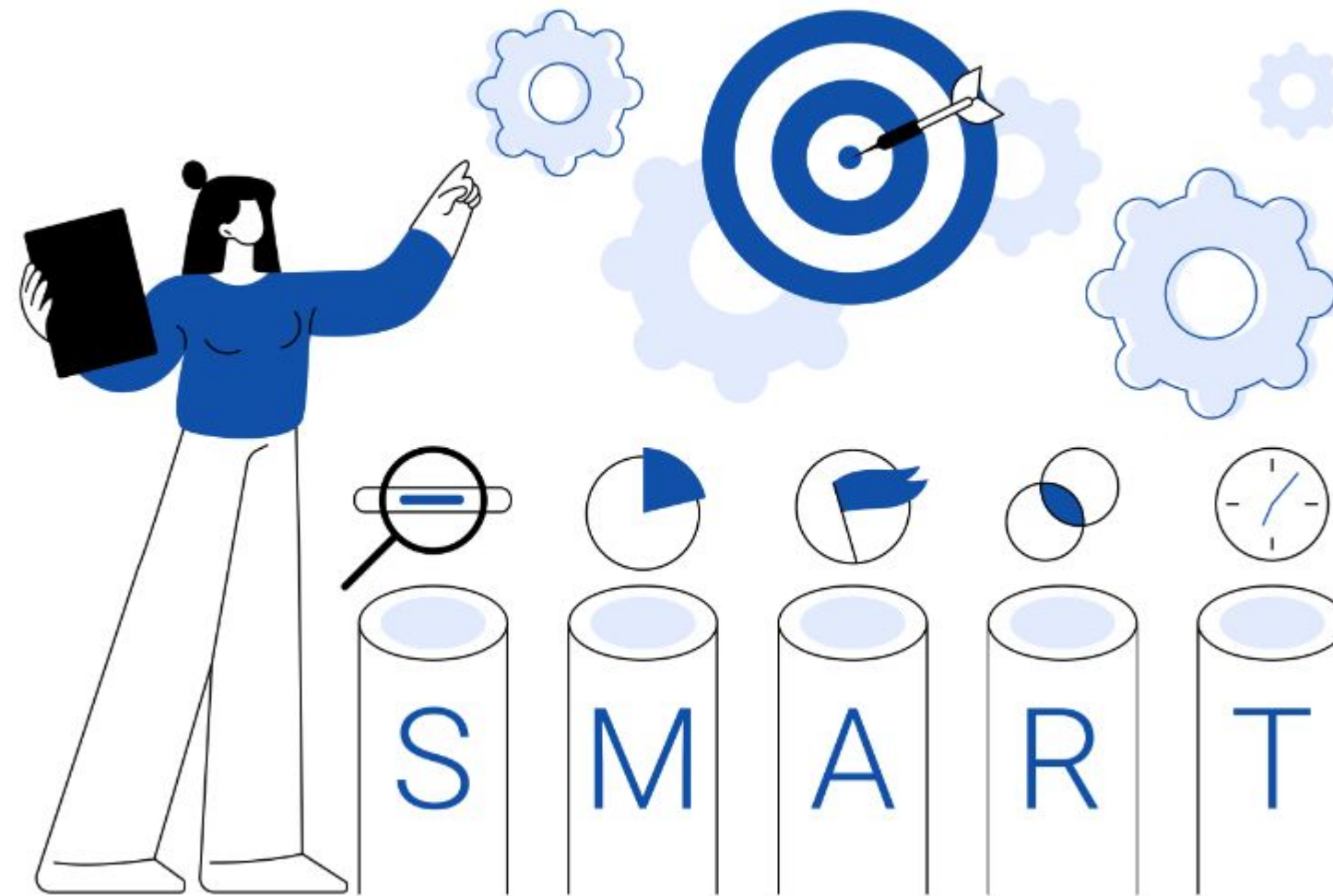
3. Reflect: What steps will be needed to take to be able to successfully achieve their personal goals they discussed earlier in the lesson?



BRAINSTORM



What do you know about SMART Goals?



