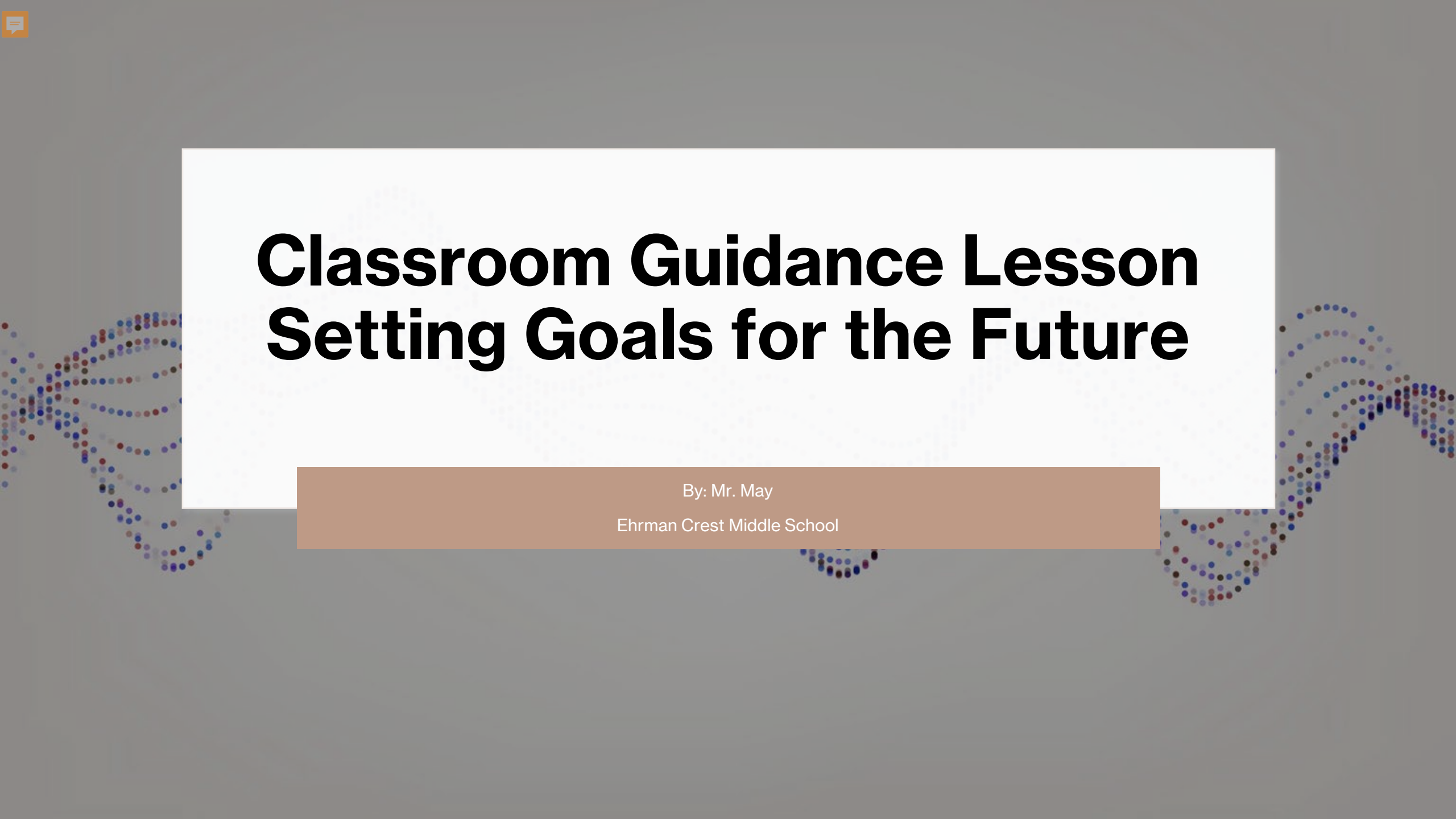




Classroom Guidance Lesson Setting Goals for the Future

By: Mr. May

Ehrman Crest Middle School



Fast Mindfulness Exercise

<https://youtu.be/c1Ndym-lsQg>



Classroom Expectations

Be Safe

Be Kind

Be Responsible

Everyone should try their best to participate



The Plan for Today's Lesson



Pre-Test Questions



We will learn about the importance of setting goals



We will apply what we learned in an activity



Post-Test Questions

Mindsets & Behaviors Standard and Learning Objectives



M 5. Belief in using abilities to their fullest to achieve high-quality results and outcomes. (ASCA, 2019)



B-LS 7. Long- and short-term academic, career and social/emotional goals. (ASCA, 2019)



Student(s) will: identify and demonstrate different ways they can use positive thinking to develop their academic, career, and social emotional goals for the upcoming school year. They will do this by creating a vision board for their goals.

Common Core standards and Learning Objective



CC.1.Z.6L READ AND COMPREHEND
LITERACY NONFICTION AND
INFORMATIONAL TEXT ON GRADE
LEVEL, READING INDEPENDENTLY
AND PROFICIENTLY.
(PENNSYLVANIA DEPARTMENT OF
EDUCATION, 2013)



STUDENT WILL: STUDENTS WILL READ
STORIES FROM PEERS AND TEACHERS
ON HOW THEY SET GOALS AND
ACHIEVED THEM. THEY WILL THEN
DEMONSTRATE THEIR
UNDERSTANDING BY CREATING THEIR
OWN GOALS BY USING A VISON BOARD.

