

Goal Setting 7th Grade Advisement Activity Estimated time: 30 Minutes

Georgia Teachers-As-Advisors Framework

Goal 7-2.2 - 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-term goal and several short-term goals that relate to the long-term goal.
- Student will learn that goals change based on one's experiences.

Materials:

- Handout #1: "Make Your Destiny Match Your Vision"

Activity:

1. *Greet Students:* Welcome to advisement. Today we are going to continue our look at the importance of setting goals. *Ask Students:* What is a goal? *Allow students to answer.* *Say:* Goals help to create a vision. They become part of a plan of action to accomplish something that is important to us---we usually do better if we can visualize the end results of what we want to accomplish.

2. *Say:* Goals are divided into short-term and long-term goals.

- A short term goal is achieved quickly (finish term 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. *Ask Students:* Why do we set goals? *Allow students to answer.* (To accomplish something, create a vision, know what to do next) Can your goals change? *Say:* Yes, experiences will happen that will have an impact on your goals. As you grow, you discover that your ideas change, you experience new things, you learn something new---all of these things can create the need to change. Therefore, it is important that you re-visit goals and plans to be sure you continue on the right track to your future---a future that "fits" you as that unique individual.

3. *Say:* Previously (last year) you identified your short-term and long-term in your GACollege411 account. I hope you will take another look at those goals and determine if you need to make some changes in your plan. Planning is key to the process and goal setting is part of that process.

4. *Distribute the handout, "Make Your Destiny Match Your Vision".* *Say:* There's a good reason for that. Because when you are effective at goal-setting, you will: *Write these on the board or flip chart*

- Achieve more and increase your motivation to achieve
- Increase your pride and satisfaction in your accomplishments
- Improve your self-confidence
- Eliminate attitudes that hold you back and cause unhappiness

Plus, research has shown that people who use goal-setting effectively: *Write these on the board of flip chart*

- Suffer less from stress and anxiety
- Concentrate better,
- Show more self-confidence
- Perform better
- Are happier and more satisfied

5. *Say:* The formula for goal-setting is: (Zig Ziglar) *Write these on the board of flip chart*

- State the goal or the objective (what do I want to accomplish?)
- Set the time for completion
- Identify the obstacles to reaching the goal
- Identify the people or groups of people I need to work with
- Create a plan of action to reach the goal
- Identify the benefits to yourself

6. Say: To help us understand this process you and I will work on a plan of action to graduate from high school with a career focus. Take the rest of the period to begin this process. Once you have finished your plan, I would like for you to share it with me and perhaps the class. I am very interested in what you plan to do and I may be able to assist you in ways that you didn't think of. I would also like for you to share this with your parents or some member of your family. They may be able to assist as well. Oh, yes! By the way, I want you to make every effort to be in school. It is important that you be in your classes to keep up. Missing a day of classes can NEVER be made up---so don't be confused and think you can REALLY make up a class---you CAN'T! I will see you the next time we meet. Make an appointment with me to show me your plan of action. I will be expecting to hear from you. Have a great day.

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Expand Your Opportunities

Remind students that GAcollege411 has a section on creating short-term and long-term goals in the Middle School Student section under "Consider Goals for Your Future".

"Make Your Destiny Match Your Vision"

BENEFITS of goal setting for the individual:

- Achieve more and increase your motivation to achieve
- Increase your pride and satisfaction in your accomplishments
- Improve your self-confidence
- Eliminate attitudes that hold you back and cause unhappiness

PEOPLE WHO set goals:

- Suffer less from stress and anxiety
- Concentrate better
- Show more self-confidence
- Perform better
- Are happier and more satisfied

The FORMULA for goal setting is:

- State the goal (what do I want to accomplish?)
- Set the time for completion
- Identify the obstacles to reaching the goal
- Identify the people or groups of people I need to work with
- Create a plan of action to reach the goal
- Identify the benefits to yourself

Create this plan...

Goal: To graduate from high school with a career focus.			
Date (s) to complete	Obstacles	Who can help?	Benefits
The Plan of Action:			

GAcollge411 has a section on creating short-term and long-term goals in the Middle School Student section under "Consider Goals for Your Future".