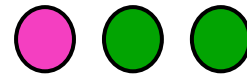
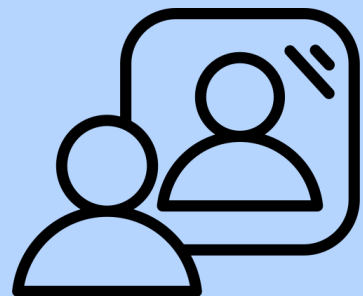
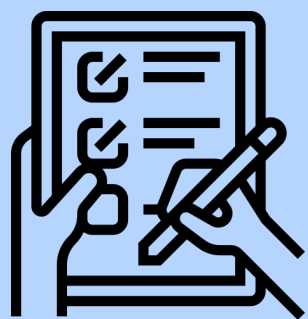
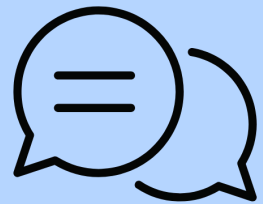


DISCUSS



Discuss examples of when you have set and achieved goals. Why or why not where they successful?





DIVE IN



- What do I want to achieve? Why?
- How will I track my progress? How will I know when I've reached my goal?
- What steps can I take to reach my goal? Are they do-able?
- Why is this important to me? How will it help me?
- When do I want to reach my goal? What will I do when I achieve my goal?

A goal is smart if it is:

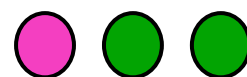
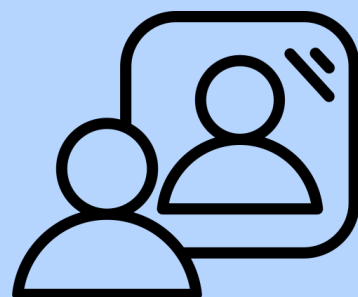
S - Specific

M - Measurable

A - Attainable

R - Relevant

T - Timely



ACTIVITY



Individually come up with 1-3 goals that you would like to reach before graduation.



Worksheet

Name: _____

Date: _____

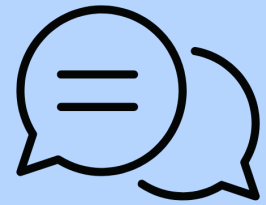
SMART Goal Action Planning

Is your goal SMART?

Word	Definition	Essential Questions
Specific	Goal should be focused and clear	What exactly do I want to achieve? Why?
Measurable	Method for measuring progress towards the goal	How will I track my progress? How will I know when I reached my goal?
Attainable	Goal is realistic	What steps can I take to reach my goal? Are they do-able?
Relevant	Goal has personal importance	Why is this goal important to me? How will it help me?
Timely	Goal has an end date	When do I want to reach my goal? What will I do when I achieve my goal?

List 3 goals you want to achieve after you graduate from high school. Make sure they're SMART goals!

- 1.
- 2.
- 3.



REFLECT



What is the first step you will take to achieve the goal you set up for yourself?

Share class results from the Independent reflection.



Extend & Enrich

Extend and Enrich

Encouraging students to journal about their goals on a regular basis and partnering them with a peer may help them become more likely to reach their goals. To learn more, check out the Edutopia article *A Framework for Student Goal Setting* by Maurice Elias at: <https://www.edutopia.org/article/framework-student-goal-setting>.



Home Connection



Home Connection

SMART Goals

Dear _____,

I wanted to share with you what your student has been learning about setting and achieving goals. Our recent lesson focused on the concept of SMART goals, which stands for Specific, Measurable, Attainable, Relevant, and Timely. By setting SMART goals, students are more likely to reach their objectives effectively.

We started the lesson with a class discussion, during which students shared examples of goals they have set and achieved, as well as goals they have not successfully achieved, and explored why that might be. This led to a deeper understanding of the importance of making goals SMART.

Students then worked on identifying a goal they wanted to achieve before graduating high school and discussed whether their goals were SMART. Afterward, they individually devised 1-3 goals they wanted to reach after graduation. They used a worksheet to develop an action plan for achieving one of their SMART goals, considering potential obstacles and necessary resources.

To continue this conversation at home, please ask your student: "What are some of the goals you have set for yourself using the SMART criteria, and what is your action plan for achieving one of those goals?" This can be a great opportunity to discuss the importance of goal-setting and provide support as they work towards their aspirations.

Please do not hesitate to reach out with any questions or concerns.

Best,

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Professional Development



Take 5 minutes to consider: identify 1-3 SMART goals that you'd like to achieve yourself.





Further Study

- Colorado Initiative, *Grades 9-12 Goal Setting*:
www.coloradoedinitiative.org/wp-content/uploads/2014/10/GS-9-12-model.pdf
- Positive Psychology, *Goal Setting for Students*:
positivepsychology.com/goal-setting-students-kids/
- TNTP, *A Radical Act of Teacher Development*:
tntp.org/blog/post/a-radical-act-of-teacher-development





Lesson Complete!