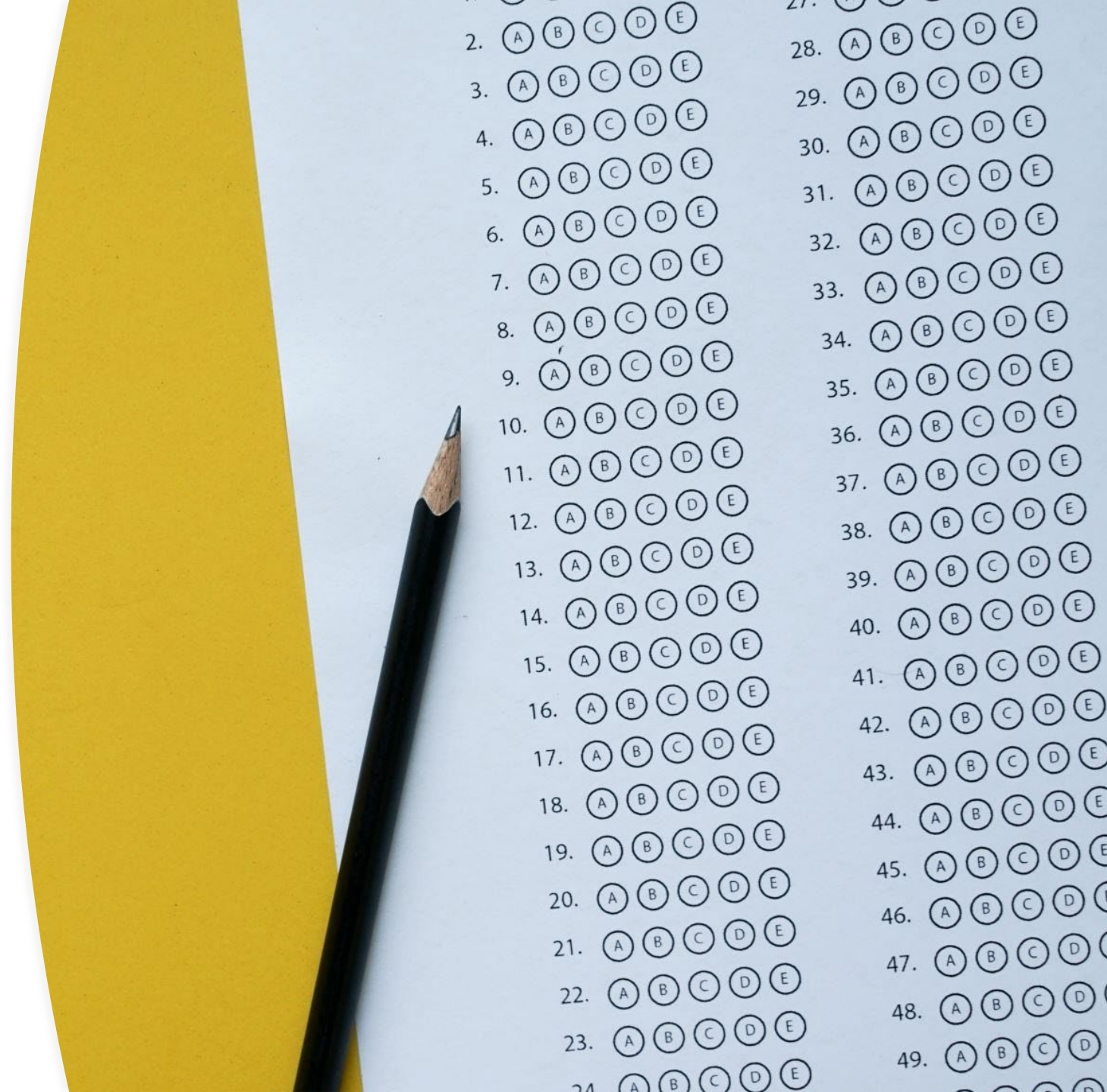


Pre-/Post-Assessment

It is important to set meaningful and achievable S.M.A.R.T. goals for my life.

