

## Session 5 – “Goals” – 1

### Activity 1 – “Goal-Setting”

A goal is a desired result or purpose toward which one is working. A goal is the end toward which effort is directed. A goal is an objective. Goals have to be written, achievable and measurable. Create 3 goals: an academic, behavioral and attendance goal for the next 9 weeks. Be specific about what you would like to accomplish. Be sure all three goals can be accomplished within the next nine weeks. Consider the roadblocks that might interfere with you achieving your goals. Under each goal write 2 strategies you are going to use to achieve the goal and overcome any roadblocks.

Academic Goal - \_\_\_\_\_

Road Block: \_\_\_\_\_

Strategy: \_\_\_\_\_

Strategy: \_\_\_\_\_

Behavioral Goal - \_\_\_\_\_

Road Block: \_\_\_\_\_

Strategy: \_\_\_\_\_

Strategy: \_\_\_\_\_

Attendance Goal - \_\_\_\_\_

Road Block: \_\_\_\_\_

Strategy: \_\_\_\_\_

Strategy: \_\_\_\_\_

**Session 5 – “Goals” – 2**

**Activity 2 – “Goal-Setting Flyer”**

Write your short-term goal and deadline below. Create a flyer that reflects a short-term goal that you would like to achieve. Each flyer should include the goal and a deadline for completing the goal. The flyer should be very creative. It should be eye-catching with a bold message. For example, the flyer can be a checklist of steps it will take to achieve the goal, or a picture of how the student will feel when he or she accomplishes the goal. The flyer should be posted in the classroom, student’s locker or in their room at home.

GOAL: \_\_\_\_\_

DEADLINE: \_\_\_\_\_

**Session 5 – “Goals” – 3**

**Activity 3 – “Goal-Setting Letter”**

Each student should write themselves a letter regarding a goal they would like to achieve by the end of the school year. This long-term goal should be specific and measurable. Write out the goal. Write about why you choose that goal. Write about how achieving this goal will aid you in the 2007-2008 school year. Include in your letter what goals you might attempt to achieve during the next school year.

Date \_\_\_\_\_

Dear \_\_\_\_\_

Sincerely,