

Goal Setting
10th Grade TAA Activity
Estimated time: 30-45 Minutes

Georgia Teachers-As-Advisors Framework**Goal 9-2.2 - Recognize and attain performance levels necessary to reach educational and career goals.**

a. Identify and recognize the importance of educational achievement and performance to the attainment of personal and career goals.

Objectives:

- Review the benefits of setting goals to obtain success.
- Present and discuss certain guidelines for setting goals.
- Practice goal setting in relation to current courses taken.

Materials:

- Handout, “This Is Your Life”
- Blank Sheet of Paper
- Pen/Pencil

Activity:

1. *Greet students:* Welcome to advisement. Today we are going to discuss goal-setting. At the start of the session, have students wad up a piece of paper. Pull a wastebasket or other container up to the front of the room and have students try to lob the wad of paper into the wastebasket from where they are sitting. *Ask the students:* “What was the goal of that activity?” (to get the wad of paper into the basket), “Who reached the goal?”
2. *Continue with the discussion,* “Why didn’t some of you reach the goal?” (no skills, not enough effort, aimed in the wrong direction, too far away from the goal, couldn’t see the goal, etc.).
3. *Say to the students:* This simple exercise is not unlike students who look toward their future careers or WORK. Some students can’t see the goal, some aren’t aimed in the right direction. Others don’t have enough skills or don’t want to put any effort into it.
4. *Say to the students:* Determining career goals is not a one shot (one time) activity. It is a continual process, and it is not always easy. Tell students that the process has to begin somewhere even if they have no idea about what career or careers they would like to have.
5. *Distribute Handout #1 and Say:* Before we go over some of the specific strategies for setting goals, let’s take a minute and look at your personal life’s goals that you may already have or would like to set for yourself.
6. *Now give students time to answer the questions at the top of their handout or you might let the students volunteer to answer questions verbally.*
7. *Refer to the bottom part of the page regarding goal setting strategies. Read and discuss each strategy. Use an example to assist students in the discussion---for example use “passing Math II” as the goal. Let the students brainstorm the details within each strategy.*
7. *Say:* That’s it for today. I hope you will consider setting both long-term and short-term goals and following through with your plan. Remember to utilize GACollege411 as a resource in this process. I’m here, if you need me. See you next time we meet or before!

This Is My Life

Transfer your thoughts and ideas to your portfolio in GACollege411 www.GACollege411.org

The best thing I have done in my life so far is...

When I graduate from high school I would like to...

If I could do anything as an adult it would be...

If I could have a career doing what I really enjoy doing most, it would be a job in...

The three things I would most like to achieve in my life are...



STRATEGIES FOR GOAL SETTING



Setting goals – creating our vision in detail – is more than just “thinking through” what the day has in store on our way to school. The following are ways you can make your goal-setting more productive and beneficial to your future:

- I. Goals must be specific with details (the exact steps to take)
- II. Goals must be realistic (give yourself a fighting chance)
- III. Goals must match our values (what’s important to us)
- IV. Visualize the goal in detail (picture the outcome---where do you want to be)
- V. Goals must be measureable (did you accomplish your goal)

Goal setting helps us get where we want to be.

Without a vision of the future, we may end up in a place that we don't like very much.

Education and career planning takes a vision----

something to work towards!

Set your goals and keep track of your

progress in your GACollege411 portfolio.

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