True

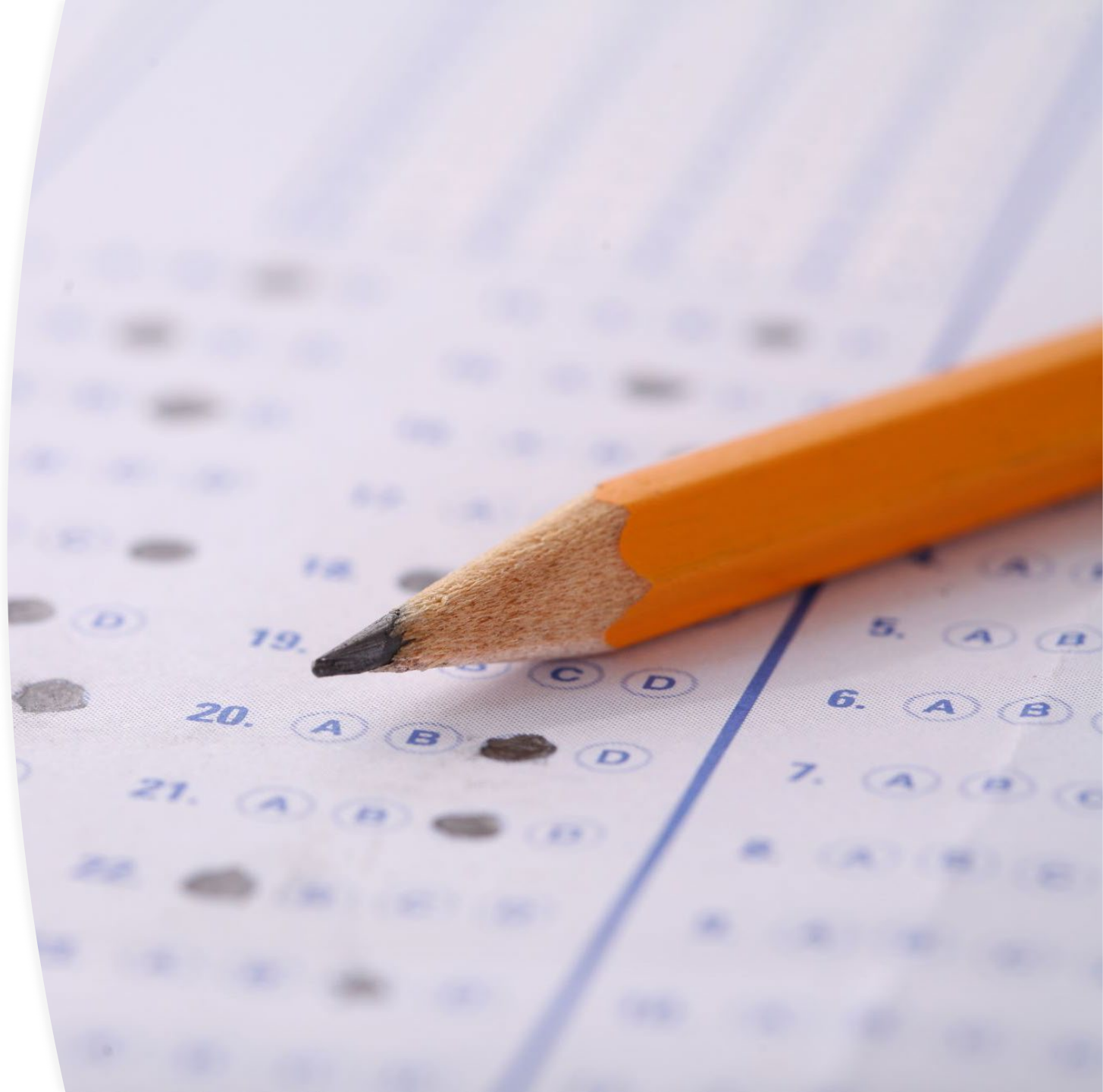
False



Pre-/Post-Assessment

Which of the following is appropriate for setting a goal.

- A. Asking to talk with the school counselor.
- B. Talking with your parent or guardian
- C. Writing down Ideas
- D. All of the above





Lesson Objectives



Learn about setting S.M.A.R.T goals



Learn appropriate goals to set using S.M.A.R.T



What are some examples of achievable academic, career and social emotional goals for school and life?



Fixed Mindset vs. Growth Mindset

- Fixed Mindset- the belief that your natural abilities are fixed and cannot be developed just by working hard, listening to advice from others, etc. (Oxford Learners Dictionary, 2023)
- Growth Mindset- the belief that you can develop your natural abilities by working hard, listening to advice from others, etc. (Oxford Learners Dictionary, 2023)



What is a S.M.A.R.T Goal



S- specific



M- measurable



A- achievable



