

Goal Setting

How do we set realistic goals?

What are goals?

- ▶ Goals are personal accomplishments we have not yet been able to achieve. They are areas of our life we would like to improve or change.
- ▶ You unknowingly use goals every day. It may be getting a win on your favourite video game, Scoring more points in your sport, making more friends at school, or simply achieving better grades.
- ▶ Setting good goals is something that teenagers aren't always good at.



Today's focus!

- ▶ Understanding SMART goals.
- ▶ Creating new personal goals.
- ▶ Developing strategies to achieve your SMART goal.
- ▶ Using persistence to succeed in achieving your goal.

SMART Goals

- ▶ SMART goals is a method of effective goal setting. Each Letter of SMART stands for a strategy of creating good goals.
- ▶ **S = Specific:** What specifically are you trying to achieve. The more specific the goal the easier it is to find ways to achieve it.
- ▶ **M = Measurable:** How are you going to measure this goal? E.g. if playing basketball, you may look at your persona statistics.
- ▶ **A = Achievable:** Know your Limits! Start with a simple goal and progress to a harder goal each time you accomplish another.
- ▶ **R = Relevant:** Does the goal help you in the area you want to achieve. Setting a goal of eating better foods is not relevant to getting better grades in math.
- ▶ **T = Timely:** When do you want to achieve the goal, How much time do you need.

Activity 1: Creating a simple SMART goal.

- ▶ Your task is to create a simple smart goal for school. This goal should be something small and achievable in a relatively short time frame E.g. 2-4 weeks.
- ▶ When you create your goal make sure you stick to the SMART goal framework.
- ▶ S: What is your specific goal?
- ▶ M: How will I measure it?
- ▶ A:How will I achieve it?
- ▶ R: is it relevant to school?
- ▶ T: How long will it take to achieve this goal?



Class discussion

- ▶ If selected please share your smart goal with the class.
- ▶ Be sure to mention all 5 areas of your SMART goal in your explanation.



Activity 2: Short, medium and long term Goals.

- ▶ Your task is to take what you have learnt from the last activity and create 3 goals that can relate to any area of your life E.g. sport, friends, family.
- ▶ Using the same structure write down your SMART goals.
- ▶ You will also need to include how you plan to achieve this goal in this activity. What strategies are going to use to keep yourself accountable and reach your goal.
- ▶ For example; if you were trying to better at your sport. A strategy may be have a training plan of what your going to do and when.

Activity 3: the SMART Goal Planner

- ▶ Your task is to create a planner or table for your 3 SMART goals. Create a some more spaces below so that you can add new goals throughout.
- ▶ You can use the table below or create your own version.

Goal	Specific	Measure	Achievable	Relevance	Time
Short term	To improve in the subject classification of animals in science.	Will be able to complete both linked and nested keys. Will achieve a B grade on topic test.	By going to homework club and asking more questions in science.	Helps me understand how classification works and produce dichotomous keys.	Topic test is at the end of week 8 (4 weeks from now)
Medium Term	To the MVP of my football team.	Get feedback of coaches after every game and use game stats to self evaluate.	By adding two more training sessions a week and spending more time with coaches	helps me reach my long term goal of being selected for state team.	6 months
Long term					