

## Session 4 – Goals

### Activity 1 – Goal-setting Quiz

Complete the questions listed below. Circle YES or NO depending on how you feel about the statement.

- YES NO 1. A good idea and a goal are the same thing.
- YES NO 2. Writing down your goals is a waste of time.
- YES NO 3. Goal-setting can help me create a plan to buy a new computer.
- YES NO 4. If I don't reach my goal right away, I give up and stop trying.
- YES NO 5. Goals need to be specific or exactly what you want to achieve.
- YES NO 6. I try to plan for problems that may get in the way of reaching my goal.
- YES NO 7. I choose goals I can measure so I can check to see how I'm doing.
- YES NO 8. If problems get in the way of my goal, I usually just give up on it.
- YES NO 9. My goals are things I can truly accomplish.
- YES NO 10. When you set a goal, include a picture of what you look like reaching your goal.  
By doing this, you will have a better chance of reaching your goal.

Don't feel bad if goal-setting isn't something that you're good at right now. Read Worksheet 2 – "Compute your Goals". These helpful steps will get you headed in the right direction. Post Worksheet 2 up where you can review it and be reminded of it often.

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### Activity 2 – Goal-setting Play and Discussion Questions

Have two students volunteer to read Worksheet 1 – “Goal-setting Play” in front of the class. Then allow the students to separate into groups of two or more. Have each group choose a recorder and a speaker. Allow each group to discuss the questions listed below. The recorder is responsible for writing down the thoughts shared. The designated speaker for each group should be prepared to share the information discussed with the rest of the class.

1. What are goals?
2. What is Amber’s long-term goal?
3. What is Amber’s short-term goal?
4. Can you change your mind after you have set a goal?
5. What is Jason’s goal?
6. How can setting goals help Jason?
7. Have you ever had a goal?
8. How do you feel when you have accomplished something you have worked toward?
9. Write a short-term academic goal that the entire group can agree on.
10. Write a long-term academic goal that the entire group can agree on.

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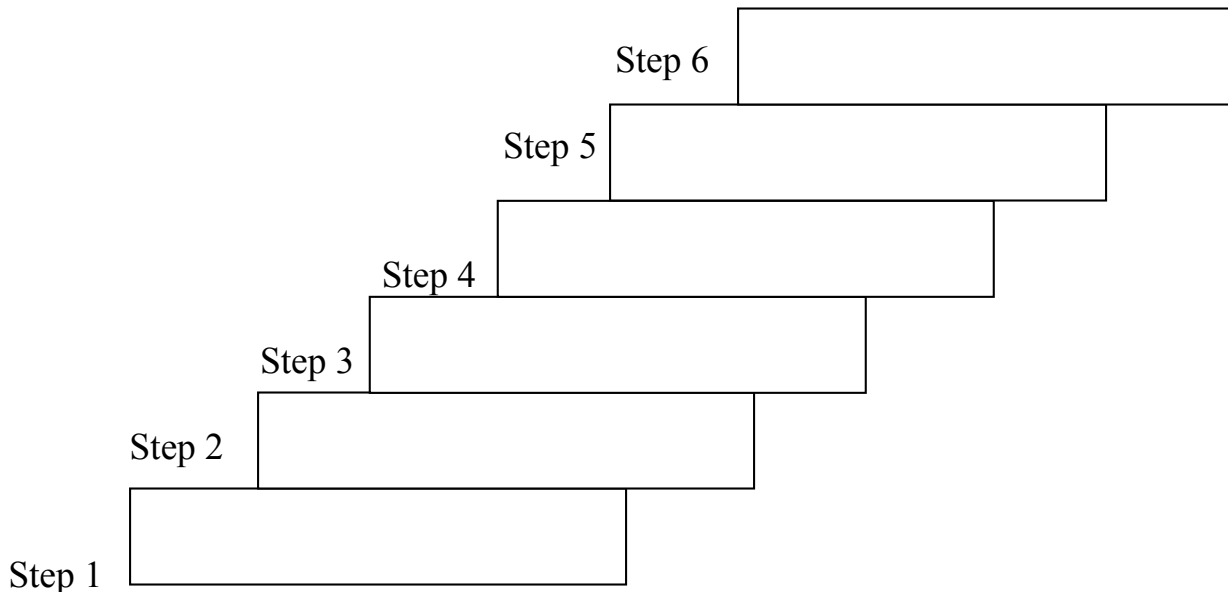
**Activity 3 – Making A Goal Ladder**

A goal ladder is used to break goals down into smaller reachable goals. Consider the goal below. Then read the statements listed below it. They are steps that can be used to reach the math goal. Number the steps in the correct order from 1 to 6. Transfer your steps on the goal ladder provided below.

**Goal:** To make at least a “B” in Math this nine weeks.

Read the steps suggested to achieve this goal. Put these steps in order from 1 to 6.

- | #     | Steps  |
|-------|--|
| _____ | Do practice problems to study for my tests.                  |
| _____ | Do homework every night.                                     |
| _____ | Do extra credit assignments.                                 |
| _____ | Go to class everyday.  |
| _____ | Ask my teacher questions about homework I didn't understand. |
| _____ | Ask questions in class when I don't understand.              |



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**Activity 3 – Making A Goal Ladder, page 2**

Now create your own goal. List the 6 steps you will take to accomplish your goal. Complete a goal ladder for your goal.

**Goal:** \_\_\_\_\_

Create steps to achieve your goal.

#	Steps
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Transfer your steps on to your goal ladder.

