

Monday, October 30, 2017

Goal Setting StS Lesson

Hand students the "[How well do you persist toward a goal?](#)" worksheet (*in your mailbox*) at the door.

Slide 1: Welcome & Do Now

- **SAY: "Today you will be learning about goal setting & persistence."** Read the welcome screen. **"Your Do Now is to complete the 'How well do you persist toward a goal?' questionnaire."** Go over the directions. **"You will have 6 minutes to complete this worksheet, including the reflection."** Go over the reflection. **"Do you have any questions? We will discuss your responses afterward. You may begin."** Start timer.

Slide 2: Discuss Do Now

- **SAY: "Discuss your responses & reflection with your group. You have one minute to discuss. Make sure everyone gets an opportunity to share!"** Start timer.
- **SAY: "Would anyone like to share EITHER a strength, struggle, improvement plan, OR motivation?"** Call on students to share. **"Let's look at how to set and follow through with a goal more closely!"**

Slide 3: Objectives

- **SAY: "Will someone please read today's Learning Target?"** Call on a student volunteer.
- **SAY: "Thanks, [name]. In order to accomplish this, now that we've completed the Do Now, we are going to..."** Go over Agenda.

Slide 4: Food for Thought

- **SAY: "Here is some Food for Thought. 'Food for Thought' means something to seriously think about. Read the following questions silently to yourself."** You may say "while I read them aloud" if you think your students would benefit, otherwise give them a moment to read. **"Keep these questions in mind during today's lesson & moving forward into the second quarter."**

Slide 5: All Kinds of Goals

- Read the slide. Feel free to share any of your present/past long-term and/or short-term goals!

Slide 6: Areas for Goal Setting

- **SAY: "What different areas of our life do we make goals?"** If students are struggling to answer this, you can ask "Do we just set goals in school?" Then click slide to show different areas. *Extension:* You could ask if they think there are any other areas where we set goals. Some other areas may include community service, gaming (video games, role playing), clubs, etc.

Slide 7: Why Set Goals

- **SAY: "Why should you set goals? Discuss in your groups & elect a spokesperson to share with the class what you discussed. Someone else can take notes. You have one minute to discuss."** Start timer. When time is up, call on each table to share.
- **SAY: "Those were all great reasons why we should set goals!"** (Hopefully.) **"Take a look at this list and compare our reasons with the ones on this slide."**

Slides 8-9: How do I achieve my goals? Am I Meeting My Goals? (Read slides)

Slide 10: Plan It, Achieve It (*Transition to Discussion*)

- **SAY:** “We want to plan our goals in order to make sure we achieve them.” Read rest of slide. “Now we are going to discuss a quote, an image, and video about goal setting.”

Slide 11: Discuss Quote

- Read or ask for another volunteer to read the quote. Ask if anyone can relate to this quote, especially not knowing where to start or knowing what you want. Then ask what motivates them.

Slide 12: Discuss Image

- **SAY:** “Silently observe the image on the screen.” Click to view “Different Ways to Connect.” “Can anyone make a connection to this image, either to...” Read different kinds of connections & call on student volunteers.

Slides 13-15: Discuss Video

- **SAY:** “Now I am going to show you a video about a young man, YouTuber **CharlielsSoCoolLike**, who has set a *goal* to learn how to juggle. As you watch, pay attention to what his goal is, how he goes about reaching it, and how he demonstrates *perseverance*.”
- Project & discuss questions on Slide 14, and go over Points to Consider on Slide 15.

Slide 16: Juggling Analogy

- **SAY:** “Being a teenager is kind of like juggling! In middle school, you have to juggle school, family, friends, and sometimes sports, clubs, and other personal goals while trying to stay physically and mentally healthy. It can be really hard! Just like Charlie, you need to be *intentional* about what goals you want to accomplish and how you’re going to accomplish them.”

Slides 17-9: Your Turn!

- Read the slide and go over the directions. Give students 6 minutes to complete and 1 minute to discuss in their groups.
- **SAY:** “Would anyone like to share EITHER something you’re proud of, not proud of, an academic goal & steps, personal goal & steps, OR reflection?” Call on students to share.
- Call on volunteers to go over examples on Slide 19. Time permitting, ask students to critically examine them.

Slide 20: Moral

- Read the cartoon & connect it to Charlie & the juggling analogy & goal setting & **persistence**.

Slide 21: Looking Ahead

- Preview the upcoming StS lessons & present the challenge! The prizes are TBD...

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