R- relevant



T- time-bound



S.M.A.R.T Goal Explained

https://youtu.be/lyl_v-O_Cds



Today's Activity

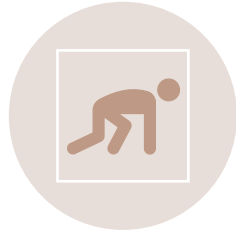
- We will hear examples of other students' goals
- Who can you talk to for help about setting goals
- Make a vision board about your goals



Examples From Students



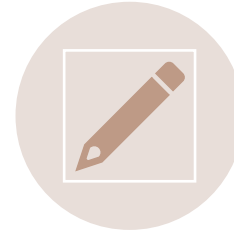
I WANT TO
IMPROVE THE
GRADE THAT I
GET IN ENGLISH
CLASS.



I WOULD LIKE TO
RUN MY FIRST 5K
RACE THIS YEAR.



I WANT TO GET
BETTER AT TIME
MANAGEMENT
SO I CAN GET MY
HOMEWORK
DONE BEFORE I
GO TO SOCCER
PRACTICE.



I WANT TO
IMPROVE MY
GRADE IN MATH
FROM A B TO AN
A.



BAD EXAMPLE:
I WANT TO
DRINK MORE
SODA.



Vision Board example

- <https://youtu.be/LcTAUkmgB-8>



Key Takeaways

- The importance of a growth mindset
- How to set S.M.A.R.T. goals
- Who can help you set these goals
- It can help to write down and visualize your goals

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