

# Goals

## Summary

Help students to learn to set goals and to distinguish between long and short term goals.

## Main Core Tie

Adult Roles And Responsibilities

[Strand 1 Standard 3](#)

## Time Frame

2 class periods of 70 minutes each

## Background for Teachers

The textbook used is, "Strengthening Family and Self" published by Goodheart-Willcox.

## Intended Learning Outcomes

Explain types and functions of short and long-term goals. Describe the goal setting process.

Accomplish one short-term goal. Set long-term goals, consistent with personal values. Set short-term goals, necessary to complete long-term goals.

## Instructional Procedures

Day 1: Journal, Text, Motivator (numbered tennis balls), Quote, State Performance#1 & 2 - My Goals, Discussion Goals and Motivation, Video - Rudy. Day 2: Casey at Bat, C's of Success, Make kite -- get goals off ground, Book - The Tower by Richard Paul Evans, State Performance #3 My Goals.

## Authors

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