

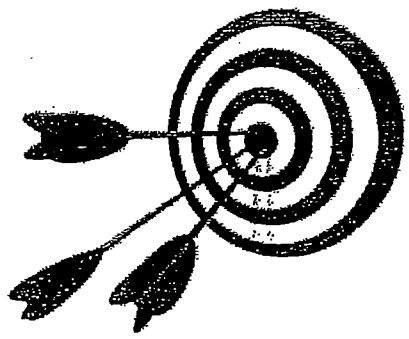
# SMART Goal Setting

Name \_\_\_\_\_

school is a \_\_\_\_\_ job." In fact, historically the \_\_\_\_\_ took children of the \_\_\_\_\_ so that school became their \_\_\_\_\_. Like \_\_\_\_\_ school is a 9:00-5:00 job plus work at \_\_\_\_\_, plus overtime when \_\_\_\_\_. And yes, there is a \_\_\_\_\_ in the end- success and \_\_\_\_\_

## Seven Habits of Highly Effective Students

- 1- They \_\_\_\_\_ goals.
- 2- They \_\_\_\_\_ their time.
- 3- They \_\_\_\_\_ every day.
- 4- They take \_\_\_\_\_ in class.
- 5- They have the \_\_\_\_\_ they need.
- 6- They keep their \_\_\_\_\_
- 7- They get ready \_\_\_\_\_ of time.



## Goal Setting...

- Helps students focus on what is important and what is not
- Creates a vision of where to go and increase the likelihood of getting there
- Makes it easier to say no to irresponsible behaviour.

## SMART technique to help remember characteristics of goals:

- S- goals should be \_\_\_\_\_
- M- goals should be \_\_\_\_\_
- A- goals should be \_\_\_\_\_, but challenging
- R- goals should be \_\_\_\_\_ and Recorded
- T- goals should have a \_\_\_\_\_



## Things That Get in the Way...

- |                   |                        |
|-------------------|------------------------|
| - Low _____       | - _____                |
| - Stress          | - family               |
| - _____           | - resources            |
| - procrastination | - media                |
| - _____ pressure  | - _____                |
| - values          | - competing priorities |

## Once A Goal is Achieved

- take the time to \_\_\_\_\_ the satisfaction
- observe the \_\_\_\_\_ you have made towards other goals

1) the goal was a significant one, or one that you had worked towards for some time, take the opportunity to \_\_\_\_\_ yourself appropriately!

# Applying SMART Goal Setting

Name \_\_\_\_\_

Read the statements that don't meet the five conditions below. Then write a statement for each condition that. Make sure you explain your reasons.

<p><b>Condition 1: The goal should be specific. It tells exactly what you intend to achieve.</b></p> <p>"I'm really going to make something of myself."</p>	<p><b>Rewrite:</b></p>    <p><b>Reason it meets the condition:</b></p>
<p><b>Condition 2: The goal is measurable.</b></p> <p>"I'm going to pass the math test."</p>	<p><b>Rewrite:</b></p>    <p><b>Reason it meets the condition:</b></p>
<p><b>Condition 3: Goals should be attainable, but challenging. It states something that could really happen.</b></p> <p>"I'm going to be Prime Minister of Canada by the time I'm 17."</p>	<p><b>Rewrite:</b></p>    <p><b>Reason it meets the condition:</b></p>
<p><b>Condition 4: Goal should be relevant and recorded.</b></p> <p>"I'm going to count how many people are named 'John' in the world."</p>	<p><b>Rewrite:</b></p>    <p><b>Reason it meets the condition:</b></p>
<p><b>Condition 5: Goals should have a time frame.</b></p> <p>"I'm going to take out the garbage."</p>	<p><b>Rewrite:</b></p>    <p><b>Reason it meets the condition:</b></p>

# My 3 SMART Goals

Name \_\_\_\_\_

Read the five conditions below. Complete part 1. In part 2, your partner will evaluate your goals according to the five conditions. You'll then rewrite them in part 3.

S- specific

M- measurable

A- attainable

R- relevant

T- time frame

**Part 1: Your Goals-** Write three goals you want to accomplish in the next 3 months.

1.	
2.	
3.	

Now write them according to order of importance, with #1 as the most important.

1.	
2.	
3.	

**Part 2: Your Partner's comments**

Does the first goal written in order meet all five conditions?

If not, explain why:

Does the second goal written in order meet all five conditions?

If not, explain why:

Does the third goal written in order meet all five conditions?

If not, explain why:

**Part 3: Rewrite Your Goals-** rewrite your goals so that they meet the five conditions.

3.	

# You Can Do It—Short-Term Goal

the journey of adolescence

NAME: \_\_\_\_\_ DATE: \_\_\_\_\_

Fill in the information below.

**1. State your purpose and a realistic short-term goal:**

Purpose

Goal

**2. List the steps you will take to reach your goal:**

1.

2.

3.

**3. Consider the possible blocks and ways to deal with them:**

BLOCKS

SOLUTIONS

**4. Make a timeline.**

Mark when you will reach each step and your final goal.



NOW

DEADLINE

**5. Build a support system.**

List other people who can help you meet your goal.

# You Can Do It—Long-Term Goal

the journey of adolescence

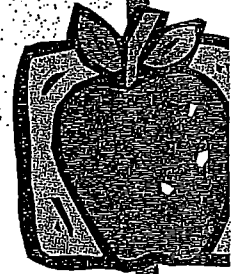
NAME: \_\_\_\_\_ DATE: \_\_\_\_\_

Fill in the information below.

1. State your purpose and a realistic long-term goal:

Purpose

Goal



2. List the steps you will take to reach your goal:

1.

2.

3.

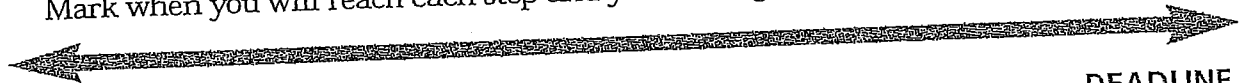
3. Consider the possible blocks and ways to deal with them:

BLOCKS

SOLUTIONS

4. Make a timeline.

Mark when you will reach each step and your final goal.



NOW

DEADLINE

5. Build a support system.

List other people who can help you meet your goal.

## Assessment Instrument GOAL-SETTING PLAN

Name: \_\_\_\_\_ Date: \_\_\_\_\_

My goal: \_\_\_\_\_

My goal-setting plan:	Rating (1-4)	
	Self	Teacher
My goal is specific, realistic, measurable, and timely.		
I included a timeline for reaching my goal.		
I identified costs and resources for reaching my goal.		
I identified potential barriers to reaching my goal and ways to overcome those barriers.		
I identified factors that may influence the achievement of my goal.		
I identified sources of support for achieving my goal.		
I know I will have achieved my goal when		
What I learned from this process that I can apply to future goals		
Teacher comments:		

Key: 1 = Not Yet within Expectations, 2 = Minimally Meets Expectations, 3 = Fully Meets Expectations, 4 = Exceeds Expectations