

The Importance of Goal Setting 6th Grade Advisement Activity Estimated time: 30 Minutes

Georgia Teachers-As-Advisors Framework

Goal 6-2.2 - Recognize and attain performance levels necessary to reach educational and career goals.

a. Recognize the importance of achievement and performance to the attainment of educational and career goals.

Objectives:

- Students will identify steps to setting a goal.
- Students will set a long goal and several short term goals that apply to the long term goal.

Materials:

- Handout #1: Dreams do not just happen (print handouts #1 and #2 on front and back to save paper)
- Handout #2: Gacollege411
- Blindfold

Activity:

1. *Greet Students:* Welcome to Advisement. Today we are going to look at the importance of setting goals. *Ask Students:* What is a goal? Allow students time to respond then,

2. *Say:* Goals are divided into short term and long term. *Write these terms on the board or flip chart.*

- A short term goal is achieved quickly (finish English paper, wash dishes, find a new outfit for the dance by Friday, etc.). They help you achieve your long term goals.
- Long term goals will take months, years, all your life. For example: graduate from college, become a pilot, find a job, etc.

3. *Ask Students:* Why do we set goals? To help create a plan of action; to have a vision; help us to achieve

4. *Do the Garbage Can Activity:*

Have two students volunteer. Blindfold one while the other is not. Have them both try to make a basket by throwing a ball into a waste basket.

Discuss the results:

- One student had a clear view of where to shoot, the other couldn't see.
- One had a purpose, the other wasn't certain.

Say: Some people are like this. They can't see a vision of what they want out of life. NO GOALS!!

5. *Say:* Let's look at the story: "Another Check Mark On The list" the bibliography of John Goddard. He decided at the age of 15 to dream big and he set an impressive list of goals at only age 15.

People with goals can see what they eventually want to achieve and they can see just how to get there. *Read the story:*

"One rainy afternoon an inspired 15-year old boy named John Goddard sat down at his kitchen table in Los Angeles and wrote three words at the top of a yellow pad, "My Life List." Under

that heading he wrote down 127 goals. Since then he has completed 108 of those goals. These were not simple or easy goals. They included climbing the world's major mountains, exploring from source to mouth the longest rivers of the world, piloting the world's fastest aircraft, running a mile in five minutes and reading the entire Encyclopedia Britannica."

6. *Say:* People with goals can see what they eventually want to achieve and they can see just how to get there. It is important that you begin to establish both short and long term goals.

7. Distribute the handout, "Dreams Do Not Just Happen" (print on front and back of the paper to save paper)

8. *Say:* There are three types of people:

- ✓ Ones that make things happen
- ✓ Those that let it happen
- ✓ And the ones that don't know what happened. Which one are you going to be? *Write this on the board: FAIL TO PLAN, PLAN TO FAIL*

9. That's it for today. Have a great day and create your DREAM with a plan. See you next time.

GACollege411

Expand Your Opportunities

Remind students that the on the back of the handout are steps to utilizing GACollege411 to assist in setting and recording their goals. Students should be encouraged to use and record their goals in GACollege411. This web site can act as a management tool for students to gather information and create a plan of action.

DREAMS DO NOT JUST HAPPEN

If you could have anything you want in life, what would it be? Now come back to earth for a minute and think of a dream you have. Is it a job you would like to have, a relationship you'd like to develop, a character trait you would like to improve? Think of something you are always saying, "I wish I had..." Did you know you actually have the power to accomplish almost any dream? Write your dream in the space below:

When would you like to have this dream accomplished?

Year _____ Month _____ How old will you be?

What do you want to gain from this dream? (Why is this a dream of yours?) List specific ideas:

- a.
- b.
- c.
- d.

What do you need to begin doing to make this dream come true? (List AT LEAST specific steps.)

- a.
- b.
- c.

There is always sacrifice associated with reaching dreams.

What do you need to STOP doing to make this dream come true? (List AT LEAST three specific changes.)

- a.
- b.
- c.

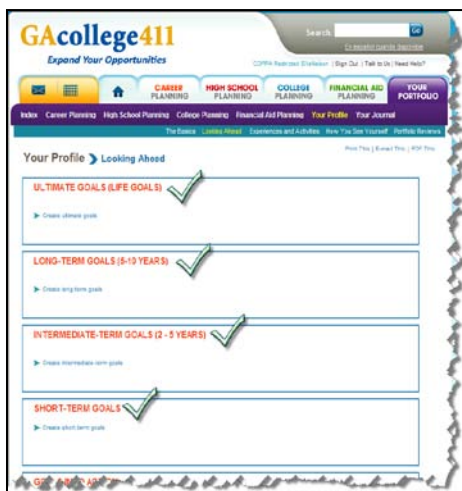
What problems might you encounter while trying to reach this dream?

- a.
- b.
- c.

Who could help you or what could you do to overcome these problems?

- a.
- b.
- c.

Using GACollege411 to Develop GOALS



- ✓ In GACollege411, go to the block at the bottom of the homepage titled “Middle School Student”



- ✓ Click on “Consider Goals For Your Future”



- ✓ In the section, “Your Profile” begin to think about your short-term and long-term goals. Record the results of the activity you completed in your advisement class today in this section.

