

# Goal Setting

## Summary

Students discuss the importance of setting goals, then set goals, and keep a record of their achievements.

## Main Core Tie

FCS Exploration

[Strand 5 Standard 1](#)

## Time Frame

1 class periods of 30 minutes each

## Group Size

Individual

## Life Skills

Thinking & Reasoning

## Materials

Worksheets for students. Resources.

## Background for Teachers

Review the steps of goal setting.

## Student Prior Knowledge

Basic information about self-awareness.

## Intended Learning Outcomes

Students will learn how to set valid, realistic goals.

## Instructional Procedures

### GOAL SETTING IN THE MEDIA

Have the students read a book or story or watch a video about a person who was successful in reaching goals in spite of obstacles. How did the person's attitude make it easier to reach his or her goals? Have students share their stories with the class.

#### Possible Resources

Video: "John Baker's Last Race," BYU Communications

Book: "Oh, the Places You'll Go", Dr. Seuss

### ALLOWING STRUGGLES IN GOAL SETTING

#### GUEST SPEAKERS

Have the students identify a person in the community or someone within their families who has accomplished a goal in spite of obstacles. Hold a class vote to identify their favorite three stories. Invite the three people to class to share their stories and receive a Certificate of Recognition from the class.

Have students use their own paper or pass out the worksheet "Target Your Short-Term Goals."

Assign students to set a goal that they can reach in 7 days. Have the students write the goals and the

related short-term goals needed to reach the final one. Have them seal their papers in an envelope that they will open in 8 days. After 8 days, have the students evaluate how they achieved their goals; have them also identify the barriers in achieving their goals and discuss it in class.

Authors

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