



SMART Goals, Part 1

Materials:

- Worksheet

Brainstorm

Ask students if they have read Sean Covey's book 7 Habits of Highly Effective Teens. Then ask what they think the phrase "Begin with the end in mind" means.

Discuss

The book 7 Habits of Highly Effective Teens by Sean Covey has been translated into 20 languages and has sold over 8 million copies world-wide! In the book, Covey outlines 7 strategies teens can use to successfully navigate the world we live in. What do you think some of those strategies are? (Be proactive, Begin with the end in mind, Put first things first, Think win-win, Seek first to understand then to be understood, Synergize, Sharpen the saw.)

Dive in!

These are all great ideas of strategies you can use to be successful. In today's lesson and the one that follows, we're going to focus on #2: Begin with the end in mind. As some of you suggested during the Brainstorm, this means setting goals so you know where you end up. Once you know that, you can start making a plan to get you there. What are some examples of life goals that you have? (Graduating from high school, going to college, saving money to buy a new smartphone, getting a driver's license.) These are excellent SMART goal ideas. Does anyone know what a SMART goal is? Accept student responses. SMART is an acronym for Specific, Measurable, Attainable, Relevant, and Timely. When you have goals that are SMART, you're more likely to reach those goals.

Activity

Distribute one copy of the worksheet to each student. Call on volunteers to read the description and essential questions for each of the SMART goals terms. Then, have students work individually or in pairs to come up with 1-3 goals they want to reach before they graduate from high school. Encourage them to use the criteria to ensure each goal is SMART. Do not ask students to share their goals at this time. Make sure students hold onto the worksheet for the next lesson.



High School

Reflect

Have students respond to the prompts at the bottom of the worksheet: Describe ways in which you have worked to achieve a goal in the past. What was the goal? What did you do to reach the goal?

Professional Development

Take a few moments and identify 1-3 SMART goals that you'd like to achieve yourself.

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>.