

**Session 4**  
**Goals**

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- To help students understand the importance of setting and achieving realistic goals in school and in the future.
- To help each member identify the meaning of goals, develop procedures to achieve goals, and recognize roadblocks in goal setting.

**Materials**

Activity 1  
Activity 2  
Activity 3  
Worksheet 1  
Worksheet 2

**Procedure**

Greet the students. Wait until the students are seated and quiet. Reintroduce yourself to the students if necessary. Briefly describe the goals of today's lesson.

**Script**

“Good Morning. Does anyone remember what we talked about the last time? (Decision-making Skills). I am sure that since then, you have had to make many decisions about many different things. It is important to decide what you want to do in life and learn how to turn realistic dreams into reality. Today's topic is GOALS.”

“Do you like to dream about things you would like to have and what you want to achieve? (Encourage volunteers to share their dreams with the group). Dreaming is the first step in goal-setting because without dreams we would not have reasons to form goals for ourselves.”

Pass out Activity 1 – “Student Goal Setting Quiz”. Allow a few minutes for students to complete. Pass out Worksheet 2. Tell the students they can take Worksheet 2 home.

Ask two members to volunteer to help with the Role-playing Activity about “Amber and Jason” (Activity 2). Ask the other members of the class to listen carefully. Discuss the role playing activity with the class. Have the students break into groups in order to answer the discussion questions.

“Goals are dreams you are willing to work hard to achieve. Reaching your goal is not something that will happen overnight. It takes more than luck, it takes effort. The first step to reach any goal is to make a plan”.

“Our time is almost up. I would like to congratulate you for setting goals and committing to achieve them. Are there any questions about anything we discussed today?” (If time permits, mentor will give an example of a goal he/she set, describing the steps taken to reach his/her goal and how he/she overcame roadblocks.)

“I will see you again in a few weeks. Have a good day and a good week. Remember to practice and review your plans daily”.

(Remind students to go to appropriate class after mentoring)

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### **Activity 1: Goal-setting Quiz**

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

### **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.

### **Activity 3: My Goal Ladder**

A goal ladder is used to break goals down into smaller reachable goals. Consider the goal on the activity sheet. 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. Then create your own goal. List the 6 steps you will take to accomplish your goal. Complete a goal ladder for your goal.

(Answer Key) Correct Order of Steps

1. Go to class everyday.
2. Ask questions in class when I don't understand.
3. Do homework every night.
4. Ask my teach questions about homework I don't understand.
5. Do practice problems to study for my tests.
6. Do extra credit assignments.

## Session 4

### Activity 4: Virginia Hero

**Grant Henry Hill (born October 5, 1972)** is an American professional basketball player currently playing for the Phoenix Suns. As a collegiate and early professional, Hill was considered one of the best all-around players in the game, often leading his team in points, rebounds and assists. His stint in the league has been hampered by career-threatening injuries, notably towards the later part of his career.

Grant Hill was born in Dallas, Texas, while his father, Calvin, was starring as a running back for the National Football League's Dallas Cowboys, winning the Offensive Rookie of the Year Award in 1969. His mother Janet was a Wellesley graduate, who shared a suite with Hillary Clinton when both were freshmen there. After his father's NFL career ended, the family settled in Reston, Virginia, where Grant became a high-school superstar at South Lakes High School, and he was selected for the 1990 McDonald's All-American Team.

When the time came to choose a college, Hill's mother states in the Fox Sports "Beyond the Glory" documentary about Hill's career, that she wanted him to attend Georgetown University, while his father preferred the University of North Carolina. Hill chose a neutral path and decided to attend Duke University. Hill played four years with the Duke Blue Devils. During his collegiate career, Hill became the first player in ACC history to collect more than 1900 points, 700 rebounds, 400 assists, 200 steals and 100 blocked shots. As a result of his successful college career, he became the 8th player in Duke history to have his jersey number (33) retired.

[www.wikipedia.com](http://www.wikipedia.com)

### Activity 5: Stress Relief

#### Journal

Spend a few moments each week or month adding to a journal. It can be a great way to organize your thoughts, to release pent-up feelings, and to record the events of your life. Reading through your old entries allows you to see what patterns you repeat, as well as how you've changed. Your journal is also a good tool to help recall special memories. What was going on during one of the happier periods of your life? What made that time so good? How can you add these elements to your life now?

### Activity 6: Virginia Fact

The first Thanksgiving in North America was held in Virginia in 1619.