

Session 5
“Goals” – 1

Goals

- To help students set achievable goals for the 2006-2007 school year.
- To focus students on the benefits of academic goals.

Materials

Activity 1
Activity 2
Activity 3

Procedure

Greet the students. Wait until the students are seated and quiet. Briefly describe the objectives for today’s lesson. Allow the students to discuss possible academic, behavioral and attendance goals as a class.

Script

“Does anyone remember what we talked about the last time?” Values. That is correct. It is important to decide what you value in life and learn how to turn realistic dreams into reality. Today’s topic is GOALS.

Academic goals can relate to one school subject in particular or all four subjects. (For example, I will do my homework for each class on time; I will bring my English grade up by at least one letter grade this nine weeks; or I will make honor roll this nine weeks.) Behavioral goals should relate to forming good school habits as it relates to the student code of conduct. (For example, I will do one hour of homework, studying or reading each week, Monday through Thursday; I will organize and clean out my book bag each weekend; I will not get involved in any he say/she say situations; or I will not receive a written referral or be suspended from school this nine weeks.) Attendance goals relate to school attendance and/or class attendance. (For example, I will arrive at my classes on time each day; I will not be late to school; I will bring a note of excuse each time I am absent from school; and I will bring a note of excuse each time I am late to school.)

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Activity 1 instructions: “Goal-setting”

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.

Activity 2 instructions: “Goal-setting” Flyer

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.

Activity 3 instructions: “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.

Activity 4: Quote for Discussion

Read the quote. Discuss the questions below. What do you think the author was trying to say? Do you agree with Ms. Kersee? Can you think of a time when preparation was instrumental in achieving a goal? Write about it below. Have you ever regretted not trying hard enough to achieve a goal? What did you do differently the next time?

*It’s better to look ahead and prepare
than to look back and regret.*

*Jackie Joyner Kersee
World champion runner (born 1962)*

Session 5
“Goals” – 3

Activity 5: VA Hero – Pharrell Williams

Pharrell Williams (born April 5, 1973) is one half of the production duo *The Neptunes* (with Chad Hugo) with whom he produces primarily hip-hop. Pharrell is also the lead singer and drummer in the funk-rock group N*E*R*D with Chad and Shae Haley. In addition, he is a solo artist as a singer and a rapper. As of 2004, he has referred to his rapping persona as *Skateboard P*. As a part of *The Neptunes* Pharrell has produced numerous hit singles for various music megastars, including Janet Jackson, Usher, Nas, Snoop Dogg, Busta Rhyme and Ludacris. He plays the drums, keyboard, and guitar. His debut solo album, *In My Mind*, was released July 24, 2006. Pharrell was born to Pharaoh Williams Jr. and Carolyn Hoggard (who later became Mrs. Williams) in Virginia Beach, VA.

Activity 6: Life Skill -

When you cough or sneeze or burp, it is appropriate to turn your head away from others and cover your mouth with the full part of your hand. Using a fist is not acceptable. Afterward, you should say, “Excuse me.”