

Goals using Clips app

Summary

Students will be using the Clips App to create a video showing and describing their short and long term goals.

Main Core Tie

Health Education II (9-12)

[Strand 1: HEALTH FOUNDATIONS AND PROTECTIVE FACTORS OF HEALTHY SELF \(HF\) Standard HII.HF.1](#)

Time Frame

1 class periods of 90 minutes each

Group Size

Individual

Life Skills

Aesthetics, Thinking & Reasoning, Systems Thinking

Materials

Students will need an iphone or an ipad. Students will also need to download the Clips App.

Background for Teachers

Teachers should be able to describe the importance of goals and how they enhance mental health.

Student Prior Knowledge

Students should know what a goal is and the basic of why they are important.

Intended Learning Outcomes

Students should be able to take their goals and create a video. Students should know their specific long and short term goals.

Instructional Procedures

- 1: Teacher will start by introducing today's topic, goals.
- 2: Teacher will explain each step on the SMART goals acronym.
- 3: Teacher will give a quick tutorial on the clips app.
- 4: Teacher will introduce assignment and rubric
- 5: Students will have the remainder of class time to complete the assignment and be prepared to present next class period.

Strategies for Diverse Learners

If students would like to make a video or slide show presentation with a different app or mode they may. If a students would rather write an essay about their goals they may.

Assessment Plan

Students will receive points based on meeting the criteria, staying on task,

Rubrics

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