

Goal Setting

Tiger Eye on Success: Responsibility

- Supplies: -You will need to either create a ball by crumpling 1-2 sheets of paper, or use a ball that you have in your class.
-Goal Setting Sheet (one for each student)
-Trash can or recycling bin
- Introduction: ***Today we will take a look at how to set and work toward accomplishing goals in your life.***
- Activity #1: ***Let's start by seeing how many baskets we can make in a row. Each person will have a turn to take a shot, and our goal will be to have everyone in the class make the basket.***
- Line up the class. Place the basket 4-5 feet away. Allow each student to take a shot. If they miss, encourage them, allow them another shot, ask if they need help (*i.e.* moving the basket closer, further away)
- Optional: If time allows, you may increase the difficulty of the shot by moving the basket 10 feet away, putting it behind your desk, and set the same goal: Everyone makes the shot.
- Closure Q/A: ***If you were able to make the basket with your first shot, or even if it took you a few tries to get it, what steps did you take to make the basket?*** (examples: aimed, lined up the shot, needed verbal encouragement, needed practice, needed to move closer)
- What if I moved the basket further away, or behind my desk*** (if you did this optional activity, state the question appropriately) ***and kept the goal the same: Everyone makes the basket. How would that affect your motivation toward the goal?*** (less interested, more interested, overwhelmed, give-up)
- Activity #2 ***So keeping this activity in mind – where we found that a goal needs to be realistic, and somewhat challenging – we are going to talk about and work with goals that you have and want to accomplish.***
- Hand out a goal planning sheet to each student. Explain to the students that they will set a personal, academic (attainable within one year) and a career goal. They will also list steps that they will take to reach their goals. Share your goals to give them ideas, and remind them of our last activity of the people/places in the building they can go to get help in achieving their goal.
- Allow students to share their goals with another student, feel free to have students to share some with the class – don't forget to talk about the steps as well as the goal!
- Closure: Remind Sophomores and Juniors that they will begin registration in Late January to February – It is important to be thinking about future goals and how to achieve them before signing up for classes
- Celebrate with Seniors that they will soon be off to college or work or the military – Remind them that goal setting is a life long activity and to access the resources available to them now for their short term goals!!
- Please allow students to keep their goal setting sheets!!! Thank you!!