

# Goals

## Summary

Goals help us achieve what we want in our lives. The goals we set should reflect the values we have.

## Main Core Tie

Adult Roles And Responsibilities

[Strand 1 Standard 3](#)

## Time Frame

1 class periods of 90 minutes each

## Life Skills

Thinking & Reasoning, Communication, Social & Civic Responsibility

## Materials

Long rope, Paper Shredder, Box with the following items inside: Cloud (quilt batting), Elephant and feather, Purse, Bridge, Garbage can, Blindfold, Song: "I believe I can fly", Student worksheets: "Dreams do not just happen" , "Goal Contract"

## Background for Teachers

Review lesson before class period to make sure you have all materials needed for the lesson.

## Student Prior Knowledge

Students should know basic knowledge about what a value is and how a person develops a set of values.

## Intended Learning Outcomes

The student will set a long term goal and several short term goals that relate to the long term goal.

## Instructional Procedures

Follow lesson outline using powerpoint presentation to guide you through the lecture.

## Bibliography

Utah State Adult Roles and Responsibility Curriculum guide

## Authors

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